College considers bringing back shuttles as ongoing work results in several parking areas being closed

MICHAELA SHAHEN | EDITOR-IN-CHIEF

While some students may have been struggling to find parking spaces this semester, the ongoing construction at Heritage Campus, it is a struggle that will soon reap rewards.

The demolition of Heritage Hall continues in late March. Students are expected to see construction on campus take place until the end of 2023.

“Those are going to be additional areas that we’re going to be opening up, the are going to be completed,” said Candice Gray, a science map adviser who represented Del Mar.

“Demolition of Heritage Hall begins.

A DEL MAR COLLEGE

The stark emotional contrasts between the situations he described and his perceptions of each one aroused laughter among

Poet reads to crowd from his new book

JON GONZALEZ | REPORTER

Laughter and applause filled the room as George Bilgere, author of the newly released poetry book titled “Central Air: Poems,” read a few poems aloud on April 6 in the Harvin Business Building.

Bilgere made his way to the podium, he donned a stylish pair of reading glasses, warmly greeted those in attendance and began with “Flush: a poem from another book about the peculiar nature of being a witness to children.” Despite the poem’s subject being an awe-inspiring experience, Bilgere emphasized the mundane small talk being his means to an end.

As Bilgere made his way to the podium, he donned a stylish pair of reading glasses, warmly greeted those in attendance and began with “Flush: a poem from another book about the peculiar nature of being a witness to children.” Despite the poem’s subject being an awe-inspiring experience, Bilgere emphasized the mundane small talk being his means to an end.

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Diana Nguyen a nursing student, begins a table tennis match against accounting major Shawn Nguyen on April 6.

Table tennis rallies back

Intramurals is making a comeback since the pandemic. They have held a few events this spring, most recently table tennis on April 6. Intramurals will continue to hold more events throughout the semester.

### Spoken word artist ShySpeaks performs

ShySpeaks, an American hip-hop and spoken word artist, shared her voice to highlight a message of empowerment and resilience at a Women’s History Month in March.

While the event’s purpose was to focus on the strength of women, ShySpeaks emphasized the importance of strength in males as well.

“I loved how her message accompanied all people,” said Mat Mores, a liberal arts major. “I was most inspired when she said that we can achieve anything as long as the work is being put in.”

With a combination of hip-hop instrumental and spoken word, ShySpeaks creates a reflective dialogue using personal stories that relate to her audience. She said this allows the message to have a personal touch.

“My words and message come out of my mission,” ShySpeaks said. “My mission is to reframe positivity and spirituality into our urban culture through the arts and the power of our voices.”

Having a Women’s History Month event speaker motivated and inspired many students.

“It meant a lot to hear her message and reminded me to just keep going,” said Marsel Lemos, a nursing major. “Coming from a Hispanic background there is a language barrier, but I know if I keep grinding I will do it.”

— Nichaela Shaheen

### Journalism students win big title at TIPA

Students in the college’s journalism and radio/TV programs recently attended the annual Texas Intercollegiate Press Association conference in Fort Worth, returning with more than two dozen awards including Overall Excellence for Best Newspaper and also for News Video Production.

Nichaela Shaheen, editor-in-chief of the Foghorn News, said the awards are a result of the staff’s dedication.

“Knowing that all the time spent putting together our paper shined through gives me a sense of pride and accomplishment,” Shaheen said. “The Foghorn staff goes above and beyond to cover events with truth and design pages with creativity. This is a collective award that we all will remember and cherish receiving for years to come.”

Thirteen Del Mar College students at the conference for the first time performed, “Muilenburg said. “We had a good participation from the schools. The students and the advisor went, not just for the organization as a whole but also for the students ready before his retirement.”

Jennische joined the college in fall 2021. Since Radio/TV Assistant Professor Rachel Morels, a liberal arts major. “I was most inspired when she said that we can achieve anything as long as the work is being put in.”

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— Nichaela Shaheen

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- Portrait sessions starting at $200
- $20 off for DMC students!

Find us on Facebook and message for more details.

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### CORRECTIONS

An article on Page 3 of the Feb. 21 misstated when students can use the fitness center. The fitness center is available outside of class time from 2:30-5 p.m. Monday through Thursday and 8 a.m. to noon Friday.

Letters to the editor must be no more than 150 words.

Editor: Nichaela Shaheen

NOTICE: The Foghorn is a student publication produced by Del Mar College students for students.

FoghornNews | Foghorn News | @FoghornNews | @Foghornnews | @Foghornnews

FOGHORN NEWS

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PHILIP J PEREZ
OPINION EDITOR

TITO VALDEZ
TRISTIN WILLIAMS

VOLUME 86, ISSUE 10

APRIL 11, 2022

ROBERT MUILENBURG
ADVISER

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services, that we've delineated other areas that we're going to have for food and beverage services," Williams said. Even with a fluctuating schedule, the finalization of construction is a reward for students and will create more learning opportunities. "It's exciting to have new things here and be able to learn with everything that will help us as students," said Yennifer Rodriguez, a biology major. "It's a new day at Del Mar," Williams said. "What you're going to see as a student is, the ambient learning that's going to take place, the natural light that makes a difference when you're in a classroom setting and pile on top of that all the technology that is going to be upgraded as we remodel and upgrade these buildings and its infrastructure." This facelift is meant to give community college students a sense of attending a university. "We want our students to feel like they are almost attending a university. That's what we're implementing. We want our students to come here. We want to be accessible. We want to be innovative. We want to be creative, and we're building the spaces to do that," Williams said. Work is expected to last until late 2023, Williams said. To follow construction updates visit www.delmar.edu/progress/.

CONSTRUCTION FROM PAGE 3

The Stone Writing Center
Relaxed, recharged, and ready to help.
Come write with us.

Heritage Campus (East)
Coles CB116

Windward Campus (West)
Emerging Tech A123

Online via Canvas
delmar.edu/swc
361.698.1364
Breaking cultural barriers

Story by Philip J. Perez  Illustrations by Tristin Williams

Editor’s Note: Due to the sensitivity of mental health issues, we have chosen not to reveal last names of the participants in this story. This is part 1 of 2.

For many children, the spectacle of watching their parents get ready for a night on the town can be a bit overwhelming to the senses. The preparations in front of the mirror, the selection of the right outfit and the aroma of over-spraying perfumes and cologne leave a memorable impression in a child’s life.

Most often, this memory of confusion and curiosity leaves many with hints of pleasant nostalgia. For Emily, those memories leave her with feelings of dread.

As a very young age, Emily, who now a 30-year-old fitness trainer, would sit in her living room and watch as her parents would get ready to go out for another night of drinking. She remembers the frightful feelings she experienced but not understanding what they were or why they were happening. At 4 years old, the words anxiety and depression were foreign concepts to her.

“I just remember thinking, ‘They’re not going to come back because they’re going to get in a car wreck and die,’” Emily said. “I thought my parents weren’t going to come back and just being a kid, I never really understood what that was."

“I always just had this impending dread for as long as I can remember, and worst-case scenario would always pop into my head and create me from being therapy,” Emily said.

These fears of separation escalated when her parents divorced. Her parents’ complicated and bitter split would separate her from both parents for a short time. They reconnected before her wedding, “Emily said. “They said they needed to reconnect and they reconnected a year before my wedding, “Emily said. “They said they needed to reconnect and they reconnected a year before my wedding."

According to Heather Garcia, a licensed counselor at Del Mar College, many times those in the community don’t seek professional help because of their socio-economic background. There is also a negative stigma that comes with mental illness that discourage Latinos from getting help.

“They often don’t have access to what the more affluent communities have,” Garcia said. “I think this is a negative perception of the community that it’s easier doesn’t stop anything and all they need is a hug or a hot shower."

The common misconception is that mental illness, specifically depression, has more to do with feelings than with an actual illness. Because of that, those suffering from mental illness develop a form of guilt and shame.

“It’s like, you have such a good life, what do you have to be sad about?” Garcia said. “And you feel worse not understanding not knowing why you feel that way, at sometimes it’s difficult for individuals to explain to somebody what they are feeling when they don’t understand it themselves.”

DEALING WITH LOSS

As we progress through life, we develop certain bonds with a variety of people who are in and out of our lives. For many, the strongest bond is between child and parent. One of our strongest connections is that of a father and his daughter. It’s been said that no other love in the world is like the love of a father for his daughter. It’s been said that no other love in the world is like the love of a father for his daughter.

One of the hardest things we deal with is watching our parents grow old and preparing ourselves to eventually say one final goodbye as life begins to fade away.

For Alisa, the process of watching her father’s final days was overwhelming and detrimental to her mental health.

Alisa, a 41-year-old real estate marketing agent in Denton, suffered from intense, unquantifiable pain attacks a few years ago the week that her father passed away. The attacks started as she and her family were preparing themselves for the impending loss and continued after her father passed away.

“I knew that I needed help, but I didn’t want to take pills,” Alisa said. “I wanted to find the natural way with therapy and herbs and vitamins."

After several weeks, she finally decided to go to therapy with the support of her family and friends who encouraged her throughout the process in spite of the social stigma that surrounds mental health.

“They mentioned how some people can let pride get in the way and not seek help,” Alisa said. “By me seeking help, it encouraged others to finally seek help with their mental illness that they had been off."

Despite the negative stigma surrounding mental health, Alisa glad she sought help and was glad she sought help with her disorder. Many others will not seek help because they are afraid that their community peers will treat them differently.

“I understand that there are misconceptions about mental health and therapy today,” Alisa said. “It’s especially with men who put off seeking help due to their pride."

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Part 2 will appear in the May 2 issue of the Oyogbo Times.

“Always just had this impending dread for as long as I can remember and worst-case scenarios would always pop into my head and cripple me from doing things.”

Emily, 30
Fitness trainer

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Emily, 30
Fitness trainer

Mental Health Statistics

34% of adults in Latino communities with a mental health condition seek help.

43% of adults in America with a mental health condition seek help.

Many people in the Latino community do not seek treatment due to disparities in quality of treatment and access of treatment.

Outcomes for seeking treatment include:
- Decrease in barrier
- Decrease in poverty
- Stigma

Mental Health Resources

DEL MAR COLLEGE COUNSELING CENTER
www.tamucc.edu/counseling
361-825-3988

TEXAS A&M-CC COUNSELING AND TRAINING CENTER
www.tamucc.edu/counseling
361-825-3988

MISSION OF MERCY*
www.amissionofmercy.org/
www.amissionofmercy.org/texas
2421 Ayers St.
361-883-5500
* Accepts individuals who are unemployed or uninsured

STCH MINISTRIES
www.stchm.org/
family-counseling
361-981-8880
Counseling services are provided regardless of an individual or family’s ability to pay.

AFTER-HOURS HOTLINES

For emergencies call 911
Mobile Crisis Outreach 888-767-4493
Suicide Prevention Lifeline 800-273-8255

SOURCE: MEDICAL NEWS TODAY

SOURCE: MEDICAL NEWS TODAY

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EDITORIAL

Post wisely — your future depends on it

Kyrielle Del Rosario could possibly have named a career she has worked so hard to get. But she didn’t. Another four years of med school have essentially gone down the drain all because in a Tweet she sent braying of intentional malpractice on a particular media she fun of a turns rights prounon button that she sheared.

Del Rosario, a medical student at Wake Forest School of Medicine, sent out a Tweet in late March saying, “I had a patient I was doing a blood draw on, to see my pronoun and loudly to the staff! *shack* Well of course it is! I missed his vein so he had to get stuck once again."

In just two days she was no longer seeing patients, according to the hos- pital she worked at, and the future she stove so hard for is now in doubt. This is just one example of many where a social media post can turn a person’s life upside down.

Why are people so quick to broadcast the intimate or something or someone on social media? Did we forget the mean- ing of consequence over actions? For whatever reason, there has been an ex- tremely increase in letting the world know every detail of our lives. The burger at a certain restaurant was raw, post about it. The machine at the gym was covered in sweat, post about it. If you choose to chas- in on Interstet 37 and you don’t understand why the DPS isn’t stopping chasing you even though they’re “out of their jurisdiction!” so let’s broadcast the chase on Facebook Live. Insert face- ments here.

At a young age, our elders taught us that every action has an equal and op- pose reaction. Many times, those reac- tions come with consequences but for the past 10 years or so, the YOLO men- tally has increased at horrifying levels and with that is the need to let everyone know every detail about every thought and action we are involved in.

Just this past summer, a few years back, a Texas girl got a job at a pizza restaurant and complained on social media how bad her job was and how she didn’t like her manager. She was fired the next day.

In 2014, during the Ferguson protests, a Houston hospital employee made a post expressing racial purging. The hospital fired her after receiving back- lash from Facebook users.

Carlin Davis, a cheerleader for the New England Patriots, was fired after posting photos of a posted-out party goer on whose face she drew sweatpants and anti-Semitic semicircles.

The list goes on and it doesn’t have to be if we all just take a few seconds to step back and consider the possible reper- cussions of what we are about to do, or post in this case. We all know that one couple who con- stantly goes through a bad breakup and makes negative posts about how crappy the other person is by going out all their dirty laundry only to get back togeth- er a week later so as if they are peaches and cream, leaving the rest of the world to remember how that person was a drug addicted womanizer with bad credit and erectile dysfunctions, and now we’ll nev- er be able to get that out of our heads because, “Hey, it was on Facebook, so it must be true.”

Many people will say, “It’s my Facebook, I can post what I want,” and it’s true. After all, we have free speech. Consider this, though. Your free speech can c o m e...

POINTER ILLUSTRATION BY MELODA WISE | EOGINSON NEWS

“Personally, I use social media but I don’t post on it. It’s more of a form of entertainment for me. I only scroll through and like things, but I don’t comment.” — Amber Ashworth, Radio and Television

“I don’t have social media. I prefer people not knowing what’s going on in my life. Staying with social media gives me more time to spend with my loved ones.” — Linda Pozo, Dental Hygiene

“I post pretty much whatever I want. I think ahead, and ask myself if it’s appropriate or not. I don’t want to look back and feel like my post wasn’t a good decision.” — Carmen Almeida, Nursing

“I only post positive things on the Internet. The world has enough negative floating around.” — Janell Roser, Social Work

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“I just post pictures. I like to make sure that I look good, and that my jawline is poppin’. That’s how I use my Facebook, I must be true. ” — My Facebook, I must be true.

“Something that’s appropriate. Not something that could hurt anyone’s feelings, because sometimes posts just don’t go the intended direction.” — Carmen Almeida, Nursing

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“I don’t have social media. I prefer people not knowing what’s going on in my life. Staying with social media gives me more time to spend with my loved ones.” — Linda Pozo, Dental Hygiene

“I post pretty much whatever I want. I think ahead, and ask myself if it’s appropriate or not. I don’t want to look back and feel like my post wasn’t a good decision.” — Carmen Almeida, Nursing

“I only post positive things on the Internet. The world has enough negative floating around.” — Janell Roser, Social Work
VIKING & CHILL

Del Mar students can advertise in the Foghorn for as little as $10! Drop by HC 215 or call 698-1246 for more information.

APRIL 11, 2022

LIKE TO DRAW?
The Foghorn News is looking for talented artists. Stop by Room 215 in the Harvin Center for information.

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DMC hosts high school welding competition

High school students traveled from across Texas to compete in several welding events at the SkillsUSA State competition April 1 at Windward Campus.

According to Assistant Welding Professor Jose Cortez, the event is a great opportunity for Del Mar to spark interest in high school students by allowing them to see and use the college's facilities. “Hosting the state event lets schools all over Texas know what Del Mar is doing,” Cortez said. “If they get exposed to this kind of welding and we talk to them we sometimes do get students who register at our program.”

— Nichaela Shaheen

PHOTOS BY NICHAELA SHAHEEN | FORGHORN NEWS

TOP: Rudolfo Hernandez participates in the SkillsUSA State competition April 1.

BOTTOM LEFT: Jose Mendoza (left) and Anthony Acosta weld during the competition.

TOP LEFT: Cameron Baker works on his project at Windward Campus.