

Technically Speaking

FALL 2019 ISSUE I

For Students, By Students

AUGUST / SEPTEMBER

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Juneteenth Festival Celebrates the End of Slavery

By: Leeann Williams

Triad Cultural Arts held its 15th annual Juneteenth Festival on June 22 from 1 PM to 8 PM at Wake Forest Innovation Quarter celebrating the emancipation from slavery in Texas on June 19, 1865.



The festival featured African dance, Jazz, Rhythm & Blues, and Gospel music performances.

The youth area held arts & crafts and cultural games for children. Geno Segers, a Winston-Salem born actor and motivational speaker, gave a special youth presentation as this year's guest. The marketplace had ethnic products, clothing, and food for sale. Resources such as health screenings were available.

"Juneteenth, which commemorates the ending of slavery in America, is a milestone in American history. Once Black Americans realize that they are 'the hope and the dream of the slave' ('Still I Rise' by Maya Angelou), they can embrace Juneteenth as a pride-filled day, a day of fulfillment for their ancestors," said Cheryl Harry, the founding director of Triad Cultural Arts, Inc.

According to the official Juneteenth website, President Lincoln's Emancipation Proclamation in 1863 was meant to grant freedom to all enslaved Africans in the Confederate states. However, Texas

kept them enslaved for two more years. Union troops came back from war to enforce the law on June 19, 1865, that the enslaved were now free.

Juneteenth is an obscure holiday in America as it is not recognized as a national holiday or taught in school textbooks. With the help of activists promoting the holiday, Juneteenth celebrations are becoming more widespread. The National Juneteenth Observance Foundation has a petition to make Juneteenth a national holiday.

"We can make Juneteenth's recognition a more widespread observance if its significance is accepted by the country. One way would be teaching Black American history in the schools as part of the core curriculum," said Harry.

Triad Cultural Arts provides culturally immersive events such as festivals, classes, tours, and artist receptions. The group is involved in the preservation of Black American history and culture. For more information, visit triadculturalarts.org.



Read about how the Opioid Epidemic is affecting Forsyth Tech students on pg. 6.

Disclaimer:
The opinions expressed in this newsletter are not necessarily those of Forsyth Tech or of the students of Forsyth Tech.

Letter from the SGA President

Greetings, Forsyth Tech Tigers!

On behalf of the Student Government Association, I would like to welcome all new students to our community and can't wait for you to see what this semester has in store for you. To those returning, I hope you had a refreshing summer and are ready for an exciting year.

My name is Jessica Frantz. It is an honor and a privilege to serve as your 2019-2020 Student Government Association President and represent the voice of the student body here at this exceptional institution. I was born and raised on the island of Oahu in Hawaii. I have been fortunate to call Winston-Salem my home for the past three years. My journey at Tech began as a "triple c" student, car-class-car. Rinse and repeat. During my second semester, my acceptance into the Alpha Mu Beta Honor Society opened the door to SGA. It was there that I was able to grow as a leader as well as a follower by gaining invaluable experiences, skills, and lessons while being guided by the strong, supportive, and productive women and men of the SLE office and campus staff.



Jessica Frantz, SGA President

I ran for SGA President because I am called to give back and serve the students, campus, and community, and I will do so to the best of my ability. Equality is to treat everyone the same. We are striving for equity, in that some of us need a little more assistance and some a little less to get to the same objective, in a judgment-free zone. The SGA will be focusing on establishing equity beyond equality for all Forsyth Tech students through exposure to diversity and inclusion. We will do this through events such as roundtables, intercultural activities, and "We are Forsyth Tech" spirit Wednesdays. We are all on the same team, and we should be there to support each other. One of our goals this year is to create an environment of support, caring, and encouragement. We are in this together.



As you begin this semester, be it your first or your last, I hope that you remember to use the SGA as a resource to have your voice heard. Please join us at our monthly SGA meetings, shoot me an email at sgapresident.forsythtech.edu, and stop by our events. It is our goal to give you the best experience possible as you work toward your future goals and career. I wish you all luck and success this year. I cannot wait to see you on campus; be sure to say "hi"!

Warmest regards,

Jessica Frantz



Kayla Holden (left), 15, of Kernersville and Lola Knight (right), also 15 of Kernersville, enjoy their lunch at the picnic tables outside the Technology Building. Both are Early College students.
Photo by Lauren Harkrader



Lieutenant Bryan Brown stands in the current Campus Police Annex, which is to be moved to the Forsyth Building soon. Lt. Brown says there will be major improvements to the Police Department, including assessment of existing security measures, alarm/lock tests, and other student/faculty safety improvements to come before the next school year.
Photo by Noah Christian Mathis

Benefits of the SGA



Lasha Pettigrew, SGA Vice President

- **Leadership retreats/training:**
Retreats and training by professional speakers to give insight on leadership styles and skills
- **Conferences:**
Attendance to in and out of state conferences completely paid for by SGA
- **Semester stipends:**
After the completion of SGA responsibilities, members receive compensation for their efforts
- **Résumé development:**
Offering leadership positions that will stand out to future employers
- **Community service:**
Constant projects will allow you to become involved in improving the community around you.

Hoarding: Legal, Financial, and Emotional Problems

By: Jeffrey Griffin

According to “Scientific American,” a highly regarded and award-winning source for scientific discoveries and technological innovations, as many as 14 million Americans are compulsive hoarders.

The American Psychiatric Association says hoarding tendencies frequently appear first in childhood or adolescence, but the diagnosis may progress and become severe with adults in their 50’s.

College-age students may be left to deal with the problem if they are the primary caregiver for aging parents, grandparents, or extended family members.

Legal consequences of hoarding can be extensive even for individuals with substantial resources. The International Obsessive Compulsive Dis-

order Foundation reports compulsive hoarders are often forced to appear in court to address and resolve issues including eviction proceedings, child protective services interventions, health code violations, and claims of animal cruelty.

Michel Jackson, owner and operator of Triple 777 Hauling Services in Winston-Salem, says, “When I’m called in to clean up a residential hoarding situation, the cost can soar into the thousands of dollars. Waiting only makes it more expensive.”

The burdens of helping a compulsive hoarder extend beyond the courtroom and the bank account. Organizational expert and counselor

James Franklin explained the difficulties students may face when addressing hoarding issues with a family member.

“When a young person assumes the role of caregiver from a parent, they will often face resentment, bitterness and unrestrained anger,” says Franklin.

Franklin explained the process of differentiating between mental illness and parental rejection is difficult in the best of times, especially when the family is under extreme pressure to resolve a problem that has festered for years.

Additional resources and therapeutic support group information can be most easily accessed through primary care physicians and the American Psychiatric Association.

How to Avoid the Freshman 15

By Rachel Ford

During the first year of college, many students gain a few pounds due to many things, such as increased stress, decrease in physical activity, and unhealthy eating. Weight gain can happen throughout one’s college career but is most likely to happen during the first semester because students are adjusting to a new daily routine and environmental change, which can be difficult.

Overeating while under stress is one of the top reasons students gain weight during college. Seventy-six percent of female students and thirty-three percent of male students answered “yes” to turning to food when they are stressed, according to USA Today.



Although the statistics can be intimidating, there are simple solutions to train yourself to make healthy decisions.

Making healthier food choices starts with looking at your options. Instead of white bread, choose whole grain. Instead of yogurt made with whole milk, try non-fat Greek yogurt.

Moving on to vegetables, they are naturally low in fat; however, when preparing them, go for the steamed or baked option over fried.

“I find it easiest to maintain my healthy lifestyle by using the ‘my fitness pal’ app; it tracks my calories and shows me the macronutrients in the food I eat,” says UNC Charlotte student Will Montague, 24, a Construction Management major from Raleigh.

The habits we make in our early twenties tend to stick throughout our entire lives; establishing healthy habits early helps prevent health risks later in life according to research from Northwestern University.

Boating Season Brings Concerns

By: Jeffrey Griffin



Boat safety at Salem Lake is a priority in Forsyth County.

North Carolina endured 35 fatal boating accidents in 2018 according to the North Carolina Wildlife Resources Commission. Local authorities are hoping for a significant drop in 2019 with the arrival of the summer season.

Emmett Page, Davie County firefighter/EMT and FT instructor, explained the cause for concern: “People start partying and having fun and they do things they would never do under normal circumstances.

The problem is compounded if alcohol is involved. Things happen.”

Maggie Lacer-Sparks recently invited Page to Vienna Elementary

School to speak with her second-grade class. “It’s imperative for children to understand the importance of following the rules when so many families have access to boats and make water excursions a part of their summer vacation plans,” said Lacer-Sparks.

“My daddy takes us fishing and we always have to wear a life jacket,” said Briella Jenkin, Vienna second-grader. “My job is to check the first-aid kit when we get on the boat,

and my brother has to make sure everybody has a life jacket.”

Page said, “A little common sense goes a long, long way. Getting behind the wheel of a boat after drinking is just as dangerous as sitting in the driver’s seat of a car on any road. Don’t do it.”

Lacer-Sparks provided another nugget of wisdom: “Have fun, be careful, and think!”

DiscoverBoating.com, a public awareness effort managed by the National Marine Manufacturers Association, provides a few essential rules for boating safety: Be weather-wise, use common sense, avoid alcohol, and make appropriate use of life jackets.

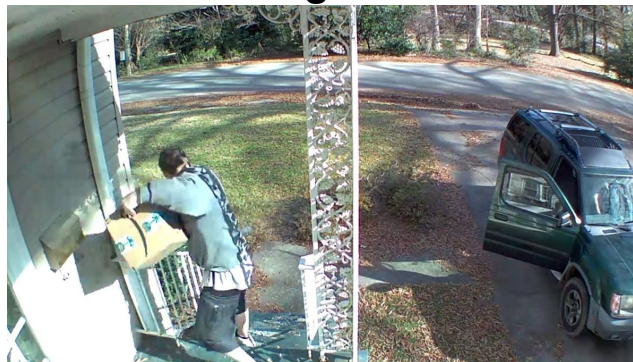
Online Shopping and Stolen Packages

By: Rachel Ford

A new crime has been circulating on social media in which homeowners watch security footage of thieves stealing packages off their front porches.

Victims have shared their security footage on social media outlets such as Facebook in hopes that someone may recognize thieves and report them to local law enforcement.

According to Comcast, one in three people have been victimized by porch pirates, and at least 60% of Americans know someone who has been a victim of porch pirates.



Porch Pirates usually attack in broad daylight while people are at work.

shipping it to the workplace.

If your package is stolen, there are three main ways to solve this issue. First, file a claim with the retailer. Second, file a claim with the shipping vendor. And lastly, file a claim with your homeowners or renters insurance.

Some people have even taken matters into their own hands by setting up fake packages with GPS tracking to catch thieves.

Talk with surrounding neighbors to see if the thievery is a regular occurrence in your neighborhood and to possibly find ways to prevent future thieves.

A Comcast study found that 72% of Americans go to many different measures to secure their delivery. These methods include having the package held at a shipping center, shipping to a friend or family member, working from home when expecting an essential package, and

Opioids Prove Deadly

By: Anderson Turner

As the opioid epidemic continues to ravage the nation, overdose deaths are becoming an all too common occurrence; even Forsyth Tech students are dealing with addiction.



In Forsyth County alone, over 20.2 million opioid pills are prescribed annually.

“I’ve been pretty much addicted for the past two or so years. I started with pills that were prescribed to me one hundred percent legally by my doctor. Now I’m in a position where I’m forced to go on the street to score; otherwise, I’m sick. I can’t do anything,” says Alex, a Forsyth Tech student who declined to give his last name. Alex says he first began abusing opioids after being prescribed medication for injuries sustained in a car accident.

According to a report released in January of 2019 by the National Safety Council, Americans are now more likely to die from an accidental opioid overdose than from a

motor vehicle crash.

“The most insidious thing about this drug is those intrusive thoughts. It overrides the most logical centers of your brain and makes you really believe that you need that one more time,” said Ben, a Forsyth Tech student who declined to give his last name. Ben fostered an opioid addiction throughout high school after first abusing leftover pain medication found in his home.

According to the U.S National Library of Medicine, those who are physically addicted to opioids can have severe reactions to going without regular use, called withdrawal. Symptoms of opioid withdrawal include anxiety, nausea, vomiting, and insomnia. Physical withdrawals can last upwards of a week. Addicts also experience psychological withdrawals, resulting in anxiety, depression, despair, loss of motivation to continue in recovery, and increased cravings for opioids. These symptoms can last months or even years after discontinuing use.

If you or anyone you know is suffering from opioid addiction, call 1-800-662-HELP, the Substance Abuse and Mental Health Administration's confidential, free, 24/7, 365-day-a-year treatment referral and information service.

If you or anyone you know is suffering from opioid addiction, call 1-800-662-HELP, the Substance Abuse and Mental Health Administration's confidential, free, 24/7, 365-day-a-year treatment referral and information service.

Should You Exercise More? Of Course!

By: Jamari Cecil

Over sixty percent of college students in the United States, including students at Forsyth Tech, do not get enough exercise outside of classes. This can lead to multiple health issues and defer academic goals and success according to Northwestern Now News.

“Cardio activity and strength training increase your memory, blood flow, and cognition. Students who do not get enough exercise and sit at a desk for prolonged periods of time have a higher risk of contracting cardiovascular disease, diabe-

tes, and cancer,” said Heidi Tennis, Forsyth Tech’s Department Chair of Physical Education.

“Due to my grueling schedule, there are many times when I feel like I don’t have enough time to exercise,” said Forsyth Tech student Terry Sides, a GDA major from Winston-Salem. Many students may not make exercise a priority in college. A study by Perdue University concluded that students who worked out at least once a week performed better in their classes than students who did not.

“Students should exercise more in college because staying healthy is important,” said Forsyth Tech student Justin Chalmers, 22, a Computer Program major from Winston-Salem.

To find time to exercise, students should do what works for them. Students can exercise in small increments throughout the day or exercise with friends to keep up their motivation and maintain a healthy lifestyle.

Solange's *When I Get Home*

By: Noah Christian Mathis



hop, and R&B while also introducing psychedelic subgenres and new-age sounds. Solange holds nothing back with her instrumentation by bringing in industry titans like Raphael

On her fourth studio album, singer/song-writer Solange goes into new artistic territory by blending careful experimentation with impulsive instrumentation. With a feature list boasting names like Playboi Carti, Panda Bear, and Odd Future alumni Tyler the Creator and Earl Sweatshirt, listeners can be assured they are in for a dazzling, thoughtful listen.

"It's far more about feelings and frequency. With 'A Seat At The Table' I had so much to say. And with this album I had so much to feel," says Solange in an interview with GQ.

When I Get Home chiefly explores Solange's hometown of Houston, Texas. The record is a pseudo-autobiographical work that taps into her roots in jazz, hip-

el Saadiq and Pharrell to handle the production.

"Most of the time, [Solange] just gets compared to her sister, which is an unfair comparison for both. She is a very capable popstar in her own right," says David White, second year student from Winston-Salem.

The album taps into many different stylings over the course of its almost 40 minute runtime. The record delivers nine total tracks, six of which are interludes/intermissions.

Solange brings in many new stylings and moods on this record. Unlike her previous records, on this record, Solange gets us to experience things rather than trying to inform us of the way that she sees the world.

Vice Movie Review

By: Anderson Turner



Vice chronicles the life and career of Dick Cheney, former Vice President under George W. Bush. While tackling the rather serious interworking of bureaucracy, Director Adam McKay's unconventional cinematic techniques keep the audience engaged and invested throughout the entire runtime. McKay takes on a daunting task: educating moviegoers on a notoriously complicated subject and entertaining them while doing so.

To explain the complex power structure within the U.S. government, McKay uses the visual of board game pieces, knocking each one over as Cheney consolidated their power. In another scene, we're shown an idyllic alternate reality where Cheney stands in solidarity with his gay daughter instead of cutting ties with her to further his own political power, leaving him to spend the rest of his days spending time with his children and his dog. On paper, these surrealist rhetorical devices seem like they don't fit with the topic, but McKay executes them perfectly, and it ends up working.

McKay also intercuts large amounts of stock footage and uses voice-over narration in order to establish a documentary-like feel for certain portions of the film. In a span of 30 minutes, *Vice* goes from documentary tone with matching visuals to a Ferris Bueller style fourth wall breaking comedy-drama to a celebrity-studded educational comedy sketch. McKay's refusal to establish a singular tone or style for the entire film allows audiences to stay engaged and stimulated till the credits roll.

Vice makes it clear that Adam McKay isn't in the director's chair to follow rules. He's not going to make the predictable docu-drama that everybody else is making. Movies like *Vice* feel like what storytelling in the film medium could be. It takes the creative liberties that other films either can't or won't take, and it feels like a story told in a way that only McKay could tell it. *Vice* is a must watch film that can engage even the most apolitical moviegoer.

New Downtown Coffee Shops Provide More Than Coffee

By: Debra Mullis

The two newest coffee shops in downtown Winston-Salem, Moji Coffee + More and Crooked Tail Cat Cafe, have a mission beyond caffeination.

Moji's core staff of baristas is made up entirely of people with intellectual and developmental disabilities. People with disabilities have been described as an invisible minority. Although most people with disabilities would like a job, less than 20% are currently employed. Moji Coffee + More, located at 690 Trade Street, is seeking to change that fact. The non-profit coffee shop provides a salary, vocational opportunities, and fulfillment for people within the IDD community. Moji is also hoping to impact the Winston-Salem community as a whole by showing that differences are worth celebrating.

"The sad reality is the majority of people have no interaction on a daily basis with other people with special needs. We think that is a real tragedy because everyone has value," said David Mullen, one of Moji's board members and the president of a local marketing firm, The Variable.

Moji also features a small art gallery with art made by shop employees. The coffee shop also partnered with the Enrichment Center, a non-profit that helps disabled adults to create and showcase art.

A variety of drinks is available to purchase, including lattes, espresso, and frappuccinos. Baked goods are



The Winston Salem branch of Crooked Tail Cat Café is located at 229 W. Fifth Street and is closed on Mondays.



Moji Coffee + More is located at 690 Trade St NW, Winston Salem, NC 27101.

also offered from community partners like The Bagel Station, O'Brien's Deli, and Ketchie Creek Bakery.

On 229 W. Fifth Street, the Greensboro-based Crooked Tail Cat Café has opened a second location in Winston-Salem to help even more cats find good homes. The coffee shop offers a unique experience where patrons can buy their normal cup of coffee and then visit the "kitty lounge" to enjoy time with cats from a local rescue group.

All the cats are available for adoption or just cuddles. The cat café believes "...all pets deserve a good home"; so far, the Greensboro location has helped almost 130 cats find good homes.

The cats are allowed to showcase their personalities more in the cat café and become more socialized than in traditional shelters, which helps to increase their chances of adoption. Matchmaking services are also available to help patrons find a cat that best fits their personality and lifestyle.

Crooked Tail stays pretty busy, so making a reservation for the kitty lounge is highly recommended, especially during peak hours. Time with the cats is \$10.70 an hour, with the proceeds going to help the cats.

To learn more about both coffee shops, visit www.mojicoffee.org and www.crookedtailcatcafe.com.

Where to Eat Next

More of Winston's most recent and upcoming food additions.

- **Hops Burger Bar**
The popular Greensboro burger spot is opening its third location at 420 Jonestown Rd, Winston-Salem
- **Payer Plates**
The drive-thru exclusive spot puts a new spin on Southern classics. 2432 Slate Rd, Clemmons
- **Little Dipper**
Soft Serve cones start at just \$1 with 35 toppings and dips available for additional cost. 308 N Patterson Ave, Winston-Salem

Updated Trampoline Park Is a Great Way to Stay in Shape By: Mitchell Walsh

Forsyth Tech students can go to Rockin' Jump Trampoline Park to get a great cardio workout any day of the week. College students get a 20% discount if they show their college ID when checking in.

Rockin' Jump is a very affordable place to hang out by yourself or with friends. A one-hour pass costs \$11.95; however, most people agree that one hour isn't enough and decide to get a two-hour pass for \$21.95.

Rockin' Jump has several different fun activities. The most popular include the dodgeball arena, the slam dunk zone, a rock climbing wall, and a trampoline pit. Rockin' Jump is open 11am to 8pm on Monday through Thursday, 11am to 10pm on Friday, 10am to 10pm on Saturday, and 12pm to 7pm on Sunday. There are two Rockin' Jump locations in North Carolina, one in Winston-Salem and one in Greensboro.

"I've never been here before, but I heard it was really good. I am glad I came; the basketball zone was my favorite part!" said Carter Rickell, 19, an Associate of Arts student at Forsyth Tech.

There are many passes available for people who really enjoy coming to Rockin' Jump. One-month and three-month memberships are available for purchase.

"From 8am to 10am, nobody but kids six and under are allowed to jump. It's closed to everybody older," said Vince Hodges, a franchise owner of many Rockin' Jump facilities.

Rockin' Jump has been around for several years in Winston-Salem, previously known by the name Airbound. If you're looking to get in a good workout, Rockin' Jump is a great place to do it.



Carter Rickell dunks a basketball in the slam dunk zone at Rockin' Jump during the beginning of summer in order to stay in shape.

Artist Makes Home an Art Gallery for Travelers

By: Sydney Carver

When taking a stroll through downtown Winston-Salem, it is easy to notice artists' influences with the Artivity on the Green and the many paintings on the sidewalks and store walls. According to the *Winston-Salem Journal*, artist Haydee Thompson has created a space for people to come and enjoy art up close in an Airbnb for locals and travelers alike.



Haydee Thompson sits in front of a mural painted by local artist Laura Lashley.

The Wherehouse Art Hotel is located above Krankie's Coffee. The small hotel features murals and paintings that can be purchased by the residents at the end of their stay, with the money going

straight to the artist. Thompson previously lived in the location before turning it into the Wherehouse Artist Collective, a collaborative effort from people aiming to help beginners make a career for themselves. According to Thompson, her goals are to create an environment that preserves the history of Winston-Salem and to form a welcoming community for artists.

"I think there should be more places like this for people to interact with art," says Forsyth Tech student Nicholas Fore, 24, from Clemmons.

Learn More about Billy Graham

By: Jeffrey Griffin

A well-rounded education goes far beyond a traditional classroom. An acknowledgment of, and appreciation for, the people and places of any community is essential. With more than one million visitors since its opening in 2007, no place in the Old North State is more beloved than the Billy Graham Library in Charlotte.

David Childress, a Texas native and visitor to the library, was eager to explore the property. “Billy Graham was probably the greatest evangelist in my lifetime. The world needs to hear more about love and forgiveness. There is no way I would miss this!”

The tour includes numerous multimedia presentations based on the theme of “The Man, The Message, The Ministry, and The Mission.”

Points of interest include Ruth’s Attic and Bookstore, the Graham Family Homeplace, and the Graham Brothers Dairy Bar. The Memorial Prayer Garden is home to the gravesites of Billy and Ruth Graham, Cliff and Billie Barrows, and George Beverly Shea,

the singer who introduced “How Great Thou Art” to the world.

Kathy Yokeley, Vice President for Communications with the Billy Graham Evangelical Association, said, “The Library is not a memorial nor a museum. Visitors will hear the Gospel and will have an opportunity to respond.”

The Billy Graham Library focuses on the life of a North Carolina farm boy who became “America’s pastor” and Evangelist to the world.

“I am one of millions of people to learn about Jesus while listening to Mr. Graham. It changed my life,” said Childress.

Library admission is free although donations are accepted. Other notable tourist destinations in the Charlotte area include Carowinds Amusement Park, the NASCAR Hall Of Fame, Discovery Place Science Center, and the U.S. National Whitewater Center.

Directions and hours can be found at billygrahamlibrary.org.

CBD in the Triad

By: Thomas Madel



Smokey Shay's has become one of the many businesses in the Triad to have started incorporating the CBD product into the store's normal stock.

If you've been anywhere in the past year or so, you might have noticed the three letters “CBD” displayed more and more. It's hard to ignore. CBD stands for cannabidiol, one of the many active ingredients in cannabis, which is derived from the hemp plant.

It's related to THC, yet it's non-psychoactive and does not produce the effects typically associated with marijuana. There is no “high,” but it can help with a wide range of mental and physical problems with little to no side effects, according to Medical Marijuana Inc.

“I have used this every day with very good results,” said Amanda Phillips, 22, a regular patron at a local CBD shop.

The sale of CBD is controlled on a per-state basis as it has not yet been recognized by the federal government as a legitimate form of medicine according to Medical Marijuana Inc.

“We see a wide range of customers, from the youth to the elderly, from black to white. There is no particular type of customer seeking this [CBD] out,” says McGee Brown, 28, one of the employees at Smokey Shay's.

Most consumer purchases are in the form of CBD oils or capsules and are used to treat a wide array of issues such as insomnia, pain, appetite, and mood. However, as noted on the Medical Marijuana Inc. website, CBD products and their suggested usage do not have FDA approval.

“Conflicted Soul Volume 1”

By: Benjamin Henderson

I won't ever give allegiance to a country.
 God as my witness trust me -
 Forget this, never forget this,
 forgiveness flowing out of me for my enemies
 trying killing me, don't try too hard
 dark thoughts in my mind sickening
 everybody wants to be a king
 pain self inflicted going into me
 dark thoughts and anger that's the recipe
 a few more mistakes and that's the end of me.
 Why could I not see this coming.
 I find myself running, in circles from all of the same mistakes -
 giving repentance forgiveness takes

I get in my zone and I meditate
 I pop me a Xan and I levitate No!
 I get in my zone, and I meditate,
 Maybe someday I will Elevate
 but for now I stay down like tectonic plates;
 I walk on the ground, ten toes down, I'm running the game on my own.
 Assassinate beats with the flow, this is a poem if you didn't know
 It could be a song though
 Take these words, put them over an instrumental and play them on the radio.
 But somehow for a fact I know,
 The message would indeed be lost, when played next to music whose context is entirely concerned with jewelry drippin' like Voss.

These artists sacrifice for the fame no matter the cost,
 Chase the money no matter the cost.
 Only to realize at the end that their entire reality was false.
 But that is a topic for another poem so I gladly digress.
 My mind is in a constant state of unrest
 I am unwell if you could not tell just by the pain in my chest -
 But of course you couldn't.
 Because you can't see inside.
 You can't see the dark interior whose sole desire is light
 My Demons Aren't Only Awake at Night.



“My Giftshop Is the Sea”

By: Zoey Payne

Dark and Cloudy;
 As I look out onto the sea,
 Corrupt as it is daily.
 My eyes blurry, and damp.
 Without a ramp—to guide me.
 Would a leap work?
 Or would I have that barrier, a cork.
 Closing me in the little bottle,
 That is my gift shop sea.



Submissions Wanted!

Send your creative work to
[technicallyspeaking@forsythtech.edu!](mailto:technicallyspeaking@forsythtech.edu)

Art By Debra Mullis

August 16 – First Day of Semester – Campus Locators

August 16 – Book Trivia Night – 7:00pm- Bookmarks Bookstore – 634 W Fourth Street

August 19 – Barnes and Noble bookstore Kickoff Shugart Women’s Center, Student Success Center, and Veteran’s Resource Center Open House

August 20 – Coffee with a Cop Grab-n-Go Dinner for Evening Students

August 21– Academic Center Open House

August 22 – Student Farmer’s Market

August 23 – Welcome Back Comedy Show

August 28 – Lunch with the College President Grab-n-Go Dinner for Evening Students

August 30 – LEAD Series: Academic Enrichment and Career Exploration

August 30 – Firefly Market – 5:00-9:00 pm – 636 W Fourth Street

September 2 – Labor Day – No Classes

September 3 – Faculty Work Day – No Classes

September 5 – Alpha Mu Beta Interest Meeting 3:30-4:30, 6:00-7:00

September 5-8 – Bookmarks Festival of Books and Authors – Milton Rhoades Center 251 Spruce Street

September 6 – Alpha Mu Beta Interest Meeting 10-11am, 1-2 pm

September 13 – MIXXER Fashion Connexpo – 6:30-9:00pm – 1375 Martin Luther King Jr. Dr.

September 14 – FIESTA hosted by the WS Hispanic League – 11:00am-7:00pm – 500 W Fourth Street

September 19 – Dr. Janet Spriggs’ Inauguration

September 20 – Moonlight Madness 5K – 7:00-10:00pm – Baily Park 445 Paterson Av.

September 21– International Village Festival – 12:00-7:00 pm – Corpening Plaza 231 First Street

September 27 – LEAD Series: Wellness and Health Awareness

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