

# CAMPUS NEWS

College  Paper

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Volume 18, Issue 4 FREE!

**WINTERSESSION  
2018-2019**



**CYBER SLEUTHS 18**



**NETFLIX FINALE 16**



**SELF 13**



**SOLVE 20**

## Maxing your productivity

Oheine Porter  
*Campus News*

Being productive is about changing your mindset. And the key is completing important tasks first, not filling your schedule with remedial busywork and unnecessary indulgences.

Productivity is doing what is important first. In this article, I will tell you the everyday tasks you have to complete on your path to success. This will make your semesters less stressful. In fact, completing these tasks will help you in all facets of your life.

Whether it takes 10 minutes or 10 hours, if you finish your priority tasks, then it is a successful day. As the end of the semester hits, our workload peaks; swarming us with papers, documents, and important information. Does this stress cause crisis, or can we remain cool?

Being productive and efficient is the difference-maker. Here are the steps to take to become more successful in all facets of your life:

**Please continue reading on page 23**

**You can be that person who  
does it all – successfully!**



## Win free ski lift tix!

Snap a picture of a community college student (it can be you) reading this issue of Campus News and send it to [pics@cccn.us](mailto:pics@cccn.us) or text it to 518-879-0965, and we'll publish it online and perhaps in the print edition. Include the name, major and college of the student pictured and your info. Up to 10 submit-

ters will win two free lift or tubing tickets to West Mountain, the storied, 125-acre ski resort with trails, terrain parks and snow tubing, plus a pro shop and bar/eatery in Queensbury, N.Y. (See separate ad inside.) Ski rentals available. Tickets are non-transferable. Value is approximately \$100.



**See last month's winners inside!**

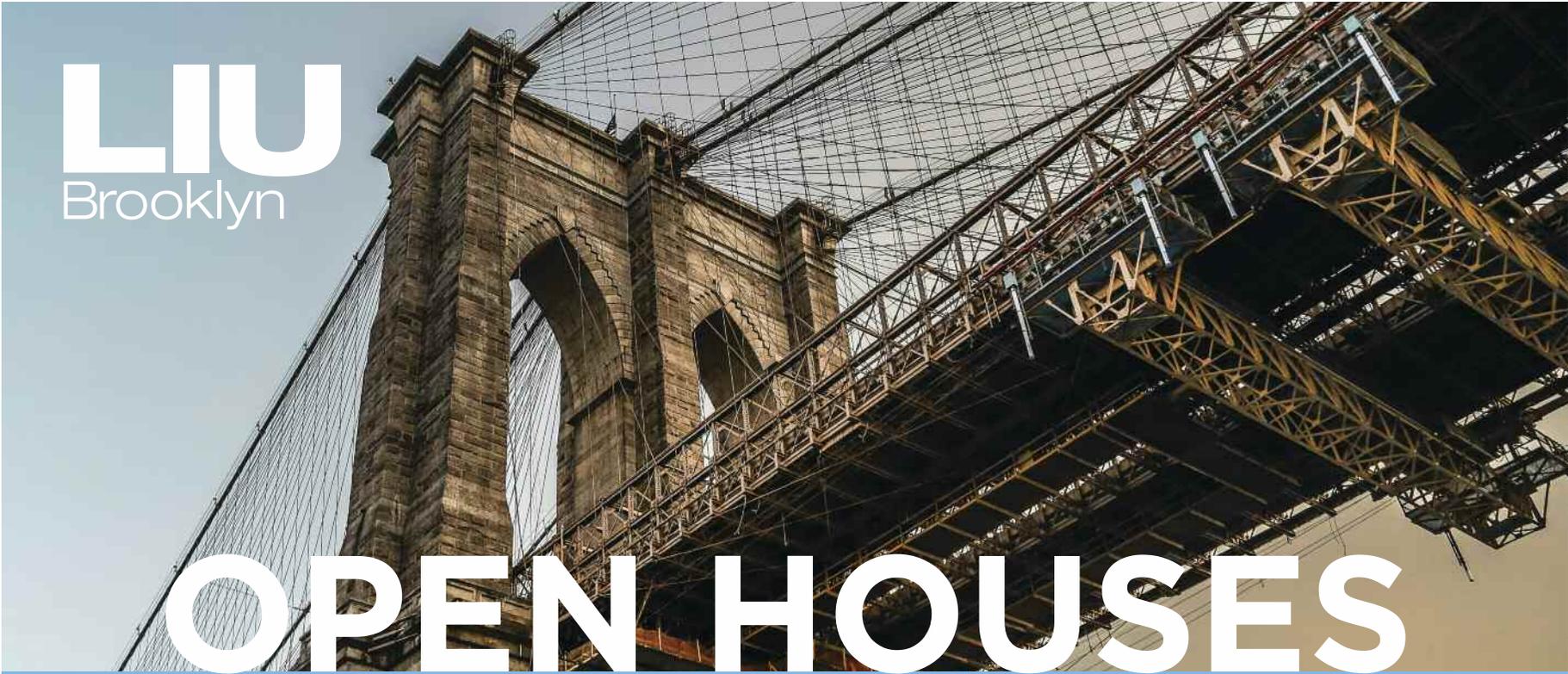
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# Winter fun in NYC on the cheap

**Leanne Costantino**  
*Campus News*

It's that time of year again. The leaves have fallen, people are bundled up in winter coats, and the holidays are near. The winter season is a magical time in cities all across the country, especially New York!

College students often find themselves budgeting around this time of year to save up for gifts for family and friends. However, there are many fun experiences to be had in New York in the winter on a budget. In fact, there are a lot of things to do that are even free!

## **Ice Skating in Bryant Park**

Bryant Park is the only free admission ice skating rink in New York City. The park is free admission due to Winter Village's partnership with Bank of America. Ice skaters can enjoy the rink daily from 8 a.m. to 10 p.m. throughout the winter.

## **Free Tour From a Native New Yorker**

Big Apple Greeter is a volunteer organization that provides a free welcome-visitor service to people who are new to New York. It was founded in 1992 by Lynn Brooks and was the first program of its kind. Those interested in becoming a greeter can apply to volunteer at [bigapplegreeter.org](http://bigapplegreeter.org).

## **Friday Evenings at the MoMA**

Every Friday, the Museum of Modern Art offers free admission from 4 p.m. to 8 p.m. The sculpture garden is also free to explore every morning from 9:30 a.m. to 10 a.m.

## **Tuesday Stargazing on the Highline**

Strolling on the Highline is always free, but on Tuesday nights at dusk, the Amateur Astronomers Association sets up telescopes between West 15th and West 16th Street. Newcomers are always welcome to learn more about space and discuss current space exploration topics with other stargazing enthusiasts.

## **Go to Art Galleries in Chelsea**

The art galleries in Chelsea are always free to visit and most of the time, the art is the same or higher quality than what you would see at a NYC art museum. Gallery hosts often have free refreshments for gallerygoers to enhance their experience in hopes that they will purchase a piece or, at the very least, be left with a positive impression of the artist and their work. Most galleries in Chelsea are located between West 14th Street and West 29th Street around 10th and 11th Avenues.

## **New York Public Library**

The New York Public Library is a beautiful historic building that is always free to the public. The Schwarzman Building is located on 42nd Street and 5th Avenue. Many free events are hosted at the library, including exhibits of archival photographs and walking tours. They also host the Books at Noon series, which features talks with acclaimed authors.

## **The Whispering Gallery in Grand Central**

The beautiful Grand Central Terminal is much more than just a train station. Grand Central is a shopping, dining, and cultural destination. It has 60



shops and 35 places to eat. The terminal is free to walk and explore, and those who look closely might find some hidden gems, like the Whispering Gallery. One of the 102-year-old terminal's most interesting secrets is that when two people stand at the diagonal arch under the Guastavino-tiled arches near Oyster Bay and whisper, their voices ring through to each other like a game of telephone.

## **Tour the Brooklyn Brewery**

Williamsburg is home to the Brooklyn Brewery, which gives free tours every half hour on the weekends. The tours tend to fill up quickly, so it is a good idea to get there a bit early to make sure to get a ticket. Tastings of the Brooklyn beer can be purchased at discounted rates while guests wait for the tour. The brewery is located on North 11th Street in Brooklyn.

## **Get a Ticket to a Taping of a Show**

Many television shows are taped in New York and anyone can get tickets to them with a little bit of patience. Shows like

“Harry,” “The Late Show,” “The Daily Show,” “The Tonight Show,” “SNL” and many more are filmed with live audiences. Tickets are usually given out a month in advance of the show, and all you need to do is go on the show's website and apply for the tickets. If you attend the show and enjoy your experience, the show's hosts will often offer you more tickets through email after the show for being a great audience member.

## **See Alexander Hamilton's Harlem Estate**

Hamilton Grange is located in Harlem and is believed to be the only house ever owned by founding father Alexander Hamilton. Back when Hamilton lived at the estate, the area was all countryside. The estate is located at 414 West 141st Street and is free to explore.

There are many ways to enjoy the holiday season in New York, so get out there and see all that the city has to offer!

# Congratulations, Campus News readers!

**Prof. Jack K. Mandel**  
*Nassau Community College*

I can't believe it — another semester is just about over! And for many of you it marks a milestone: graduation and onto continued studies or work. Whatever path you choose, I trust it will be the right one!

This column will be devoted to some inspirational thoughts, which I have come across during my 40 years of being a college professor. I hope they inspire you to greater success. Enjoy!

- “THERE are two mistakes a person can make along the path of life. ... Not going all the way and not starting.”

- “NEVER be discouraged. It is often the LAST key in the bunch that opens the lock.”

- “MAKE the best use of what is in your power and take the rest as it happens.”

- “SUCCESSFUL people are those who can lay a firm foundation with the bricks that others throw at him or her.”

- “WHAT is your legacy? What will you do to leave the world a better place? What gifts and talents have you been blessed with? Be sure to use them to your fullest potential.”

- “EVERYTHING you've been through in your young lives has been preparation for where you are at this moment in time AND, more important,

where you can be tomorrow.”

- “FORGET all the reasons why it won't work, and believe the one reason why it will.”

- “TO create more positive results in your life, replace ‘if only’ with ‘next time.’”

- “THIS is your world. Shape it or someone else will.”

- “THE ones who say ‘you can't’ and ‘you won't’ are probably the ones scared you will.”

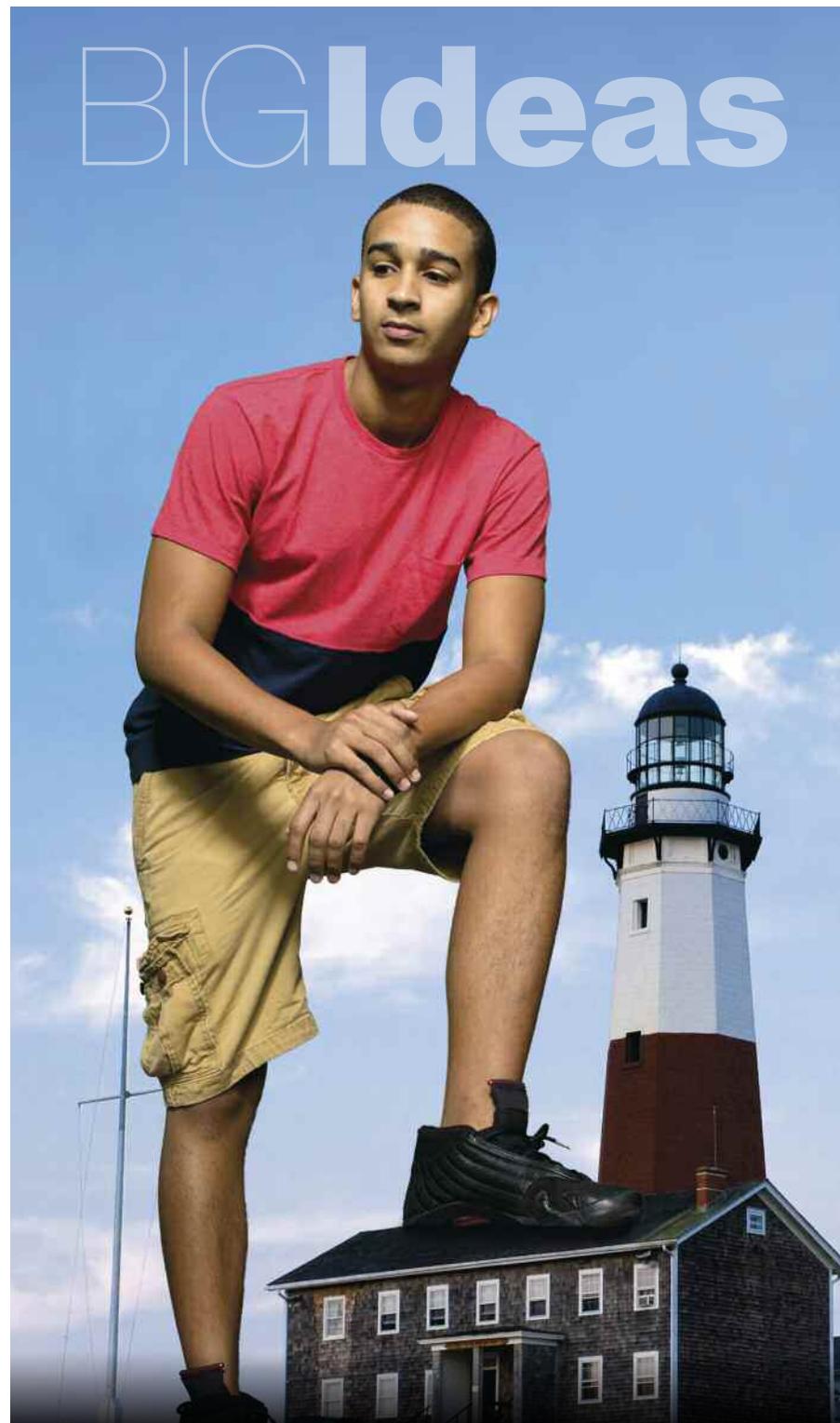
- “BE thankful for what you have; you'll end up having more. Never focus on what you don't have because you will never, ever have enough.”

- “PERSONALLY, I am still learning that being kind and caring to those around you is more important than being right.”

To all Campus News readers,  
HAPPY NEW YEARS!



*Professor Jack Mandel has taught marketing and public relations since 1978 at Nassau Community College. He is the recipient of the prestigious Outstanding Teacher Award, conferred by the NYS Association of Two-Year Colleges.*



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# Our most recent contest winners!



Michael Martiniello

This month our contest is again sponsored by West Mountain in Queensbury, Upstate New York, and we have lift tickets for skiing and tubing passes! Put on your winter gear and make a day of it! See details on page 1.

If you submitted last month but did not win, you will be in the running for this month's West Mountain passes. Use them any time all winterlong!

Do you know of a fun and interesting sponsor for next month's contest? Contact us at [pics@cccn.us](mailto:pics@cccn.us). And don't be shy about sending your pics, too. We have T-shirts as second prizes, as well.

Pictured are Meagan Battle, English major, Dutchess Community College; Chrissy Hobson, Business Administration major, Suffolk County Community College; Teresa Thomas, Business Administration major, Dutchess Community College; Courtney Munderville, Liberal

continued on next page



Chrissy Hobson



James Macabeo

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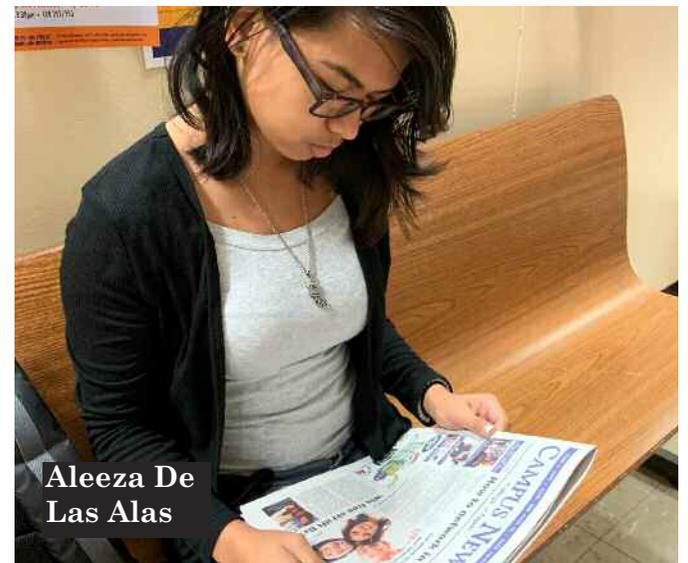
**Meagan Battle**



**Matthew Mahabir**



**John Spellman**



**Aleeza De Las Alas**

Arts major, SUNY Orange; Michael Martiniello, Cyber Security major, SUNY Orange; Matthew Mahabir, Business Administration major, Nassau Community College; Aleeza De Las Alas, Nursing major, Nassau Community College; John Spellman, Nursing major, Suffolk County Community College; James Macabeo, Nursing/Health Science major, Atlantic Cape Community College; and Anneka Rahman, Chemistry major, Queensborough Community College.



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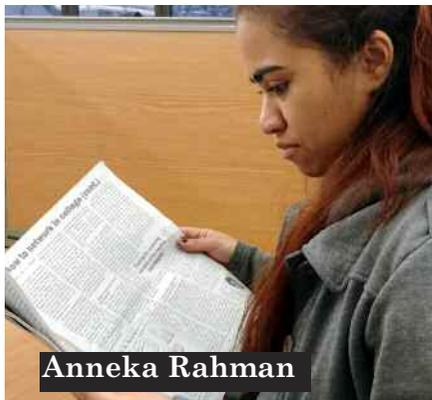
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**(cont.)**



**Anneka Rahman**



**Teresa Thomas**



**Courtney Munderville**

## Adobe recognition

Rockland Community College student Marven Laguerre has been recognized by Adobe as a semi-finalist in several online competitions for his artwork created with the Photoshop and Illustrator graphic programs. Ten of his colorful pieces of art are currently on display in the student art gallery in RCC's Student Union.



A graphic design major, Laguerre draws inspiration from music, technology and nature. His artistic talents soared after taking classes in the digital art tools that he would come to master, as well as other Art courses including Graphic Design. "I consider myself a born artist, but these were tools I didn't know about until I took the classes," said Laguerre, a Haitian native who immigrated to the U.S. six years ago. "I was in love with these classes. I found that even if you learn something well, you still practice it. Every time I do it, I progress more."

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In 2018, for the second consecutive year, we've been named to Phi Theta Kappa's Transfer Honor Roll for ease of transfer.

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# Gifts college students can afford

**Kaylee Johnson**  
*Campus News*

The holidays are here again; a time of togetherness, merriment, and materialism. Holiday shopping is a tradition for most families, but it can get pricey. As a college student on a budget, I am aware now more than ever of price tags, and how draining holiday shopping can be on a bank account. That said, there are some people that you will be expected to buy presents for, and you don't want to look like a complete scrooge; or like my legendary late aunt, who allegedly gave all of the children in my family luxurious Christmas gifts in 1976, and took them back a week later because she did not have any money left to pay her bills. Here are seven affordable gifts that anybody will like, specifically selected for the busy student shopper:

**Movie tickets:** Are you shopping for a friend who lives on campus and is always complaining that they are bored? Buy them a couple of movie tickets at the nearby theater. Who knows? They might take you with them to the next revival showing of "Home Alone."

**Birch Box or Ipsy Glam Bag subscription:** Subscription boxes are very hot this holiday season, and they vary wildly in quality and price. Ipsy Glam Bag and Birch Box are only \$10 a month; for that price you will receive about six high end makeup and hair care samples in every box. This gift would be excellent for a close relative or friend who loves makeup. If you are going to buy this gift for somebody, buy 12 months of boxes, not one. Surely this is not an inexpensive gift; that is why it should only be

purchased for people you truly care for. The best perk about subscription boxes is that they can be purchased online, which means you will not have to tough the shopping center warzones!

**Not your typical box of chocolate:** A box of chocolate from a real candy store is a classy gift for your co-worker, mail carrier, or Christmas party host. Boxes range in price, but you can usually find a medium sized one for fifteen dollars; opulence on a budget.

**Personalized jewelry and ornaments:** If you are too sentimental to give your loved ones gift cards, order a monogrammed pair of earrings or a necklace. Etsy is full of ambitious monogram fanatics who can make just about anything; but be mindful that you need to order any Etsy item far in advance if you want it to arrive in time.

My family Christmas tree is covered with sentimental orna-

**'From gift cards to subscription boxes, it doesn't have to be a lot.'**

ments that pay homage to all of my milestones, fads, sports, and favorite vacation destinations. Most malls have ornament kiosks that offer personalization; and they are all under \$20!

**Journal and pens:** Inspire your younger cousins by gifting them a boarding pass to their psyche; a journal. As a child, journals and gel pens were always on my Christmas list, and they still are. By giving a child, or an adult a journal you may also give them a passion for writing, which is priceless.



**Gift cards:** If you are buying for a Secret Santa or the person who has everything, gift cards are a wonderful option. There is still some room for personalization with gift cards; if you have a beauty connoisseur in your family, get them a nail salon gift certificate, if a Disney College Program student is on your shopping list, get them a Disney Parks gift card from Target or the Disney Store. Gift cards can be extremely thoughtful presents, and stress-free for busy shoppers!

**Photo album/scrapbook:** You might not want to give a sentimental scrapbook to a new friend or relative you barely know, but for those you are closest to, scrapbooks and photo albums are a great affordable present that won't get thrown in the trash in a few years. If you are a clueless crafter, use Shutterfly's easy to use photo book templates. If you are more experienced, you can make your own Shutterfly template. The crafti-

est may feel compelled to make a scrapbook the retro way; wavy scissors, glue dots, paper cuts, and all.

This holiday season remember that the fixation we all have on presents is a societal flaw. Materialism and greed consume, so during the holidays; just look at the horrible fights that shoppers get into every year on Black Friday. The holidays are supposed to be a time of solitude and festivities, so don't let your eyes glaze when looking into shop windows. If you can't afford any presents this year, don't feel guilty. Most people set low expectations for college students when it comes to exchanging gifts. Your presence, and the warmth you bring to your home will be enough.

*Kaylee Johnson is now a junior Education major with a concentration in English.*



# A college readies for new Amazon HQ

**Leanne Costantino**  
*Campus News*

On November 13th, 2018, Amazon announced the selections of New York City and Northern Virginia for its HQ2 sites. There are many mixed emotions in New York City as people prepare for the arrival of new residents and business development, especially amongst college students who are studying in fields that directly correlate with job titles that Amazon will need filled at its new location.

LaGuardia Community College is Long Island City's largest educational institute, with technology programs that rival those of four-year universities. Seema B. Shah, Director of Planning for Technology and Innovation Initiatives at LaGuardia, answered some pertinent questions about Amazon's impending presence in Long Island City with the announcement of HQ2.

**CAMPUS NEWS:** As one of NYC's largest tech education providers, how is LaGuardia helping or planning to help students in preparation for Amazon to open up HQ2 in NYC?

**SHAH:** As Long Island City's only college and largest educational institution, LaGuardia Community College is ready to support Amazon in Queens. We'll continue providing high-quality education, through both our associate's degree-seeking students, and our Learning and Innovation Center—where students can earn professional certificates in areas that help advance their careers. Each year, more than 3,500 students study at LaGuardia Community College in our tech programs—making us one of the largest tech training programs in NYC.

Our tech programs include recently redesigned Associate in Applied Science (AAS) degrees in Network Administration and Security, Programming and Systems, and Computer Technology. [We also have] a recently launched noncredit training program in cybersecurity.

Our grads work in tech jobs at banks, retail, real estate, and at major tech companies including Facebook, Google, and IBM—reflecting how well-prepared they are for tech jobs, or to pursue a bachelor's in a tech field.

At LaGuardia, we put a major emphasis on finding experiential learning and applied learning opportunities for both our faculty and students. So our students

gain valuable professional experience and establish a

network of contacts, and so our faculty are able to continually update curricula to reflect industry needs. So far we've partnered with Google, Facebook, Workbench, and other tech companies, as well as tech startups, for these opportunities.

For students, experiential learning and applied learning opportunities include internships. We hope to partner with Amazon to create internship opportunities for students, through First Big Break, LaGuardia Community College's Honors Internship Program. First Big Break helps LaGuardia students gain professional experience, mentoring, and income, while providing employers with a unique talent pool of carefully selected, diverse students, who are eager to take advantage of these opportunities. Dedicated staff work closely with both the students and em-

ployers—providing high-touch oversight.

Finally, in an effort to meet industry needs and demand, we would love Amazon's support in identifying new faculty and creating a directory of resources or materials that would benefit our faculty as well as our students.

**CAMPUS NEWS:** Are students in your program optimistic about Amazon's incoming presence in NYC?

**SHAH:** Like other New Yorkers, our students are both optimistic and concerned about Amazon coming to NYC, and particularly, our neighborhood

of Long Island City. It's important to note that our student population is largely low-income (70% come from families with annual incomes of <\$30,000), recent immigrant, or otherwise disadvantaged. Many are hopeful that they'll be hired to work there, enabling them to demonstrate their talents while establishing economic stability for themselves and their families.

Our students worry that Amazon may not consider hiring them, but instead fill its LIC office with graduates of elite colleges.

Amazon's announcement has been a big topic in our classrooms over the past week – in our social sciences classes, our business administration classes, etc. Many of our professors are using the Amazon news as a case study – examining the potential effects on LIC/NYC.

**CAMPUS NEWS:** The news

of HQ2 has sparked fears among locals, who are worried about rents increasing, mass transit overcrowding, and infrastructure deteriorating as a result of Amazon's residency. What are your thoughts on this?

**SHAH:** Like many big opportunities in life, having Amazon in LIC is complicated. There are many potential benefits and potential risks.

Potential benefits include job creation, access to internships for our students, and boosts to LIC businesses that will support Amazon employees, e.g., taxi and ride-hailing drivers, restaurants, grocery stores, daycares, pharmacies, construction companies, and doctor's offices. The long-overdue improvements to sewage lines, parks, transportation, schools and other infrastructure components in LIC will benefit residents and businesses alike.

Unfortunately, it seems likely that Amazon's move to LIC will raise housing prices, forcing some to move to further away neighborhoods. Hopefully, the job creation and economic benefits of Amazon will help off-set this somewhat. Queens is among the most diverse areas of the world. Here at LaGuardia, our students come from 150 countries and speak nearly 100 native languages. Our diversity is a key part of LaGuardia—has helped shape our college in so many ways. Our students regularly tell us how much they appreciate the welcoming, friendly vibe at LaGuardia—where people from different backgrounds (socioeconomic, experiential, racial/ethnic) come to try to make better lives for themselves and their family members. We don't want to lose this diversity, and will do what we can to preserve it.

# 2019 is the year of 'The Running Man'

Darren Johnson  
*Campus News*

The year 2019 is the setting for the prescient movie **"The Running Man,"** which I will get to shortly, but along the way I will also relate this 1987 Arnold Schwarzenegger near-future film to current entertainment, including:

- **"Live PD"** on A&E Network;
- **"Escape From Dannemora"** on Showtime; and
- **"Prison Fighters: Five Rounds to Freedom"** on Showtime.

As for "The Running Man" it's a bit hard to find in this content-saturated era but I was able to nab it on my DVR recently, as it aired at 2 a.m. on some obscure channel. It's available for \$2.99 on Amazon Prime, as well, and that's about it.

I wasn't a big Schwarzenegger fan as a kid, but did see a lot of his movies because they were everywhere. Today, younger viewers when they see such films wonder why a guy with such a heavy accent whose acting is marginal was cast in so many mainstream movies. The movies also have dated humor and concepts of masculinity. Schwarzenegger films, for the most part, don't translate.

That said, I remember as a kid thinking "The Running Man" was cooler than the rest of Schwarzenegger's steroid-raged body of work. Based on a 1982 book by Stephen King (it was early in his career and he wrote it under the pen name Richard Bachman), the story is about a 2019 game show where convicts – on live TV – can fight

for their freedom. Many of the concepts of this movie have proven true, including:

- **Richard Dawson** (the smarmy original host of "Family Feud") plays the show's Machiavellian, politically astute reality show host (think **Donald Trump** and "The Apprentice").
- **Reality TV wasn't a thing** in 1982 or even 1987. "Running Man" predicts this genre.
- **Live, real-time TV is now popular again** after decades of scripting.
- **"Running Man" features flamboyant physical contests,** which are now common on gladiator shows and competitive reality fare like "Big Brother" and "Survivor."
- **The story also plays off of an increasing divide between rich and poor** and resulting riots.

As the live, reality game show depicted in "The Running Man" is about prisoners vying for their escape, many of their back stories are trumped up by the



media as it is; in other words, "fake news." A former military operative, Schwarzenegger's character (the character's name doesn't matter – it's basically just *him* in all of his movies) is falsely accused of murdering protesters in Bakersfield, Calif., and police cam footage is altered to portray that falsified reality.

This all ties in to other things I've been watching:

I've been a little late to the table on "Live PD." It has such a simple title I just didn't see it



amongst the scroll of hundreds of shows on my cable guide. But apparently this show has a loyal following. The technology is finally there to show us police-work live, and apparently the legal issues of putting suspects on live TV have been hammered out – even if they are innocent. But the show is riveting. In case you haven't seen it, it airs live Friday and Saturday nights and anything can happen. Camera crews follow cops in towns in Florida, Texas, Ohio, Nevada, California and Rhode Island and producers quickly cut to wherever there's the most interesting action. It's also interesting how the presence of the cameras affects the behavior of the cops and suspects. Perhaps we really are in an era where government, celebrity and media are becoming one.

Which brings us to "Escape From Dannemora," directed by Ben Stiller, who was able to use his influence to film in the actual prison that two convicts escaped from a couple of years ago, leading to an internationally publicized manhunt. The story of their escape is fantastic, but the filming in a real, live prison – showing how prisoners really live – is the story.

"Prison Fighters: Five Rounds to Freedom" is about a

real Thai program where talented prisoners can kickbox their way out of lengthy sentences. They fight internally in sanctioned prison contests and eventually, if they stay undefeated, fight publicly, usually against Western mercenaries. If they win that big fight – thus demonstrating that Muay Thai is superior – they are issued a royal pardon; even if, in the case of one of the featured fighters in this film, he is a murderer. The documentarian (Micah Brown) also interviews the parents of the murdered victim and we learn about his story; he was in the wrong place at the wrong time and was sadistically killed. Should the murderer go free simply because he can beat some jobber Western fighter in a show of Thai nationalism?

Yes, "The Running Man" looks dated. The 1980s Aqua Net up-dos, the proliferation of cigarettes, corded telephones, corny lines. Mistakes are made. But it's worth a rewatch to see what they got right as we enter 2019. And maybe it's still a cautionary tale.

*"It's New to You!" finds forgotten gems. Read more streaming reviews on Nu2U.info!*

# Lessen debt: consider learning a trade

**Dr. Daneen Skube**  
Tribune Content Agency

**Q:** I am graduating from high school next year and all my friends are going away to college. I have friends in their 20s who have about \$80,000 in college debt. I am not certain going straight to college is the path for me unless I want to launch into adulthood as a debt slave. You always have creative ideas. Do you have any for me?

**A:** Yes, many community colleges offer training in a trade that can help find you a job upon graduation, and the hourly pay often is about \$25 an hour.

Nationally, we have a shortage of people training for skilled trades, including welders, electricians, machinists, plumbers, ultrasound and radiology technicians. According to the Na-

tional Electrical Contractors Association, for instance, 7,000 electricians join the field each year, but 10,000 retire.

Learning a trade at a community college can offer students a fast track to a job because most programs that trade programs offer are in high demand in the work force. Career services and a high placement rate also are bonuses when studying in a trade program. The cost is also significantly less than a traditional four-year college or university.

And, the financial return from a college bachelor's degree is lessening, even as the cost of that degree keeps climbing.

Often in career challenges what we face is to think outside the box of what most people are doing. When we re-examine the problem (in your case, college debt) we can then consider innovative ways to get where we

want to go without the downside of the more popular paths.

Many people have discussed the nationwide problem of saddling young people with enormous student loans with few solutions. The problem of these same students defaulting on loans (trying to pay them and support themselves) seems equally complicated.

Unfortunately the trades are often seen as the place for stupid kids to go, when really it may be where the smart kids go to have a well-paying job while finishing college without much debt.

The price of making these choices is you are veering off the freeway of popular opinion. However, you'll always do better in life if you worry less about how people see you and worry more about whether what you are doing is beneficial to you.

No matter how much college you'd like to do, the opportunity to graduate without debt is more likely with a well-paying skilled trade. Another terrific benefit is even if you go on to work in another field, you'll always have a fallback career.

*Daneen Skube, Ph.D., executive coach, trainer, therapist and speaker, also appears as the FOX Channel's "Workplace Guru" each Monday morning. She's the author of "Interpersonal Edge: Break-through Tools for Talking to Anyone, Anywhere, About Anything."*



## 9 to 5 by Harley Schwadron



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# When you take a selfie play it safe

Telijah Patterson  
Campus News

From this summer's Keke challenge, which featured people jumping out of moving vehicles and dancing in the street to the song "In My Feelings" by rap artist Drake, to the rise in popularity of augmented reality filters that social media users use to enhance their image, selfies are all the rage. However, behind all the smiles and duck lipped poses, selfies are racking up a different kind of reputation.

There has been an exponential increase in the amount of selfie related deaths in the past few years. An observational study published in the *Journal of Family Medicine and Primary Care* noted that 259 people have died worldwide while taking selfies between 2011 and 2017, an average of 43 people a year. Even though women take more selfies than men, men account for 72% of selfie related deaths. Researchers speculate that this may be because men tend to take more risks, for example, hanging off of cliffs or driving while taking selfies.

In October a couple from India, Meenakshi Moorthy and Vishnu Viswanath, fell to their deaths in Yosemite park in Cal-



ifornia. The couple was last seen setting up a tripod and when visitors passed the sight the next day, all that remained on the cliff where they fell was the tripod. Their bodies were later retrieved by a special team, 800 feet below the cliff. The couple had an Instagram account dedicated to showcasing their travels with over 25,000 followers. In a chilling post, perched at the edge of another cliff at the Grand Canyon, a few months earlier on March 28 the couple warns their followers about having boundaries when taking photos in risky locations, and the fatal potential of wind gusts and asks "Is our life just worth one photo? ... We squirm at another selfie attempt gone south from a skyscraper, let's remember to save that in our core memory and not the memory dump." The couple may have been referring to the death of Wu Yongning who fell to his death from a 62-story building in Chongsha, a city in southern China, in December 2017. Reports have noted he was participating in a "rooftopping" challenge that promised \$20,000. He planned use the money to propose to his girlfriend and help his sick mother.

Governments around the world are taking note of the danger and have taken actions to protect their citizens. In India, where the majority of selfie deaths have occurred, the government has designated certain areas "No Selfie Zones" and in-

structed law enforcement to intervene when they see someone taking a selfie in a risky location. In the U.S., the National Transportation board issued warnings on Facebook about the dangers of participating in the Keke challenge and urged citizens to be safe.

The average age of people dying of selfies is 22, which is about the age of your average college student. Although, you are more likely to be injured rather than die from a selfie incident, it is still important to be cautious. There are ways you can stay safe.

## 'A couple fell to their deaths in Yosemite Park, California.'

First, be aware of your surroundings. If you are in an area where there are warning signs, it is wise not to take a selfie. Although this list is not exhaustive abstain from taking selfies while swimming, driving, or on cliffs. Secondly, it may be best to forgo the photo if a situation seems a bit risky so try living in the moment. After all, a number of studies have shown that taking photos impairs your memory of those specific events. No, you might not get those instant bragging rights from posting an epic albeit risky photo, but in the end, what matters most is safety before selfies.

## Seeking writers, artists

Some day, perhaps far in the future, you will find an old and yellowed copy of Campus News in an attic, amongst your old essays and algebra homework. You had once grabbed it in between classes and it got mixed up with your papers. You may be a parent or a grandparent or a great relative, and here's something tangible you will be able to show the students of tomorrow.

Will your writing or art be in this future copy of Campus News, archived for posterity for current and future generations to ponder over and enjoy? This is deep stuff to think about, and we're running out of space in this little box. In short – leave a legacy! Get your work in print.

Contact us at [editor@cccnews.info](mailto:editor@cccnews.info)!

# Book smart when lodging in Europe

**Rick Steves**  
*Tribune Content Agency*

I used to travel with absolutely no hotel reservations. Europe 30 years ago was relatively ramshackle, things were cheaper and because fewer people could afford to travel for fun, there was much less competition for budget rooms. I could make decisions on the go, show up in a new town and improvise my accommodations. But the tourism boom and rise of the internet have changed everything. Today, booking hotels in advance is a critical part of trip planning - and a fun way to tap into the local scene before you even leave home.

If flexibility isn't a concern, book your rooms as soon as your itinerary is set. To get my pick of characteristic, family-run hotels in the heart of a town, I reserve several weeks - or even months - in advance. It's especially important to reserve as early as possible for stays that fall on holidays, during big festivals and in peak season. In popular cities - such as London, Paris, Madrid and Venice - it's smart to book far in advance year-round.

From booking services to user reviews, online businesses are playing a greater role in travelers' planning than ever before. Take advantage of their pluses - and be wise to their downsides.

## Booking Sites

Hotel booking websites, such as Booking.com and Hotels.com, offer one-stop shopping for hotels. While convenient for travelers, they present a real problem for small, independent, family-run hotels. Without a presence on these sites, these hotels become almost invisible. But to be listed, a hotel must pay a sizeable commission ...

and promise that its own website won't undercut the price on the booking-service site.

Here's the work-around: Use the big sites to research what's out there, then book direct with the hotel by email or phone, in which case owners are free to give you whatever price they like. I usually ask for a room without the commission mark-up (or for a free breakfast or a free upgrade). Hoteliers are more likely to accommodate any special needs or requests if you're in touch with them directly. If you do book online, be sure to use the hotel's website. The price will likely be the same as via a booking site, but your money goes to the hotel, not to agency commissions.

As a savvy consumer, remember: When you book with an online booking service, you're adding a middleman who takes roughly 20 percent. To support small, family-run hotels whose world is more difficult than ever, book direct. I prefer that my hardworking hosts pocket the full value of my stay.

## User Reviews

User-generated review sites and apps such as Yelp and TripAdvisor can give you a range of opinions about everything from hotels and restaurants to sights and nightlife. If you scan reviews of a hotel and see several complaints about noise or a rotten location, you've gained insight that can help in your decision-making.

With any crowdsourcing platform, take the reviews with a grain of salt - and watch out for fake reviews. Keep in mind that a user-generated review is based on the limited experience of one person, who stayed at just one hotel in a given city and ate at a few restaurants there.



*A Prague hotel. Photo by Dominic Arizona Bonuccelli.*

Though these evaluations aren't always the most well-informed or objective, they can still be helpful to gauge the amenities, service and quirks of a place. If something is well reviewed in a reliable guidebook - and it also gets good online reviews - it's likely a winner.

## Short-Term Rental Sites

Rental juggernaut Airbnb (along with other short-term rental sites) allows travelers to rent rooms and apartments directly from locals, often providing more value than a cookie-cutter hotel. Airbnb fans appreciate feeling part of a real neighborhood and getting into a daily routine as "temporary Europeans." Depending on the host, staying in an Airbnb can provide an opportunity to get to know a local person, while keeping the money spent on your accommodations in the community.

But critics view Airbnb as a threat to "traditional Europe," saying it creates unfair, unqualified competition for established guesthouse owners. In some places, the lucrative Airbnb market has forced traditional

guesthouses out of business and is driving property values out of range for locals. Some cities have cracked down on the trend, requiring owners to occupy rental properties part of the year and staging disruptive "inspections" that inconvenience guests.

As a lover of Europe, I share the worry of those who see residents nudged aside by tourists. But as an advocate for travelers, I appreciate the value and cultural intimacy Airbnb provides.

With the right online resources, booking ahead is an easy and reliable way to ensure your trip is organized and takes full advantage of Europe's warm hospitality. You'll enjoy the peace of mind of a well-curated itinerary, and when you touch down in Europe, you'll have more time to experience its spontaneous charms.

*Rick Steves (www.ricksteves.com) writes European travel guidebooks and hosts travel shows on public television and public radio. Email him at rick@ricksteves.com and follow his blog on Facebook.*

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# 'House of Cards' star discusses finale

**Debra Birnbaum**  
*Variety*

On the final season of "House of Cards," Claire Underwood's (Robin Wright) ascent to power brings an old friend back into her life — but Annette Shepherd, as embodied by new cast member Diane Lane, knows all of Claire's secrets. Along with her brother Bill (Greg Kinnear), she's not afraid to tap into them to get what she wants out of the new woman in charge.

Here, as part of *Variety's* "House of Cards" cover story, Lane talks about joining the cast of "Cards" for its final arc, how she thinks fans will respond, and how the showrunners managed to stay ahead of what's really happening in Washington.

## How did the role come to you?

I got a phone call. I was kind of thunderstruck. I remember I flashed on the White House Correspondents Dinner that I had attended the penultimate year of Obama's administration and the feeling in the room when the cast from show came, and it was just electrifying because the people in the room were all excited. In hindsight I wonder if seeing this show with all of the triggering that an image of the White House is for people now — it's a different world and the show is having its finale. I wonder which came first, the dire reality or the dire proposition of reality on the show? I remember being on set and being fascinated, just amazed at [showrunners] Melissa [James Gibson] and Frank [Pugliese] because they'd already crafted an amazing final season, then we took a hiatus and came back to another version of it. I can't wait to one day have a glass of wine and a nice meal and ask them, "Would you

please tell me what the original version [of the ending] was?" They might take it to her grave.

## What did the producers tell you about the character of Annette in the beginning?

I have this small little piece of paper where I kept, while I was on the phone with them, I took notes. I love that little piece of paper because it was the adjectives I needed to grasp what they were seeking. You're offering someone a job and you can't show them the writing! That's a really weird position to be in. So they brought me to where they had left off. And they told me some things about Annette and they alluded to this shared history between she and Claire. So I thought, well, this is juicy. They really wanted to go into a strong last season. And I loved that. I was very complimented by the invitation and I love the fact that Netflix was the first entity to give the people what they'd been doing anyway and what they wanted, which was to binge.

## Annette is a very formidable foe to Claire.

It's fun because they know each other from another era of their lives and when you have the goods on somebody from another chunk of their history — and most of my friends know me for a minimum of 25 years — there's something about that frame of reference of "I knew you when" and to tap into to that for the writers I think was fun. Certainly for us to play it was fun and hopefully it'll carry over and for the audience.

## Were you looking forward to working with Robin Wright?

Carrying the show is a thing!



I've always been a Robin Wright fan. I remember being in the hair trailer on the first day and I thanked her. Because there was no way I was getting on that show without her vetting me. Everybody has to approve. So being a pal from another era, it was sweet to be allowed to celebrate her moments. And I knew from the get go she was going to be directing the final episode and that was what excited me most, being part of her coming into her fullness as this character and as a maturing artist, reconsidering how she would prefer things to be. This was a leap. It was also being invited into a show that had this love, that had a certain expectation, and look and feel and flow to it and a fan base. It was like coming to school in the middle of the year, that feeling you have.

## What is Wright like as a scene partner?

Robin and I do have a shared friendship and an acquaintance and a really goodwill towards one another that's kind of electric. And so that's a given. So you have that to work with. There's a lot less pussyfooting around when you have a history with someone. And I knew she'd invited me, or I wouldn't be there.

So we got right to it. She looked at me and went, "Five years, Diane." Meaning, you see how hard we work. I was humbled and in a beautiful way, just feeling very celebratory about Robin's ascent. The show is very much carried on her because of the availability of her character.

## She also directed the finale. What was it like working with her behind the camera?

As a director, she knows what she needs, she knows what the show needs, she knows what a moment requires. She knows her angles that she prefers. She's been doing this for years. So she was in her element and there was no question about her helmswomanship. She's got it, whatever it is, and I can see her natural transition to directing more and more. Because it's a skill. She may have already been talented in that way, but now she's got skills, like Napoleon Dynamite said. She's the real deal. So I'm curious going forward what she chooses as material for her skill and her talent and on the other side of the camera. Wouldn't it be lovely if we could all just decide we were done with being on that side of the camera and switch sides? I

# Region XV 2-year college sports roundup

**Peter Briguglio**  
*Campus News*

The calendar turning to December means it's the beginning of the winter season for Region XV athletics, but it also signals the end of the Fall 2018 schedule for teams that were talented enough to advance through Regional play and compete on the National level. No team saw more success on that level than the Monroe Mustangs, who earned themselves a National Championship victory in Women's Soccer

After going undefeated in pool play and advancing after a nail-biter in the semifinals against #5 seeded Eastern Florida State, the Mustangs, vying for their second Championship in five years, set themselves up for a bout with the defending National Champion and #1 overall seed Tyler. The title game couldn't have started any worse for Monroe.

The team allowed a goal to Tyler 90 seconds after the opening whistle, but their keeper kept it a one goal deficit until Monroe got on the board and tied the game in the 42nd minute. In the 72nd minute after 27 minutes of even play,

Monroe's Maria Santin netted the eventual game-winning goal. An insurance goal in the 83rd minute cemented the 3-1 final score.

Monroe's Yolanda Albalat and Marta Alemany were named Tournament Offensive and Defensive Most Valuable Player, respectively, while five total Mustangs were named to the all-Tournament team.

Individually, no athlete earned as much recognition on the National level than Kingsborough's Tyesha James, who broke the tape at the DIII women's cross country national race with a time of 19:30.83, nearly five seconds faster than the second place finisher.

Elsewhere in the Region, Nassau men's soccer also appeared primed to claim a National title of their own, sporting the country's best record at 17-1 and holding the #1 seed for the NJCAA event. The Lions advanced through to the title game against last year's national runner-up Richland.

The team even held a 1-0 lead



Monroe CC

ing into the second half, but defensively everything fell apart for the Lions in the final 45 minutes. A goal by Richland in the 48th minute knotted the game at 1-1, but then the floodgates opened in the 71st minute. A goal by Lucio Martinez of Richland gave the team a lead they wouldn't relinquish, and four more goals were allowed over the final 19 minutes of play to seal the 6-1 final.

Monroe's men's soccer team also qualified for Nationals but failed to advance to the Championship game. The Mustangs fell to eventual Champion Pima

by a 1-0 final in the tournament's semifinal round.

Monroe and Queensborough women's volleyball also contended for their respective Division's NJCAA tournaments but failed to advance past the quarterfinal rounds. Suffolk men's cross country placed third in the country with Jonathan Gonzalez earning first-team All-American honors. Suffolk also placed 3rd on the women's side with FIT finishing right behind in 4th.

## (cont.)

felt that I couldn't be more comfortable than having Robin directing. When she was happy I knew it was good enough for what was asked. I didn't have to sweat and wonder if I was missing a mark. She knows what the mark is.

**Obviously the cast and crew had just been through some pretty seismic changes. What was the mood on set?**

I think there was a tremen-

dous amount of love there because these people had been together through a lot together. Marriages and children and schools and all kinds of things had come into being for long-term members of the show, and it's beautiful when it happens and it makes the show kind of fabric of your life. I very much was an observer and grateful to take up space in ways that serve the going forward of the show. That was what was upon me to do, what can I bring on a daily basis with Greg Kinnear. Honestly, you never know when you're peaking. I joke about that

all the time. I selfishly had a really good time. I know it was bittersweet for many reasons for many people, but we all brought as much sunshine to it as is warranted and as possible.

**How would you describe the final season? How do you think fans will respond?**

That's the big unknown and it's kind of exciting to witness the tension build. There are people, and I'm one of them, who are triggered by seeing the White House at this point in history, which when the show began, that

was not our history. I mean, for the most part, not an extreme as it is now because of the strife and struggle and global news cycle that's been dominated by [what's] coming out of it there. I remember being on set and marveling at the daily dose of news and how surreal it was and writing in comparison to the news seemed unattainable. That's the gift that Frank and Melissa have always had. It's just that the world got as surreal as what they were considering. I will say that there's an extra amount of curiosity about the show. That's the million dollar question.



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## SCCC cyber sleuths

Five Suffolk County Community College future cyber defenders placed second locally and 32nd nationally in the U.S. Department of Energy's fourth collegiate CyberForce Competition at Brookhaven National Laboratory on December 1. Nolan Smith (E. Patchogue), Chris Renzine (Medford), Anthony Lippman (Miller Place), Melissa Fisk (Deer Park) and Jonathan Delia (Lindenhurst) faced cyberattacks that were launched by cybersecurity professionals with technology backgrounds that included the Department of Defense, Con Edison and the United States Department of Homeland Security.

Suffolk competed locally against New York University, Columbia University, United States Military Academy at West Point and University of Maryland Baltimore County. Seventy teams participated overall.

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# Climate change and collective salvation

**Robert C. Koehler**  
*Tribune Content Agency*

In the wake of the Brett Kavanaugh confirmation, as white male privilege reclaims its desperate grip on our future, the U.N.'s Intergovernmental Panel on Climate Change report comes out, informing us that we haven't got much future left in which to avoid . . . I mean implement . . . serious change

Meanwhile, the midterm elections percolate.

Our quasi-democracy – rife as it is with voter suppression and mainstream media determination to trivialize the issues at stake — remains, nonetheless, the country's primary means of manifesting public values. Inconvenient as it is to the powerful, this thing called voting is how collective humanity expresses its will – and I believe this will, to paraphrase Martin Luther King, bends toward sanity.

I hope so.

This is about more than numbers and individual “interests.” As the U.N. report is trying to tell us, this is about evolution. We have to become a civilization that is not at perpetual war with the planet that sustains it. As Avi Lewis writes, “The only thing that can save us now is the total transformation of our political and economic system.”

The U.N. report warns, in essence, that “humanity has only a dozen years to mitigate global warming and limit the scope of global catastrophe,” as Amy Goodman says on Democracy Now! “Otherwise, millions will be imperiled by increasing droughts, floods, fires and poverty. The sweeping report . . . urges immediate and unprecedented changes to global policy in order to keep global warming at a maximum of 1.5 degrees

Celsius.”

And the primary urgency here is to stop emitting carbon dioxide into the atmosphere, which means, to wean ourselves from burning fossil fuels.

How is change at this level possible? I truly do not know, but I refuse to succumb to cynicism. I refuse, as I have put it in the past, to remain trapped in the comfort zone of helplessness. Our political system may seem to be caught up in the trivial interests of the powerful and the manipulation of the fears and prejudices of everyone else, but deep values are managing to emerge nonetheless. The Kavanaugh confirmation fiasco is an example of this, as women by the hundreds of thousands publicly opened their wounds, many for the first time, and challenged politics as usual at its core.

This is democracy beyond the ritual of voting, and it must continue. The infrastructure of privilege and exploitation is being washed away. This is not a simple process. Confronting paradox never is.

The transition we have to make is described with clarity and succinctness by Kevin Anderson, a professor in climate change leadership in the Department of Earth Sciences at Sweden's Uppsala University, in his Democracy Now! with Amy Goodman.

Noting that about 70 percent of global emissions of carbon dioxide come from about 20 percent of the world's population - that is to say, from those who live in relative wealth and comfort - he hones in his focus on

what must change:

“ . . . we have to move the productive capacity of our society from building second homes for professors or private jets or private yachts or large four-wheel drive cars - moving from that to building public transport, electrification, improved homes for everyone. So it's a shift of that productive capacity, the resources and the labor from the . . . luxury for the 20 percent to the essential low-carbon infrastructure for all of us.”

What he's describing here is a profound social shift, only partially because it

**‘20 percent of the world's population causes 70 percent of CO2 emissions.’**

seems to curb the rights of the relatively wealthy to live the way they want - from zooming cross-country in their gas-guzzling SUVs to taking a private jet to Saint Barthélemy. The essence of the change he is describing isn't simply a parental or autocratic no-no to those with money. It's a consciousness shift: from individual to collective decision-making in how we use the planet's resources.

And the change Anderson describes ultimately holds not merely the consumers accountable for the destructive use of the planet's resources, but the corporate, multinational producers as well. The two are, of course, interlocked.

What Anderson doesn't mention in the interview, but what must be added here, is that militarism and war are also seriously part of the environmentally destructive wastefulness that must be curbed. Whatever its mission, whatever its strategy, whatever

its tactics, war is ecocide.

The paradox here is that those who must give up their “rights” - their rights to create climate change - are those with the money and power to declare: no way. No ruling authority is going to suddenly emerge from the great beyond and outlaw private jets or Mar-a-Lago or, my God, defund the Department of Defense.

Facing up to climate change requires human cooperation at an unprecedented level. Avi Lewis puts it this way: “Transforming our economy and society on the scale this crisis requires is the most powerful opportunity we've ever had to build a more caring, livable planet.” Could such an opportunity ever be seized? Perhaps . . . if failure to do so means the end of humanity. The rich have to see beyond their own comfort and profit. The politically powerful have to see beyond war. And we have about 12 years to make the shift.

This seems beyond the realm of the possible, except for the fact that something at this level is necessary. This brings me back to the uproar and the humanity that flowed from our wounds as the Kavanaugh hearings staggered to their conclusion. People see the need for change at the deepest level - change that nurtures the injured and the vulnerable. I can only hope that such change is reflected in the upcoming elections.

*Robert Koehler is an award-winning, Chicago-based journalist. Contact him at [koehlercw@gmail.com](mailto:koehlercw@gmail.com) or visit site at [commonwonders.com](http://commonwonders.com).*



# Campus Puzzle

(solution page 24)

## Across

- 1 Sonic employees  
 8 Shrinking section at Barnes & Noble  
 11 Bit of wit  
 14 Anatomical rings in irises  
 15 Earth-moving tool  
 16 Reproductive cells  
 17 Fishing spot for vacationing Londoners?  
 19 Upset, with "over"  
 20 Legwear for air travelers?  
 22 Ruff stuff  
 25 Lacking  
 26 Not quite right  
 30 Until now  
 33 P replacers, in some lineups  
 34 Woman's name meaning "white"  
 38 Smooth, perhaps  
 39 Retirement party remark ... or a homophonic hint to four long Across answers  
 42 Epps of

## "House"

- 43 Computer conveniences  
 44 [That's kinda funny]  
 45 Sylvester's genus  
 47 Radius, e.g.  
 49 "The Great Escape" setting  
 53 Lots  
 54 007 returning from assignment?  
 59 "... \_\_ quit!"  
 60 Vacant look?  
 64 Toondom's Phineas, to Ferb  
 65 Strauss' "Heldenleben"  
 66 Like the edges of some mirrors  
 67 Dodge City-to-Topeka dir.  
 68 Mining supply  
 69 Talked big

## Down

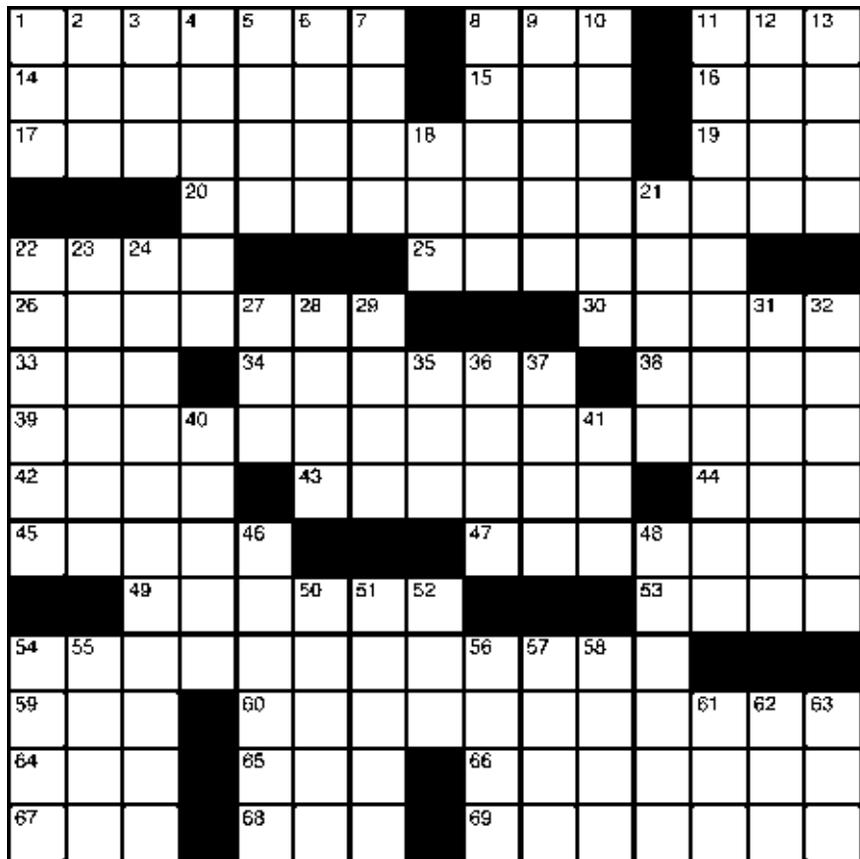
- 1 Waiter at a stand  
 2 LAX stat  
 3 Bonn : Kšnig :: Lisbon : \_\_  
 4 Place of rapid growth

## 5 Miscellany

- 6 "ÀQuŽ \_\_?"  
 7 Very, in Vienna  
 8 "Carmina Burana" performers  
 9 "It tolls for thee" poet  
 10 Wetlands grasses  
 11 Beat the buzzer, say  
 12 National alternative  
 13 Show wonder  
 18 Email attachment  
 21 Court action  
 22 After "Our" and with 54-Down, title for the Virgin Mary based on an 1871 apparition  
 23 Where many strikes are called  
 24 Subtle come-on, perhaps  
 27 Geisha accessory  
 28 Thin coating  
 29 WWII White House dog  
 31 Johnson & Johnson brand  
 32 Hard-working "little" folk tale critter

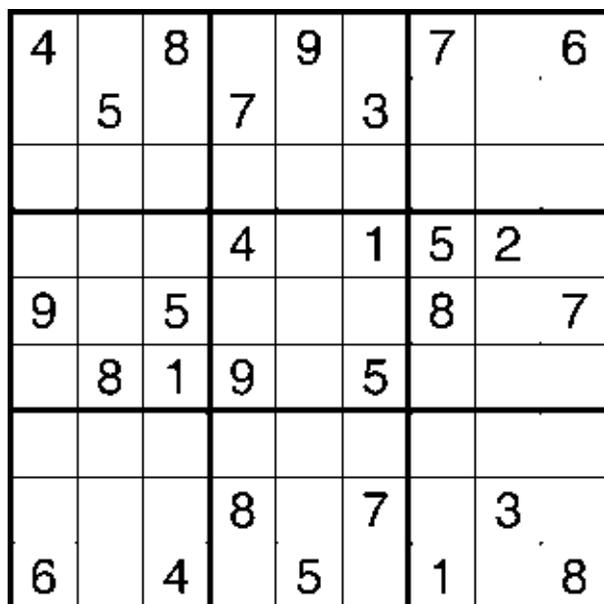
## 35 "30 Rock" network

- 36 Michael of "Arrested Development"  
 37 \_\_ vincit omnia  
 40 Work on a novel  
 41 System of thought  
 46 Carpenter's array  
 48 Access requirements  
 50 Forum language  
 51 " \_\_ you done yet?"  
 52 E. Berlin's land  
 54 See 22-Down  
 55 African city on the Mediterranean  
 56 Romaine relative  
 57 Muffin go-with  
 58 St. Petersburg's river  
 61 Space bar neighbor  
 62 What's found in central Arizona?  
 63 Byrnes of '50s-'60s TV



# Campus Sudoku

(solution page 28)



Complete the grid so each row, column and 3-by-3 box (in bold borders) contains every digit 1 to 9. For strategies on how to solve Sudoku, visit [www.sudoku.org.uk](http://www.sudoku.org.uk).

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# Catskill Creamery expands in Sullivan

SUNY Sullivan (Sullivan County Community College) announced last month that Catskill Creamery, Inc., a new modern dairy processing facility is its first approved business applicant to participate in the START-UP NY program. The creamery, in partnership with SUNY Sullivan through the START-UP NY program, projects an investment of more than \$9 million and the creation of at least 56 jobs in five years.

“The Catskill Creamery manufacturing operation will provide numerous benefits to our students, in a variety of programs,” said SUNY Sullivan President Jay Quaintance. “Additionally, the creamery will have a positive impact on the workforce of Sullivan County, and has the potential to help alleviate the struggles that our

local dairy farmers have endured over the past few years with regard to the sale of their milk.”

Catskill Creamery will create a modern dairy processing facility designed to be a USDA Grade A Craft Creamery whose primary manufacturing activity will be the pasteurization, separation and homogenization of raw milk. The creamery will produce cheeses, yogurts and assorted traditional and innovative dairy and dairy-related products. Customers will be distributors and manufacturers who wish small batch custom formula.

“Catskill Creamery felt that SUNY Sullivan was the perfect location for a processing facility, especially with regard to its close distribution proximity to



New York City,” said Chris Cernik, attorney for Catskill Creamery. “The creamery is thrilled that its first choice to locate – Sullivan County – was accepted into the START-UP NY program. In addition to working with the college, the creamery has worked with the Town of Fallsburg and the New York State Pollution Prevention Institute to develop a wastewater management system that will

not burden the Town of Fallsburg sewer district.”

As a START-UP NY participant sponsored by SUNY Sullivan, Catskill Creamery will align with the college’s administration, staff, faculty and students, and will serve as a living laboratory to complement academic development and provide student internships. Ultimately, SUNY Sullivan graduates will be considered for employment.

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# Parkland survivor speaks at NCC

**Dave Paone**  
*Campus News*

“The fact that a couple of people are made sick by lettuce we pull all romaine lettuce off the shelves, but 40,000 Americans are killed annually by guns and we can’t fund research into it? It’s kind of ridiculous. We’re going to change that.”

This is the plan as spoken by 18 year-old David Hogg, a 2018 graduate of Marjory Stoneman Douglas High School in Parkland, Florida, where he was part of the largest mass school shooting in American history this past February.

Hogg, a co-founder of the activist group, Never Again MSD, gave two, back-to-back lectures at Nassau Community College in November.

As the sole speaker at both, he didn’t go into a lot of detail about the actual shooting, but instead laid out the group’s plan for “common sense gun laws and common sense policies to end gun violence in America.”

While supporters of the Second Amendment (which gives all Americans the right to keep and bear arms, as part of the Bill of Rights) may argue this action is unconstitutional (and therefore illegal), Hogg says they’re not looking to take away all guns from everyone.

Instead, they’re looking to have universal background checks for gun buyers, federal gun laws that don’t make buying in some states easier than others and funding federal research into gun safety.

They are, however, looking to disarm domestic abusers, because he claims often a common trait among mass shooters is a history of domestic violence.

Hogg supports Extreme Risk Protection Orders (or Red Flag

Laws) that disarm those who are deemed to be a threat to themselves or others. But the laws also provide that the accused will have an opportunity to defend themselves in court via due process.

According to Hogg, a newly-passed Red Flag Law disarmed over 500 people in Florida and prevented a possible mass shooting at the University of Central Florida this year.

His group claims victory by stating it’s had over 60 bills passed in 25 states since its inception.

Hogg echoed the pro-regulation sentiment that “thoughts and prayers,” a term bantered about immediately after each mass shooting, aren’t going to fix anything; only decisive, federal laws will.

Hogg used the word “conversation” several times, in that lawmakers from both parties need to be in conversation with the people they represent on both sides of the issue.

Hogg told how he found himself having a conversation with some of his opponents in a very odd situation.

Earlier this year, Never Again MSD, which was founded by a group of 25 students from his high school just days after the shooting, embarked on a 31-state-in-63-days tour by bus.

In one city, several counter-demonstrators showed up at the location, armed with loaded AR-15s, shotguns, Glockes and other handguns, shouting the names of members of Never Again MSD. (Hogg feels what he calls NRA “propaganda” against his group leads to this sort of confrontation.)

“I did what any sane person



would do: I went and spoke to these people.” He assured them he isn’t looking to take away their guns.

He said by the time their conversation was finished, his opponents were crying and hugging him. Hogg says this res-

## ‘Seventeen people at Hogg’s high school were killed by a lone, teen gunman.’

olution is a result of education.

Much of the lectures, which were billed as Putting the USA Above the NRA, were directed to people in Hogg’s own age group, often using the word “change.”

He said, “Stop waiting for someone else to come along and change the world for you and be that person,” somewhat borrowing Mahatma Gandhi’s famous quote, “Be the change that you wish to see in the world.”

Hogg also spoke about a “youth voting block.” He cited he believes the recent midterm

elections had the largest turnout of young voters in 94 years and wants even more young people to vote in the presidential election of 2020.

A combined audience of about 500 people attended the lectures in NCC’s multi-purpose room. Each ran for just under an hour, including questions and answers.

In a few instances, those asking questions were somewhat confrontational, and in two cases the audience jeered at the students at the microphone. Four times Hogg said, “This is not a productive conversation,” (twice to the same person) and moved on to the next question.

While most in attendance were students and faculty, a small delegation from the activist group, Moms Demand Action for Gun Sense in America, attended the first lecture in a show of support.

Tracy Bacher, the local lead of the Nassau County Group, explained to Campus News that gun regulation is not solely a liberal agenda, which Hogg had

**continued on next page**

# Maxing your productivity (cont.)

## Cut the fat

In Mike Adams' book "Productivity: Maximize Your Productivity, Increase Your Productivity and Achieve Success," he speaks about focusing on "importance," which is what productivity is all about. There are three types of tasks that you are doing on a daily basis:

## Maintenance tasks

Maintenance tasks are the non-negotiable duties. Examples of these include cleaning dishes, brushing your teeth, going to classes and travel time. We cannot run away from these duties, nor can we delegate them. No one can attend class for you; I know you considered it at one time or another!

## Excel tasks

These are your golden eggs for paving the way for a successful college or career path. Completing these tasks may take longer but they will have the biggest im-

pact on your life in the long run. My close friend from NYIT implements this concept into her work and backs it up by saying, "I always find time to complete projects by their deadlines. That strengthens my skill set. Plus, it's simply my passion and my love. I can't put it aside."

Now, these tasks are more personalized to your goals, but assuming you are in college, a place to start would be studying what you learned after class. Becoming a "lifelong student" means studying. It is better to get into the habit of it now!

## Trash tasks

Oh boy! These are the tasks that decrease your productivity. You should not be doing them at all, or for an extended amount of time. Activities such as sleeping more than nine hours at a time, partying frequently, or using your whole weekend to unlock new DLCs for "Spider-Man" are trash tasks. Don't worry, you are not the only one guilty of indulging in them.

I am not saying to trash your guilty pleasures, but taking clarity breaks will help you become a more productive individual. In my

free time, I like to watch anime but I limit myself to one hour a day maximum. You don't want to end up in one of those modern-day video game rehab facilities with 12-year-old "Fortnite" addicts, do you?

## Wake up early (and feel rested)

Think of this scenario: You are the student who has class at 8 a.m. tomorrow but you get home at 4 a.m. after drinking with your friends. You wake up at 7 a.m., realizing you have an hour to get there. You make it on time to then find out as you walk into the classroom that no one is there. Confused, you check your school email to find out your professor sent a message this morning 6 a.m. that class is canceled. Doh!

## Don't let that be you

Personally, I wake up at 5 a.m. every morning. There are days where I falter; however, once I got into the habit of being an early riser, I started using that time to plan for the day, finish homework, or just having more time to relax.

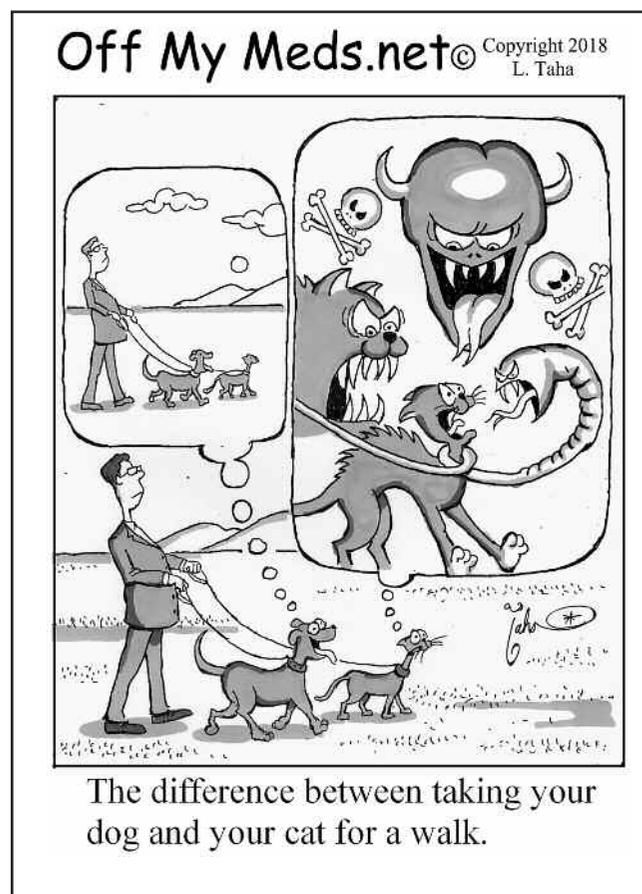
Even if you do not wake up early, at least know that sleep is as important as going to school. As Kerry, a sophomore at Queensborough Community Col-

lege states, "Majoring in [nursing] requires a lot of hard work. I always have to study on a daily basis. Therefore, one thing that I wish I could do but do not have the time to do is to sleep." It could be difficult to find the time but with effort, discipline and the support from others you can sleep like a baby!

Waking up early as a ton of benefits, most we are fully aware of — then what is stopping us? Not enough time allotted for sleep and discipline. The two are actually intertwined; getting enough sleep will increase your logical decision-making and give you enough energy to do what is important. How can you wake up early and not feel like you just got hit by a piano? Let this serve as a reminder that going to sleep and waking up early has its benefits.

Productivity not a tool. It is not a tactic. It is a mindset. Ask yourself, "What do I want to get done?" and do it!

*Oheine "O" Porter is a student at Queensborough Community College with a passion for Graphic Design and creativity.*



The difference between taking your dog and your cat for a walk.

## Hogg (cont.)

stated as well. In the recent midterm elections, they actually endorsed Republican Representative Peter King, who's "as Republican as Republican can be," because he received a grade of D from the NRA. (Additionally, King received an F from Gun Owners of America.)

King is the lead Republican on the Public Safety and Second Amendment Protection Act (known as the Thompson-King Bill) which is all about background

checks. The bill currently has 208 cosponsors. Bacher has high hopes it'll pass.

On St. Valentine's Day, 17 people at Hogg's high school were killed by a lone, teen gunman with a high-powered, military assault rifle. While 17 year-old Hogg was not wounded, he was in class at the time and heard the gunfire. His sister, also a student, lost four friends.

Hogg is currently taking a gap year before possibly attending college next year. He's applied to colleges already and plans to be either a political science or public health major.



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# Rockland is one of the best for veterans

RCC has achieved a national ranking in The Military Times' survey of the best colleges for student veterans in 2019. RCC was ranked 21st among two-year institutions nationwide in the Best for Vets Colleges survey and No. 2 among SUNY schools after Jefferson Community College, which ranked No. 11.

The Military Times, an independent news source for current military, veterans, friends and family, sent a comprehensive survey of some 150 questions to hundreds of colleges across the country. The publication used their answers, coupled with federal data, to rank the colleges in the categories of university culture, academic quality and outcomes, academic policies, student support, and costs and financial aid.

Since establishing its Veterans Affairs office in November

2010, RCC has successfully managed an overall 300 percent increase in its student veteran population. Each year the college implements new initiatives for its student veterans. RCC was the first community college in New York State to install a chapter of SALUTE, the veterans honor society, and in 2016 received a grant from the New York State Industries for the Disabled (NYSID) to enlarge and renovate its Battle Buddy Center/Veterans Lounge.

In August 2018, the college was awarded a \$24,250 state grant for renewal of a veterans financial literacy course and for further enhancements to its veterans lounge. The grant was provided by the SUNY Impact Foundation and the U.S. Ambassador Trustee Carl Spielvogel Fund for Veterans.

RCC's Veterans Affairs also



holds a pre-semester orientation for student veterans that supplements the general student orientation and provides vital data regarding scholarships, health care benefits for veterans and their families, and other resources to help veterans in their transition from military life.

**Pictured, L-R:** Student Veterans Jonathan Winfield, US Marine Corp, Miguel Rellita, US Army, Shalisha Scudder, President Michael A. Baston, David Howe, US Marine Corp, Steven Sullivan, US Navy and Coordinator of Veteran Affairs Jonathan Barnwell.

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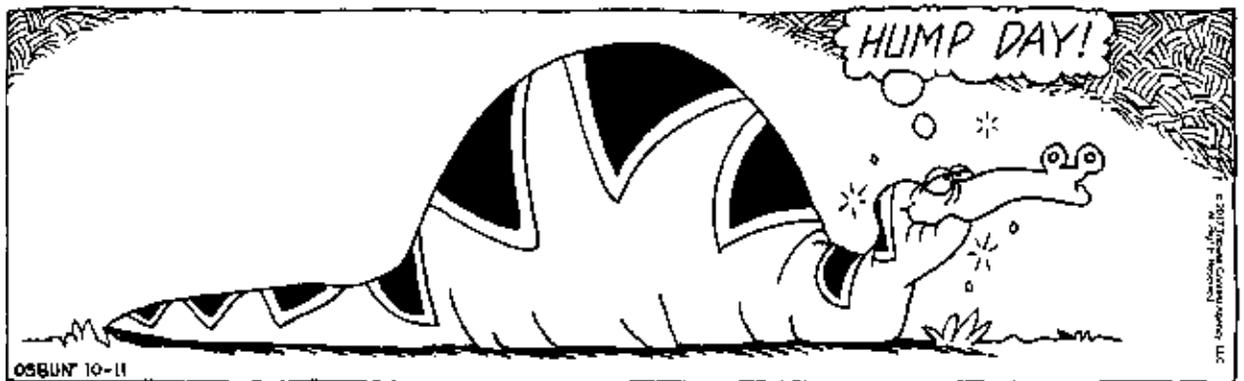


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# Holidays, football and Uncle Ray

**Darren Johnson**  
*Campus News*

This time of year, you may be visiting people's homes for meals, good cheer and gift-exchanging, and one constant of every such gathering is a football game blaring on a big flat screen TV in the main room. Usually, that's for your throw-back Uncle, who you only see this time of year, and he may be there on the couch with a sweating six pack of beer nearby – usually the tall-boy variety with the word "ICE" inscribed prominently on the cans in shiny ALL-CAPS.

*Ice beer? It must be really cold.*

Eventually, Uncle Ray attracts a crowd – I mean who doesn't like beer that comes from a glacier? – and, awkward and fumbling for something to say, we're wondering what we're all looking at on the screen. I mean, we want to be polite. How do we share in this gridiron spectacle?

Let me help you. I played high school football and, after that, played Madden for a few years, so am conversant on the rules of the game and the mores of communal TV football watching. Let's handle this in FAQ format:

**OK, I happen upon someone watching a random football game. How do I quickly immerse myself without sounding stupid?**

Take a glance at the screen.

| SCRABBLE G R A M S       |                |                |                |                |                |                |              |            |  | SOLUTION |
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| U <sub>4</sub>           | N <sub>4</sub> | F <sub>4</sub> | A <sub>4</sub> | N <sub>4</sub> | C <sub>4</sub> | Y <sub>4</sub> | RACK 4 =     | <u>69</u>  |  |          |
| N <sub>4</sub>           | A <sub>4</sub> | R <sub>4</sub> | C <sub>4</sub> | I <sub>4</sub> | S <sub>4</sub> | T <sub>4</sub> | RACK 5 =     | <u>59</u>  |  |          |
| <b>PAR SCORE 260-270</b> |                |                |                |                |                |                | <b>TOTAL</b> | <b>345</b> |  |          |

There will be a score along the bottom. The team listed to the right is the home team, so you can say, "Wow, the weather is a lot better/worse in (name of town)." That's always a good ice-breaker.

A college football game may be easier to quickly gauge, as the top 25 teams will have a little number next to the team's name on the bottom of the screen. "Oh, State U is ranked No. 15. Not bad!" You'll quickly sound like a true fan.



**Madden? Who is Madden?**

John Madden was an Oakland Raiders coach and later announcer – he is still alive but since has retired – who lent his name to a football video game at one point in time and made zillions off of that. He was interesting in that he had a fear of flying, which made it hard to get him to games each week. He also concocted a Thanksgiving turkey with eight drumsticks, for the winning team to pull from after the game. Usually that team wasn't the Detroit Lions.

In any case, playing the video game will help you understand how football games work. For example, of course you have your punter throw a pass on fourth-and-40.

**Why is Uncle Ray yelling at the TV?**

He probably has money on one team or the other. Sports betting is practically legal now. Let's face it, he usually picks the wrong team, and bets over his head.

**But his team is winning. Can't he calm down?**

With sports betting there's something called a "point spread" where bookmakers place odds on a game. For example, if Uncle Ray's team is a favorite, the bookmakers may require the team to win by a certain number of points. If the point spread is -7, but his team only wins by 6, his nieces and nephews won't be getting Christmas presents from him this year – again. (When he does buy Christmas presents, he usually shops at Rite Aid day-of.)

**Tell me more about Uncle Ray.**

He was married once. Bought a house and everything. This was last century. She left him after only a month of living together – said she couldn't stand him – and he hasn't had any prospects since. In high school, he had been considered handsome and to have a bright future, but since he mostly makes due with occasional handyman jobs, as needed.

**Wait, now Uncle Ray is passed out on the couch.**

Yeah, that happens. Sorry you had to see that.

**Would he mind if we take another beer?**

Sure. Go ahead. If he wakes up, say *he* drank it.

**How did Uncle Ray end up**

**like this? Alone, broke, with an obvious alcohol problem, cheering for a bunch of young adults in helmets who may end up with brain damage?**

Come on. It's the holidays.

**Think he'd mind if we change the channel?**

Only if "Christmas Vacation" is on. No one can get upset when that's on. Cousin Eddie rules. And they have a young Juliet Lewis playing the sarcastic daughter. Also, Elaine from "Seinfeld" and the mom from "Everybody Loves Raymond" are in it!

**Why do they call it "Christmas Vacation" when the Griswolds just stay home the whole movie?**

I don't know. No one knows.

**"Christmas Vacation" isn't on. The game is over. Who are these meatheads with no necks in suits at a desk trying to be funny?**

They are former players and coaches and pretty annoying, I agree. They are trying too hard; I mean, the guy threw a few touchdowns in the 1970s and now he's Jimmy Kimmel?

**Think we should wake Uncle Ray up for pie?**

It would be irresponsible of us if we didn't.

*Darren Johnson wishes you happy holidays and a prosperous new year! Contact him at cccn@cccn.us.*



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