



# Staying Humble and Kind

Tim Hering

Columnist

For our readers who don't know me, I am a 49-year-old undergraduate majoring in Music Education here at Westminster. The reason for that statement will become clear shortly.

The lyrics to the Tim McGraw song "Humble and Kind" (written by Lori McKenna and published by Universal Music Publishing Group) have been running through my mind a lot recently.

**"Hold the door say please say thank you  
Don't steal, don't cheat, and don't lie  
I know you got mountains to climb but  
Always stay humble and kind"**

I have yet to make it a week this semester where at least one awkward moment about my age has not caused me to question what I am doing here. Don't get me wrong, a good 95% of my encounters have been positive and I think that is what makes those other, rare encounters so difficult for me to process.

I am grateful to have some fantastic instructors. I look forward to working closely with them all during my time here. But, most of the negative experiences I have had to date have been with faculty or staff. One or two of those were simply caused by miscommunication, but there were several that have been out of place here at Westminster. I am not here to call anyone out. I have learned that it is often best to let it go.

**"When the dreams you're dreamin' come to you  
When the work you put in is realized  
Let yourself feel the pride but  
Always stay humble and kind"**

The words are simple yet I think sometimes we have our eyes so focused on the prize, that when we have it we forget that there are still people around us at various points in their own journeys and sometimes, we don't treat them with the same respect we feel we deserve. I've done this myself. We are all works in progress, regardless of our age and while you may have achieved one prize, I can almost guarantee you that you are still working on others. How do you want others to treat you on that journey?

I have been the most humbled by the students here at Westminster. When I am feeling down about one of those rare events, invariably at least one student will say or do something that lifts me right back up. That is why, on a recent day, I was taken completely off guard when a student told me, and I am paraphrasing here, that I did not have anything in common with their age group other than my major.

**"Visit grandpa every chance that you can  
It won't be wasted time  
Always stay humble and kind"**

It is true that I don't get the point of Snapchat. I am not a gamer and some of the current pop culture references ring in their syllabus and then does something completely different. I will likely complain to myself and those around me like any other student, but I will probably just, once again, let it go. Life is too short and I have a few more years under my belt in which to have learned how to deal with that. I still sometimes obsess over the things I can't change. I did it the other day and found myself apologizing for getting upset about a situation that was just not worth being upset about. I constantly need to remind myself that life is simply not going to go according to anyone's plans, least of all mine.

I might deal with similar situations differently than someone 30 years my junior, but in the end, we are all more like each other than not. I cannot imagine my life without having made friends with a varied spectrum of people; old, young and everywhere in between. I am not old enough to be a grandpa to anyone at this school, but the point of this part of the song still holds true. I am learning so much from the students and the faculty here and I believe it goes both ways regardless of my age.

**"Don't take for granted the love this life gives you  
When you get where you're goin'  
Don't forget turn back around  
Help the next one in line  
Always stay humble and kind"**

I have promised myself that I will be open to going outside of my comfort zone on this journey. My age isn't going to stop me and I hope it does not stop anyone else either. If you see me around campus, please don't be afraid to say hello. I am in the middle of my trips around the sun, so I can both turn back around and look forward. Regardless of your own location on that journey, look forward and back and we can all learn and grow together.

**"Don't hold a grudge or a chip and here's why  
Bitterness keeps you from flying  
Always stay humble and kind"**

# Netflixology

Marcus Dean

Columnist

In common society today small talk has advanced past the casual conversation about the weather and local sports teams. A lot of casual conversation revolves around other things such as, twitter hashtags, trending topics online, and Netflix shows. As silly as this sounds I consistently find myself talking about Netflix shows that I have recently finished or that I am currently progressing through. Keeping up on current Netflix series is a modern activity for people of all ages. Don't get left out of a conversation just because you haven't had the time to catch up and binge watch the newest shows. Here are just a few shows that I have found to be very popular amongst the masses and are enjoyable if you plan to Netflix and chill with someone or you just want to watch alone.

*Shameless* is currently my favorite show on Netflix. Season seven was just released over the summer and I am addicted to it. I binged watched the first five seasons about a year ago and got completely hooked on the characters in the show. The Gallagher family lives in Chicago and are always struggling with poverty. It doesn't help the family that the father of the household, Frank Gallagher, is a drug addict and alcoholic. A lot of the show revolves around Frank plotting on the people around him, including his own family, so that he can get his "fix" and get loaded. Sometimes it works out for Frank and sometimes it doesn't. If you're into crazy stories about a family of urbanites running amok in the streets of Chicago then this is the show for you. I know it sounds a little overboard but trust me you will not regret watching this hilarious American comedy series.

*The Office* is my favorite show of all time, ever. Netflix has it ranked at five stars (out of five) and for good reason. The show is based around a paper company in Scranton, PA, named Dunder Mifflin and the daily activities that happen there. It is a documentary style show that uses a technique called "breaking the fourth wall" which means that the characters are aware of the camera and constantly look at it. This technique makes the show so much funnier because it adds dramatic effect to different jokes. I have watched all nine seasons a total of three times and it gets better and better every time that I do. You will develop emotional attachments to the characters in the show and definitely settle on a favorite character, or three.

*13 Reasons Why* is on the list, but not because I like the show. It is on the list because I actually don't like it. There was a lot of talk about this show when it came out and many people really enjoy watching the main character, Clay, figure out why his friend Hannah Baker decided to commit suicide. The show was intriguing to watch but I guess I'm just not really a fan of this type of genre. Nonetheless, if you want to see what the hype is all about surrounding this show then I would totally go for it. Just don't say I didn't warn you if you end up a little bit heartbroken at the end.

*American Vandal* is a new show on Netflix that was recently released a few weeks ago. It first caught my attention because it was a 95% match and was starring one of my favorite actors, Jimmy Kato. You might recognize Kato from popular films such as *22 Jump Street* and *Grownups 2*. He started out as a YouTube sensation and is now in many Netflix films like the *Blue Mountain State* movie. *American Vandal* is a documentary styled comedy about liberating Kato's character from injustice on a crime he didn't commit at his high school. It was honestly a little repetitive and confusing to watch but has a fair share of funny moments.

There were many honorable mentions for this list that just didn't make the cut like: *Ozark*, *House of Cards*, *Narcos*, *Breaking Bad*, *Prison Break* and *Orange Is the New Black*. These shows did not make the list because I am still currently progressing through them. If you ever find yourself in a dry spell of boredom or in need to entertain a guest then I highly suggest throwing on a Netflix series and binge watching. It is rumored that Netflix will be raising the price of their monthly rate but never feel ashamed to ask a good friend for their email and password so you can get started on your binge watching adventure and become a "Netflixologist", like myself.



# I Am Very Tired of Talking About This

Annie Trombetta

Columnist

I'll tell you now - this week's column is going to be about abortion. Deep breaths.

This topic has always baffled me. When it comes to political views, opinions on women's rights, and guiding religious principles, I have never understood why the topic of abortion has a standing invite in so many conversations. It's a very specific, picked over, tired issue. I am all for stirring the pot on occasion. I love a good debate. But abortion is such a real, personal, lived experience for more people than you might realize. The fact that anyone would potentially reduce someone else's trauma to a political chess piece is upsetting to me, to say the least. Moreover, I am even more disturbed that year after year, I see it plastered all over the sidewalk on my way to class. Without further ado, here are a few more questions that I challenge you to consider.

**Again, is this the only thing that made you mad today?** Is there another issue, anything at all, that we could put on the sidewalk? Can we think of something that is timelier? Something that has not been beaten into the ground since the 70s?

**Can we think of better PR methods for bake sales?** Can I get cupcakes without a side of condemnation? Is that too much to ask?

**Does your argument against abortion have anything to do with your own religious beliefs?** What part of "freedom of religion" has not been made abundantly clear?

**Are you an owner of the reproductive organs necessary for giving birth?** If the answer is no, have you ever considered redirecting your concerns to someone who is?

**Have you yourself ever been faced with that kind of decision?** Did you know that there are people on this campus who have had abortions? Did you know that there are people on this campus who are mothers? Did you know that you might be sitting next to one of those people in class? Did you know that those people do not need to see their experiences, reduced down to punchy slogans, all over the sidewalk?

**What about the babies who have already been born?** What about the 9 million children and 370,000 pregnant women who are insured by CHIP (Children's Health Insurance Program)? You know, the program that could be financially compromised in many states by the end of 2017? If Congress does not authorize funding? In the amount of time that it took you to chalk the campus, could you have called your Congressman to express your concern for the lives of children?

**If we are going to talk about it, can we do it in a more empathetic, personal way?** Do you realize that your condescending chicken scratch outside of the library has alienated the exact people you are trying to reach?

I am not saying that we should sweep this issue under the rug. I am saying that we need to find a more constructive way to discuss it with each other. I found an all campus email deep in my inbox from March of 2016 sent on behalf of the Coalition of the Protection of the Unborn - and I remember reading it back then. I remember thinking, "This is something I could get behind." There was a wonderful list of goals that CPU had, including candlelight vigils, respectful debates, and service projects aiming to beautify campus. Moreover, this email emphasized that the organization wanted to spread positivity, not bring others down. To my knowledge, those goals are not only unmet, but they must have changed sometime between March of 2016 and now. Maybe I have misunderstood, but I do not see how showing disturbing footage on a giant screen outside of the TUB aligns with those aforementioned goals. While I ponder that, can we try treating each other with more kindness? What about all of the Bible verses that speak of love and acceptance, can I see those on the sidewalk? If we seek to understand each other, can we do so with more compassion?