

CAMPUS NEWS

College  Paper



Volume 18, Issue 1 FREE!

**BACK TO SCHOOL
EARLY FALL 2018**



INAUGURATION 11



ON THE STREETS 5



CURB 16



SOLVE 20

College is a fresh start

Leanne Costantino
Campus News

Fall is here and new college students across the nation are crossing off checklists, purchasing dorm room supplies, and anxiously awaiting the start of something entirely new.

Starting the first semester at college can be nerve-wracking, but it is also a time of new beginnings and fresh starts. When entering a new and unknown territory, it is important to listen to the advice of people who have been there before, while also discovering one's own approach to success in the new environment.

There are a few crucial points that students leaving high school and entering college should be aware of before diving into new routines.

One of the first things a student should do is establish some form of relationship with their professors. "No matter how large our courses are, both professors and students benefit from a more personal interaction," said Graeme Fran-

Continue reading on page 23

A change in mindset can ensure your success.



Get tix to Six Flags!

Whether you take it with a smart phone or an SLR camera, snap a picture of a college student (it can be you) reading this issue of Campus News and send it to 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 stu-

dent pictured and your info. Ten submitters will be chosen each month and win two free tix to Six Flags Great Escape in up-state Lake George, NY! They are open for Fright Fest through Halloween. Motels are very affordable this time of year. Tickets are worth \$62 each but not transferrable.



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When an internship makes sense

Prof. John DeSpagna
Campus News

What am I going to do after college? How am I going to get a job? How do I know if I will like the job? It is very easy to answer all these questions. Sign up for an internship and you may be able to answer all these questions and get a head start on the path to a successful career.

One of the questions you need to address is what career path you are going to pursue? Listen to your intuition, write out a list of things you like to do and try to correlate this to a career. Don't think about money but what do you have a passion for. A first step in this pursuit is to try an internship. You can meet with your college internship representative and go over the options available. Mention the area you are interested in and

the college will make an attempt to find you an internship that is right for you. The college will probably have a list of organizations they have internship opportunities with or you can come up an organization you would like to intern with. Remember; try to pick an area that you are interested in for your career.

Once you start your internship, be on time and show energy and enthusiasm for the position. You will also be gaining very valuable experience in this organization. There is no substitute for experience and this is something employers look for. When you go on job interviews, many employers will ask you about the internship you participated in during college.

A skill that you should always try to enhance is networking. When you are at your internship, you will be meeting people.

Talk to them and ask them about career opportunities in your field. They can answer your questions and let you know about job openings and people you can talk to in the field. Many people get a job by networking and you need to network to open up more doors.

Another benefit of an internship is that you can earn three credits toward your college degree. Check into the degree requirements of the program you are in. Contact the internship coordinator at your college and see if the internship will fit into your degree.

While you are participating in your in-



ternship, you will hopefully have a positive experience. Just as important, you may learn that this is something that you do not like. Life is full of many experiences and the internship should be another learning experience for you.

When contacting your internship coordinator, ask them if they know of any paid internships. Some internships do offer this opportunity and you should inquire about same.

A number of the major financial firms in New York City offer internships during the summer. It is very competitive to obtain these internships and you have to apply months in advance. These internships can offer you great experience and also an opportunity to work away from home during the summer.

Another benefit of an internship is that you can obtain a job after graduating from college. Organizations are always looking for talent and people who will help them achieve their

goals. An organization is as good as their people and they need good people to be successful. Put your best foot forward and you may be able to obtain a job at the organization you have an internship with.

College is whatever you make out of it. I heard from one of my past students recently. The student mentioned she signed up for internship, was paid for the internship, received a job offer from the organization she had an internship with and now they are giving tuition reimbursement for her MBA degree. Internships can really help you on your path to success in your career.

'Be on time and show energy and enthusiasm for the position.'

John DeSpagna is Chair of the Accounting and Business Administration Department at Nassau Community College in Garden City, N.Y.



Campus News returns for its 9th year!

Welcome to a new academic year. If you are a new student, this may be the first issue of Campus News you've encountered. If you are a sophomore, welcome back.

What is Campus News? It's an independent newspaper freely distributed at community colleges that aims to help you survive as a student by giving you advice and encouragement as the months go by. We also will entertain you in between classes. Please bring this copy home with you and tell your friends about it.

We all need a break from our digital devices now and again. Carry this paper with you. Read an article here and there. Do the puzzles, if you'd like. Or just read the comics.

Want to get involved? Contact us at editor@ccnews.info!

How businesses can help students

Prof. Jack K. Mandel
Nassau Community College

In 1965 I was accepted as an undergraduate student at CCNY's Bernard M. Baruch School of Business (now Baruch College). The campus consisted of a single 16-story building on 23rd St. and Lexington Ave., and I have fond memories of my undergraduate business education.

Ultimately, my career path led me to pursue an MBA (also from Baruch) and to teach advertising and marketing at Nassau Community College in Garden City, NY.

Competition among students was keen in order to secure an entry-level position with any Fortune 500 company. Every marketing course was a stepping stone in preparation for that dream job. Then, as now, the emphasis and responsibility for achieving career success rested solely on the personal initiative of each student.

Now that I am a college educator, I have more objective insight into the business preparation process. Despite our highly technological ad-

vances, not much has changed for college students. They still harbor the same fears and frustrations, as we did, as they prepare to embark on their entry-level paths. And it's up to the business community to help them!

I'm not talking about tutoring students in reading and math skills. I'm not talking about donating equipment or "naming rights" on new campus buildings. What I am talking about is the business community taking on a meaningful role as a mentor to col-

'They need to take on a meaningful role as a mentor.'

l e g e students. The more globalized and employee-centric a company positions

itself (for example, Google), the greater mystique it offers to college students seeking employment. So, to encourage students and provide them with much-needed support, I propose a five-point program for businesses to consider:

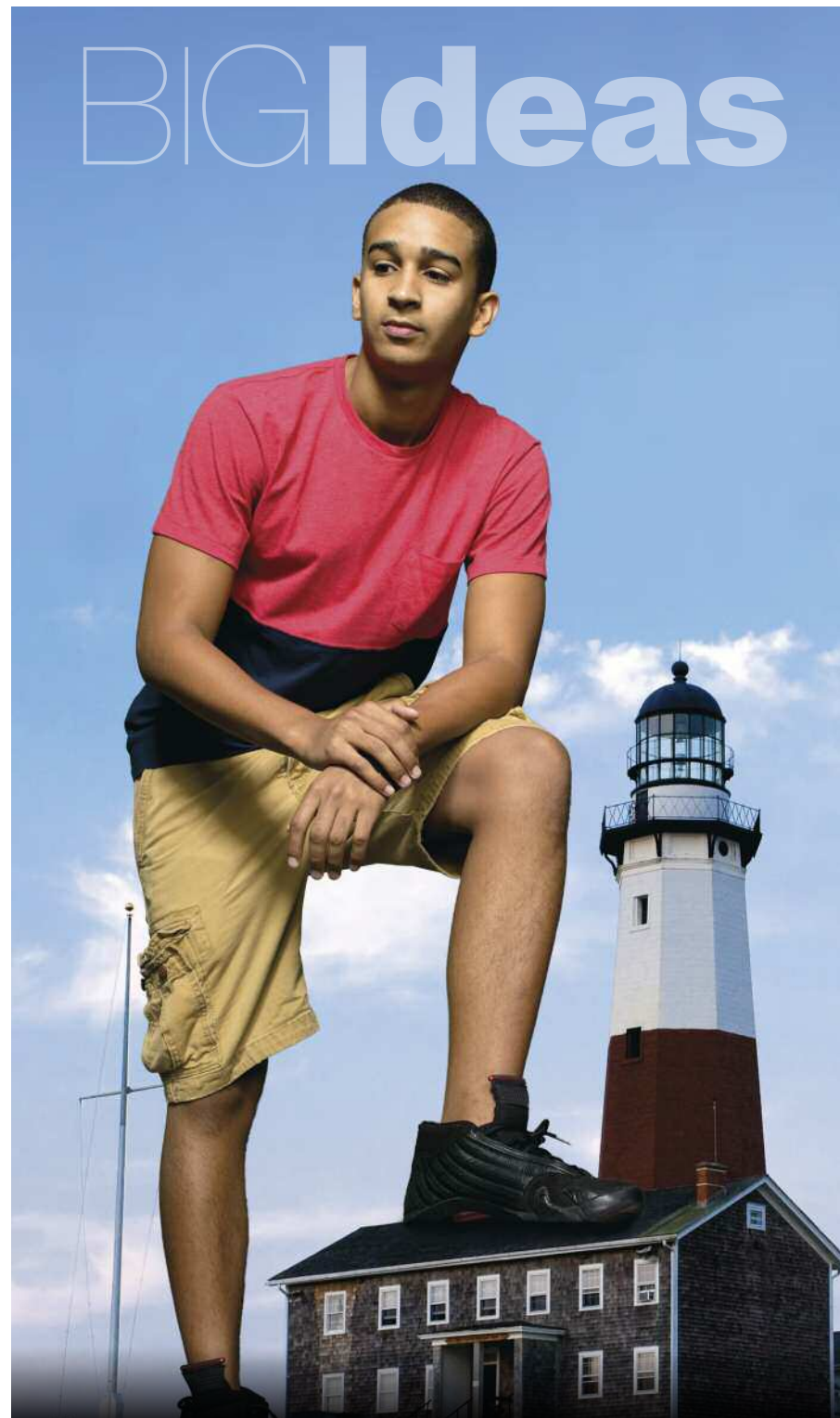
1. Organize a Comprehensive Speakers Bureau. Rather than assign someone from the public relations de-

continued on page 6

Semester money!
Sell ads for us! Or write for us!



Contact editor@ccn.us to apply for these part-time opportunities.



When transfer students dream big, anything can happen.

From our intentionally small classes to the skills of our excellent faculty, everything we offer is geared to enrich your experience and prepare you to pursue your own big dream. With nearly 60 undergraduate and graduate degrees in business, education, and the arts and sciences, and among the most diverse, dynamic student bodies in the nation, we provide a solid educational foundation so you have the confidence in your own abilities to succeed at whatever you choose to undertake — **to own your future.**

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www.oldwestbury.edu



Campus News to add honor boxes in NYC

If we can make it there, we can make it anywhere!

Campus News has been approved by the Department of Transportation to add 21 street newspaper honor boxes in New York City, near two-year colleges, to further expand our audience reach.

This comes at a time when many newspaper companies are calling it quits, and pulling their boxes from the streets, or abandoning them. Thus cities like New York have stringent policies when it comes to news boxes, and Campus News worked hard over the summer to gain the necessary permits. As far as we can tell, Campus News is the only college

paper in the City to hit the streets with honor boxes.

Now Campus News is ordering 21 new boxes of various colors with Campus News logos to be placed in their designated locations in four of the five boroughs (sorry Staten Island) by October. Each box is expected to deliver 200 papers, free of charge, to interested readers each month.

Campus News is already regularly delivered to 37 community colleges in the Northeast. If the New York City program proves efficient, the paper may make the City route a separate entity with different ad-

vertisers and stories. Perhaps the paper can hire a part-time "City Editor." Interested?

For community colleges that have an official student newspaper and would also like to be on the street, Campus News can order double-newspaper boxes so that both papers can co-exist and increase their reaches.

Contact boxes@ccn.us to get involved with any of the above.



A graphic rendition

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sfc.edu/cn

Businesses can help (cont.)

they can receive much more in return.

Jack K. Mandel is celebrating his 40th year as a professor of marketing at Nassau Community College in Garden City, NY. He is recipient of the prestigious Outstanding Teacher Award conferred by the NYS Association of Two-Year Colleges.

partment to handle speaking engagements, make it a company-wide program. Encourage both staff and line employees to develop a 30 to 60 minute talk on their areas of responsibility and expertise. Use social media such as LinkedIn to reach this market.

2. Establish a Visitation Program. What better opportunity can a student have than to visit a prospective employer for a day? Enlist staff members willing to be shadowed for a few hours. This field experience can be a motivator for both parties.

3. Develop a Mentor/Guest-Professor-for-a-Day Opportunity. The goodwill and public relations value of such a gesture cannot be overemphasized. College professors wel-

come the opportunity to have businesses involved with their students. It enables students to observe role models first-hand and can be particularly beneficial to culturally disadvantaged and other underserved student populations.

4. Institute a Year-Round Intern Program. Coopera-

‘Allow students to shadow and offer scholarships.’

tive Domestic and International Job Placement Programs, such as what Nassau Community College offers, have become vital in the marketplace. It’s obvious that col-

leges and universities throughout the United States have come to realize the importance of experience in a real workplace.

5. Offer Scholarships to Promising Students. With the increased costs of education at both public and private colleges, businesses would be doing a valuable service for students if they worked with business departments at area colleges to develop scholarship programs. In my classes, I refer to this as “financial corporate social responsibility” (and then some!).

Remember, in the word “business” the letter “u” comes before the letter “i.” When businesses give to others,



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Abbott on Display

“Mary Abbott: Paintings, Collages, and Watercolors” will be on exhibit at Suffolk County Community College’s Lyceum Gallery on the Eastern Campus, Riverhead through October 25. A reception will be held on Thursday, September 12 from 4 – 6 p.m. Raised in Haiti and Southampton, N.Y., Abbott’s experiences and a love of nature continue to influence

her work.

Abbott was born in 1921 in New York City and attended weekend classes at The Art Students League at a young age. Abbott moved into a Tenth St. studio in 1946, near Willem DeKooning, who became her mentor, along with other artists who created the Abstract Expressionist movement.

Join our NFL contest!

Maybe you’re good at picking NFL winners. Maybe you’re just lucky.

Join our FREE football pick ‘em contest and you can win prizes, which will typically be electronics items and tickets to fun parks and cool events!



You don’t have to play every week.

Jump in at any time. Winners will be posted here.

This contest will use point spreads and is only open to community college students, faculty and staff at the colleges where we drop the physical copy of the paper. If you win, you will have to verify your affiliation. Only one entry per person. Go to www.cccnews.info/football to begin! Can you be Campus News’ top dawg?

Come to our Instant Transfer Decision Days. Get admitted. Get enrolled. Get going on your next chapter.

We make it quick and simple to transfer, without losing the credits you’ve earned.

Come to one of our transfer events or schedule a visit to meet one-on-one with your transfer admissions counselor. On your visit, you can:

- Learn how your credits will transfer
- Speak with your representatives about scholarships, financial aid and the affordability of an Adelphi education
- Take a guided walking tour of our gorgeous campus and state-of-the-art facilities
- Receive an admissions decision on the spot and learn how your credits will transfer

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

Upcoming Instant Transfer Decision Days

Garden City:

Tuesday, November 13, 2018 Tuesday, November 20, 2018
 Thursday, November 15, 2018 9:00 a.m.–3:00 p.m.
 12:00 p.m.–7:00 p.m.

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Going back to college, years later

Leanne Costantino
Campus News

With technology and science moving forward at such a rapid rate, many former college students find value in re-enrolling later in life, whether it be to further their current careers or start a new one altogether. Many community colleges, state schools, and even private institutions offer a wide range of degrees for continuing education, from certificates to doctoral degrees.

It is common for students continuing their education to seek out training in STEM (science, technology, engineering, and math). According to The Adecco Group, which is the largest temp staffing firm in the world, “while the supply of available STEM talent is drying up, the market is flooded with available STEM jobs – and the situation is only going to get better for job seekers. Seventy-five percent of the fastest growing occupations in the U.S. workforce today require significant mathematics or science skills. By 2018, the number of available STEM jobs is expected to grow significantly, specifically in fields that involve computers (growing by 51 percent), engineers and technicians (28 percent), life and physical sciences (13 percent) and architecture (6 percent).”

My brother, Vincent Costantino, was among good company when, after trying out a few different career paths, he decided to pursue more education to begin a career in respiratory therapy. “After a few professions didn’t work out for me in terms of feeling satisfied and fulfilled with my work and not being compensated enough to thrive, I knew I wanted to pivot and make a major career change,” said Costantino.

The decision to pursue this

path led him to Stony Brook University’s respiratory care program. The program provides over 1,000 hours of clinical experience, which is a great way to get hands-on experience and create business contacts before completion of the program.

“I knew I wanted to ultimately be in the medical field,” said Costantino. “With a background in music and education, there was really no option to enter the medical field in a way that would satisfy my financial and personal goals. I needed more schooling to achieve this. I was finally in the position to make the change with the support of my wife after our engagement. The timing was right to make the move, so I went back to continue my education with the hopes of a rewarding career change and the will to stay the course.”

During his time at Stony Brook University, Vincent met and learned from Clinical Assistant Professor Stephen G. Smith, who said that “students seeking career changes have a tendency to be more motivated and the interesting result of that motivation is that it rubs off on the younger students. They are willing to help the younger students achieve academic success and they play an extremely important role on clinical rotations. They are willing to be a part of the preparation in teaching the younger students how to impact patient care.”

Students seeking career changes, therefore, have an impact on the students who are in school for the first time. They inadvertently provide guidance and example for first-time students and help guide them in the classroom, creating a dynamic learning environment. “The one important experience that has had an impression on me as a teacher when working

with students who are seeking a career change has been their incredible maturity,” continued Smith. “I have found that these students add a great deal to the diversity in the classroom and it is interesting how their past history helps the younger students prepare for working in the real world.”

Continuing education also comes with a different set of responsibilities, since it is not a student’s first time in a higher education environment. Students furthering their education often have a specific goal in mind or a desired outcome, whereas first-time college students might not have such a clear focus or idea of what they ultimately want to pursue. “This is certainly one of the most important decisions one will make in their lifetime,” said Smith. “It will determine their future goals and their own expectations. I would suggest that students seriously look at the employment market and base their decisions on what they are interested in, such as medicine, teaching, engineering or mathematics. Students should enjoy the path of study that they have chosen and be prepared to focus and dedicate themselves to reaching their goals.”

The motivation for students continuing their education often comes from the desire to better their current employment situation, so the decision to go back to school comes with more pressure.

“The motivation came from an overwhelming sense of needing to be at the top of my class,” said Costantino. “I felt that there is just too much competition out there and I wanted to stand out in any way possible to potential future employers. The motivation came from within.” That motivation kept Vincent at the top of his class, despite a 10-



**Vincent and
Nancy Costantino.**

year gap in college level education, where he previously earned a degree in teaching. Having the diligence and the staying power to hunker down and devote all of his energy to his studies led him to a career at the NYU Winthrop Hospital Interventional Cardiology Lab.

“I am so thankful to be where I am at Winthrop,” continued Costantino. “The team of professionals here work together so well, and I am proud to be a part of it. This career makes me feel incredibly fulfilled because I can see every single day that we are helping to save people’s lives. I’m grateful for the support that I had in going back to school and having the opportunity to change my career and better my future.”

Vincent graduated cum laude from the program as a member of the respiratory honor society. For his achievements in the classroom and his clinical studies, he was awarded the American Heart Association award for excellence in cardiovascular clinical practice.

Cengage offers textbook subscriptions

Yesenia Coello
Campus News

Being a student in today's world is hard. Between the work and the devastating reality that most students will be hounded by students loans for the rest of their lives is quite a depressing notion. Fortunately, Cengage wants to ease some of the burden from students' minds.

Cengage is a U.S. based education and technology company that provides course materials for students. They provide 11 million students nationwide with the required materials they need to succeed academically.

Cengage, however, believes these efforts aren't enough.

"We can't call ourselves a student-focused company without trying to address the affordability problem in higher education," says Michael Hanson, the company's founder and CEO, "especially when we know the cost of course materials is a primary concern for students.

"As a result, we're tackling the affordability issue head on with the introduction of Cengage Unlimited, the first all-access subscription service for quality higher ed course materials."

Cengage Unlimited, in essence, would function similarly to other streaming services (e.g., Netflix, Spotify), where individuals would pay a fixed sum



Michael Hanson

of money per semester or school year in order to access Cengage's elaborate collection of educational resources. Currently, services are offered at \$119.99/semester or \$179.99/year. The subscription would give students access to over 20,000 products across 70 disciplines and more than 675 courses.

All this said, there has to be something that separates Cengage from its competitors — retailers such as Amazon who provide affordable (albeit used) materials such as books. According to Hanson, "For one price, students have complete access to our digital products—no matter how many products they use."

"Students can subscribe directly through Cengage.com or purchase subscriptions at on-campus and off-campus bookstores."

In other words, in subscribing, students wouldn't be limiting themselves to a fixed amount of resources to learn. In fact, they could use any of Cengage's products if it has the potential to ensure success. For many students, this could be a matter of passing or failing.

And if students are uncomfortable using materials online, Cengage offers other alternatives:

"In addition, students using Cengage learning technology platforms, like MindTap or WebAssign, have the option of a print rental for just \$7.99 with free shipping. When their sub-

Aside from tuition, textbooks are the leading financial stressor for students

Courtesy Cengage

85%

of students say paying for textbooks and course materials is financially stressful, compared to:



student housing
73%



healthcare
69%



meals and food
63%

87%

of students consider textbooks and course materials to be overpriced, on par with views on college tuition (86%)

scription ends, students retain reference access to their key course materials for the first year for free."

While anyone can access Cengage Unlimited, the company's key targets are minorities and women — two groups that are particularly affected by the high cost of school materials. More than half of the student popula-

'For \$120 you can access 20,000 products.'

tion is composed of women (56%). In the case of minorities, many, especially those in poverty-laden neighborhoods, college is expensive enough as it is; why add more stress to their lives?

Indeed, while Cengage does want to help students, there will always be justified naysayers who are skeptical of the company's new services. Especially when it's much easier to go with the cheap stuff or opt out of buying course materials altogether. Cengage is aware of this and offers lucrative solutions for these students.

"First and foremost, Cengage Unlimited will likely save them quite a bit of money," Hanson says. "More than that, Cengage Unlimited provides a better learning experience. Why pay \$120 for one textbook when you can pay the same amount for Cengage Unlimited and get access to more than 20,000 digital products (including ebooks, study tools and homework guides). And for just \$7.99 more you can access a print rental for your term."

While it is true that students would be paying the same amount of money for a subscription than a textbook, the money invested in a subscription can go a long way in nurturing a student's education.

"In the Cengage/Morning Consult survey, more than 80% of students said having digital course materials easily available would have a positive impact on their final grade. Meanwhile, 40% of students said not having access to their materials resulted in a lowered or failing grade.

"The benefits of the investment in materials is quite clear."

Star-studded inauguration for RCC prez

“Transformation Through Education” is the theme as Rockland Community College celebrates the inauguration of President Michael A. Baston with an inaugural Gala on the evening of September 12 followed by the inauguration ceremony the next day. A faculty symposium kicks off the three-day celebration on September 12, and a student/alumni social wraps up the festivities on September 14. The Gala is at the Hilton Pearl River while the inauguration ceremony and symposium are at RCC’s Cultural Arts Theater.

RCC’s first Gala will feature special performances and exhibits highlighting the College’s accomplishments. Proceeds will support the operations of RCC’s Student Success Initiative.

Individual Gala tickets are \$200 per person. Various sponsorship levels are available, including a \$1,000 “Transformational Ticket” package that pays for the cost of five tickets for RCC students. The deadline for purchasing Gala tickets is September 7; the deadline for submitting ads in the commemorative journal is August 22.

One of the special features at the Gala is a video tribute, “Student Success Stories,” illustrating how RCC students’ lives have been transformed by their

experiences at the college. “RCC is a gem in this community, from the standpoint of giving educational opportunities to people who haven’t previously experienced them,” said Anne Hummer, Inaugural Gala Chair. “Many of the graduates here are the first ones in their family to attend college. It really does transform lives.”

Among the headliners scheduled to appear at the Gala are Rita Harvey, the Broadway singer and actress best known for her starring role in “Phantom of the Opera” and as princi-

‘Dr. Baston will share his vision to move the college forward.’

pal soprano for “Neil Berg’s 100 years of Broadway” touring concert; and Pat Battle, co-anchor for NBC-TV 4 New York’s “Weekend Today in New York,” who will serve as master of ceremonies. The popular East Ramapo Marching Band will get the evening started with its spirited arrangements, while local band Escapade provides musical accompaniment throughout the evening.

Dr. Baston succeeds Dr. Cliff

L. Wood as the seventh president in RCC’s 59-year history. Among the prominent themes in his inaugural address is the Guided Pathways program, which is designed to make college more accessible and navigable for students from all backgrounds and levels of preparedness. The inauguration will serve as “a platform and a launching point for Dr. Baston to describe his vision for the College, to move it forward in this century and beyond, as a shining example in the county of a community and college partnership,” said Hummer. Inaugural Gala Consultant Chris Naylor added: “We are hoping the evening will be celebratory and inspirational.”

For more information, contact Anne Hummer at 845-574-4715 or ahummer@sunyrockland.edu, or visit www.rccinauguration.com.



Dr. Michael A. Baston



Rita Harvey



Pat Battle

HVCC leader’s national appointment

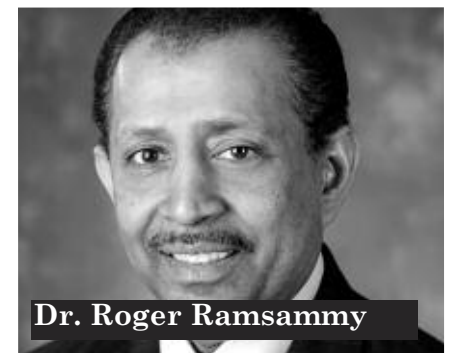
The American Association of Community Colleges (AACC) has named Hudson Valley Community College President Roger Ramsammy to its Commission on Structured Pathways. Ramsammy will serve a three-year term that began this past July and ending on June 30, 2021.

AACC is the primary advo-

cacy organization for the nation’s nearly 1,200 community colleges which enroll more than 12 million students. The organization has 10 commissions focused on special topics and comprised of member CEOs and senior administrators.

The Commission on Structured Pathways concentrates on

strategies for scaling community college pathways across systems, states and the nation. Central to the pathways model are the development of academic program “maps” with specific course sequences, progress milestones and learning outcomes aligned to career and advanced education expectations for students.



Dr. Roger Ramsammy

Animation program begins at Rockland

Rockland Community College has introduced an Animation and Interactive Media track in its Graphic Design AAS degree program. The new track joins the Visual Communication track.

The rapidly expanding need for qualified designers in 3-D animation, game design and interactive media offers graphic artists a range of career opportunities. RCC graduates may pursue academic transfer options, commercial design opportunities, or launch their own artistic/entrepreneurial careers.

“The new Animation and Interactive Media track is responding not only to students’ interest in these areas, but also to the job market and where graphic designers are finding

work these days,” said Eileen MacAvery Kane, RCC’s Art Chair and Graphic Design Program Coordinator. “Graphic design follows contemporary culture, as many jobs do. People now consume information much more through interactivity – interactive apps, online, social media, gaming. The job market and areas of employment for graphic designers directly follows that.”

New courses offered in the fall 2018 semester, which began September 1, include such topics as Drawing for Animation, History of Animation, and Animation Principles. New courses offered in future semesters include Introduction to Computer Modeling and Scripting for Interactive Media. Graphic Design degree tracks

are taught by faculty with deep industry expertise, including award-winning 3-D animators and illustrators. Faculty provides mentoring to students as they develop competitive portfolios toward successful job placement or transfer.

The Visual Communication degree track continues the core Graphic Design curriculum, which includes courses such as Typography, Digital Art, Constructed Image/Photoshop, Graphic Design, and Black & White Photo. The latter course makes full use of the Art department’s darkroom facilities, enabling students to process film and print their own black & white photography. “The fact that we still have these facilities is a bonus and a draw not only for students for also for

people in the community who are interested in pursuing black & white photography,” MacAvery Kane said.

Graphic Design is one of three degree programs that RCC offers in Art, along with Fine Arts and Photography. A degree in these disciplines prepares students to pursue careers in graphic design, animation, illustration, photography, fine arts and other fields. Many graduates have transferred to prestigious professional art schools. Numerous RCC students have earned SUNY Best of Show juried selection honors at the SUNY Art Gallery in Albany.

For further information, contact the RCC Art department at 845-574-4268 or emacaver@sunyrocland.edu.

Great chefs come to Westchester this fall

The Westchester Community College Foundation is presenting its annual Great Chefs Series of wine tastings, cooking demonstrations, and three-course dinners in October. These tantalizing events co-sponsored by DeCicco & Sons and Wine Enthusiast will be held in the college’s state-of-the-art instructional kitchens and Culinary Dining Room on the Valhalla campus. 100% of funds raised from the Great Chefs series will benefit the Foundation’s scholarship fund and the college’s on-campus food pantry.

Host Chef Philip McGrath, Curriculum Chair of the college’s Culinary Arts and Hospitality Management Program and former chef and owner of Iron Horse Grill, has assembled a stellar cast of local culinary celebrities who will create epi-

curean delights and teach you how to dazzle future dinner guests. The chefs will be assisted by the college’s Culinary Arts and Hospitality Management students.

The evenings begin with an exclusive wine tasting reception with specialists from Wine Enthusiast. Chefs will then demonstrate the how-to’s of each meal. Guests will enjoy the chefs’ creations paired with an accompanying wine, beer, or cocktail. Each guest will leave with a goody bag, recipes and beverage pairing information.

The Foundation raises resources to meet student and college needs not met by public funds and has awarded more than \$20 million in scholarships to over 17,000 students since 1969.

Monday, October 1 at 6:00 p.m. L’Inizio (of Ardsley). Join Executive Chef/Co-Owner Scott Fratangelo as he shares his passion for using locally sourced ingredients and techniques to make handmade pasta. Come hear why Executive Pastry Chef/ Co-Owner Heather Fratangelo’s motto is “life is short, so eat dessert first” as she prepares one of her creations. Beverage pairing provided by StilltheOne Distillery Two and Wine Express.

Monday, October 15 at 6:00 p.m. Mediterraneo (of White Plains). Chef Albert DeAngelis will share his techniques and recipes for cooking shellfish and other crustaceans. Beverage pairing provided by Midway Wine & Liquors and Wine Express.

Monday October 22 at 6:00 p.m. Fortina (of Armonk / Yorkers / Ryebrook/Stamford). Chef Christian Petroni will teach you the secret of making the perfect pasta e patate. Beverage pairing provided by DeCicco & Sons and Wine Express.

Monday, October 29 at 6:00 p.m. Fin & Brew (of Peekskill). Witness Chef Mike Anastacio’s enthusiasm and skill as he prepares seafood and other seasonal based cuisine with such clear and purposeful instruction, it will leave you feeling confident to call yourself Chef. Beverage pairing provided by River Outpost Brewing Co. and Wine Express.

Tickets for each event are \$150. For details, visit the college site www.sunywcc.edu/greatchefs.

The 60-hour work week isn't productive

David DeWolf
Special to Campus News

Most of us don't know how to take a break. Vacations and holiday weekends don't really give us the down time we need to recharge our batteries, clear our minds, and optimize performance.

Over the past several years, books like "Deep Work and Rest: Why You Get More Done When You Work Less" have demonstrated the flaws in this approach. We seem to value being busy, and research shows it's killing productivity.

I'll admit that I'm the biggest culprit. Too often, I stay immersed in work, checking in and staying abreast of what's going on back at the office, even well after "normal" working hours.

I love what I do. The software development company I founded, 3Pillar Global, has been recognized for rapid growth by Inc. Magazine 7 of the last 8 years. Like everyone, I'm not immune to the rush of adrenaline or endorphins that come from hearing the "ding" signifying a new email in my inbox. But I can see very clearly how my performance deteriorates when I don't get enough rest -- and how my actions encourage others to take on the same bad habits.

As leaders we have to be especially careful of the tone we set from the top.

Here are four things that business leaders can do to encourage colleagues to rest.

Kick folks out of the of-

office

I make it a point to roam the halls on my way out of the office -- especially when I'm in late. When I see the same folks in the office night after night, I make it a point to ask when they are leaving.

Managers need to make it clear that it's okay for folks to go home, have dinner, and get a good night's sleep. If our teammates see us working late, they may come to believe that's what it takes to be successful.

Refrain from Sending Weekend Messages

I have a bad habit of using my weekend to "catch up on life." Unfortunately, by life, I often mean the backlog of emails that have piled up.

When I respond over the weekend, I am sending a message that this type of activity is expected and encouraged. So these days, I schedule my weekend emails to go out on Monday mornings.

Encourage Real Vacations

There are vacations and there are vacations. A true vacation happens when you completely unplug.

So when teammates take time off, set the expectation that they check out and get off the grid. To do this, require everyone to designate a backstop. Who is handling their business while they are gone? Is it their manager, a peer, or, one of their direct reports?

Requiring everyone to delegate their authority while they are out ensures healthy empow-

erment and organizational design.

Promote Holidays

This past Memorial Day, I sent a message to the team reminding them of why we had expanded the holiday to be a four-day weekend. In this message, I reminded everyone why rest is important:

"There are very few of us that truly have urgent things we

'Employers should kick employees out of the office at closing time and encourage real vacations.'

need to do this weekend. I hope all of you are able to turn off, clear your heads, and enjoy a little down time. Don't be shy about turning off your computer's power. Enjoy the sunshine!"

I was amazed that I received 17 responses applauding the message. Folks obviously appreciated having "permission" to truly unplug.

Business leaders can -- and should -- set an example with healthy work habits. So this summer, be sure to encourage your colleagues to rest.

David DeWolf is the founder and CEO of 3Pillar Global, a global custom software and digital product development company in Fairfax, Virginia.



Don't drink? Don't feel out of place.

Kaylee Johnson
Campus News

At seven years old I witnessed my friend's older sisters pull into their driveway with goofy stickers from a ritzy Hamptons bar all over their faces and whiskey breath. From there, I decided I would never drink alcohol. It is rare to find college students who have no interest in drinking, especially at schools that have at a "party" reputation. I avoid a lot of nightlife and large parties, because I do not want to explain why I refrain from drinking, or get peer pressured by people who have had one-too-many. For a while I was judgmental of anybody who talked about their drunken, carefree nights – and the pain that followed the next morning. I would roll my eyes and wonder how these adults could allow themselves to look so foolish. Is it a lack of self-control that compels people to drown themselves in mind-altering liquids? Addiction? Escapism? But my mindset has changed as I have gotten older, and I can understand why some people may want to enjoy an occasional drink, even though I don't.

If you are a college student

who has made a vow to yourself, for one reason or another, to avoid drinking, don't feel out of place on campus. One of the best things about college is the diversity that high schools often lack. Odds are there are dozens of other students like you on campus. – you just have to be willing to search for them. Sobriety should not keep you away from parties or celebrations, just don't let yourself fall victim to peer pressuring. If a situation becomes unsafe, step away. You will appreciate your clear mindedness and reflexes during sketchy situations. So many relatives and friends have told me that I am missing out on the "college experience" by acting prudishly. But I want my college years to be defined by stellar academic performance, independence, and career readiness, not vomiting over the sink at parties, and blackouts. So often, people affiliate college socialization with beer pong and rowdy parties, and the clubs, study groups, and introverts get forgotten. This semester, remember that you have the power to define your reputation, positively or negatively – choose wisely.

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9 to 5 by Harley Schwadron



"Campaign promises do too count, congressman."

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| Advair 250mcg/50mcg | 180 ds | \$190.00 | Prempro 0.3mg/1.5mg | 84 | \$100.00 |
| Vagifem 10mcg | 24 | \$205.00 | Estring 7.5mcg/24hr | 1 | \$120.00 |
| Premarin 0.625mg | 84 | \$95.00 | Restasis 0.05 % | 90 ds | \$225.00 |
| Combivent 18mcg/103mcg | 600 ds | \$140.00 | Combigan 0.2%/0.5% | 15 ml | \$140.00 |
| Symbicort 160mcg/4.5mcg | 360 ds | \$215.00 | Azilect 1mg | 100 | \$321.00 |
| Entocort 3mg | 100 | \$130.00 | Janumet 50mg/1000mg | 180 | \$350.00 |
| Januvia 100mg | 84 | \$260.00 | Lumigan 0.01% | 9 ml | \$80.00 |
| Aggrenox 200mg/25mg | 200 | \$140.00 | Flovent HFA 110mcg | 360 ds | \$160.00 |
| Abilify 5mg | 84 | \$140.00 | Jardiance 25 mg | 84 | \$390.00 |
| Colcrys 0.6mg | 100 | \$109.00 | Stieva-A Cream 0.05% | 40 g | \$80.00 |
| Ventolin 90mcg | 600 ds | \$80.00 | | | |
| Vytorin 10mg/40mg | 90 | \$155.00 | | | |
| Xifaxan 550mg | 100 | \$170.00 | | | |
| Asacol 800mg | 300 | \$250.00 | | | |
| Vesicare 10mg | 100 | \$166.00 | | | |

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Classic HBO shows via Amazon Instant

Darren Johnson
Campus News

You know, dear reader, Netflix isn't going to be No. 1 forever. It already has competition, and Disney is launching a streaming competitor (and they not only own the expansive Disney library, but also "Star Wars," ABC, Marvel, Freeform, ESPN and the rights to so much more — they will instantly wow audiences). Netflix's stock is plummeting, profits are down and most Netflix Originals titles are mediocre. They seem to keep bankrolling 1990s slapstick stars like Adam Sandler and David Spade, who no longer can deliver laughs with their slapdash, soulless efforts. They present themselves as dead inside. Netflix has yet to have an HBO-quality breakout show — the kind we all talk about, say "The Sopranos" or "Game of Thrones" — though perhaps "Orange Is the New Black" or "Stranger Things" had a month or two of good buzz.

Of course, HBO has an app, too; though, the opposite of Netflix, it doesn't have as many titles but the titles it does have, on average, are better. Though sometimes I do want what Netflix has — a rough-cut documentary or a third-rate comedian on stage in Cleveland. Netflix has more of everything, and is cheaper. Whether HBO's "Hard Knocks" football training-camp docuseries is better than Netflix's "Last Chance U" is debatable.

What a lot of people don't realize is, they also have access to the Amazon Instant app (it was revealed earlier this year 100 million people do). If you signed

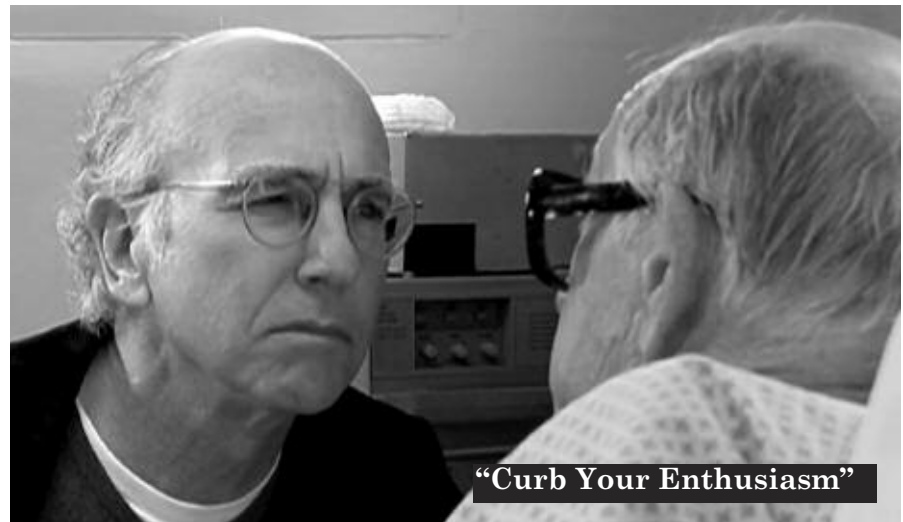
up for Amazon Prime — say to get free shipping at Christmas — you have access to their streaming service. People with access to a .edu email address get it for only \$55 a year.

Many great, older HBO shows are available for free via Amazon Instant.

Last year, I watched "The Sopranos" beginning to end in marathon format. Somehow, it was better to watch it this way, as opposed to waiting a week between episodes, when the show was live. There are so many little details in the show that can be forgotten in a week. Then I watched "Six Feet Under." Holy cow, was that great, too, with the best finale in TV history, except for, maybe, "Newhart's."

I was on a recent flight and on the little TV behind the seat in front of me HBO shows were offered. On a previous flight, I had watched Season 1 of "Crashing," about a fictional version of comedian Pete Holmes trying to be a clean comic in a dirty profession. He

has to "crash" on people's sofas, as he doesn't have much money — but he does have a dream. On this more recent flight was Season 2, which brings me to where the show is presently. It's cute and funny and an honest look at the art of the comedic craft and the trials young comics face today. Also on this recent flight were the first few episodes of the Bill Hader dramedy "Barry." The title character is a former marine and current contract killer who is hired to kill an aspiring actor, happens into an



acting class and decides he wants to change careers and try show business — but his past haunts him, as the cops and mobsters are on his tail. His smarmy acting teacher is humorously played by Henry Winkler. Well done.

Then on that flight, I found a few episodes of the current season of "Curb Your Enthusiasm." This show is created by and starring Larry David, the co-creator of "Seinfeld," and actually has pieced together nine full seasons in the past 18 years. I'm a big "Seinfeld" fan, but "Curb" may even be better. First, it's on HBO, so the jokes can go a bit darker. Second, no laugh track. No three cameras. No studio set. And David playing himself is hilarious. Here's a guy who obviously is a nudge but people have to pay attention to him because he has his "Seinfeld" resume and riches.

In one season, he is starring in Broadway's "The Producers." In another, he gets the actual "Seinfeld" cast together — even reclusive Michael Richards as Kramer — and that season ends with a reunion show. Some episodes with Michael J. Fox play on his Parkinson's disease; Fox is a great sport. In the most recent season he tries to produce a musical called "Fatwa!," about the Iranian hit that had at one

time been placed on author Salman Rushdie for his anti-Muslim writings. Only David can get away with such teasing, it seems.

The show also has a great supporting cast, whom we have seen age gracefully over these 18 years. Jeff Garlin (also on mainstream TV's "The Goldbergs"), as David's manager, plays yes-man Jeff Greene who enables David's bad behavior and validates his unique perspectives on social etiquette. Greene's wife Susie (Susie Essman) plays an over-the-top shrew, perhaps one of the most unique characters in TV history. Comic JB Smoove plays Leon Black, who moves in with David mid-series and gives David advice from the street.

The tease I'd gotten from my flight led to me searching for "Curb Your Enthusiasm" on Instant. Seasons 1-8 were there, ready to marathon watch. Then I decided to re-order HBO to get the current season, and finish "Barry" and "Hard Knocks." Maybe someday I will understand what "Game of Thrones" is about, but there are only so many hours in the day. I try to read, too — you know, actual books.

Find more streaming reviews on Nu2U.info!



Regional 2-year college sports shorts

Golf Tourney

The SUNY Sullivan Foundation will hold its 19th Annual Golf Tournament at the Tarry Brae Golf Course on Friday, September 21. The event, dubbed the “The Start of Something Great Tournament,” will raise funds for athletic scholarships.

Registration and lunch begin at 11:00 a.m. with a shotgun start at 12:30 p.m. JeffBank is once again the tournament sponsor. Chris DePew, SUNY Sullivan’s Director of Athletics and Dean of Student Development Services, will chair the event.

The entry fee for the tournament is \$120 per person and includes a round of golf, golf cart, on-course refreshments, lunch, cocktails, a delicious steak dinner, and a golf gift. Friends of the college who are not available to play golf, are invited to attend the dinner at 5:00 p.m.; dinner tickets are \$40 per person.

For more information, contact Hillary Egeland at 845-434-5750, ext. 4377 or email hegeland@sunysullivan.edu.

Sullivan Upgrades

Beginning this fall, SUNY Sullivan will compete at the

NJCAA Division II athletic level in Men’s and Women’s Basketball. The college has been competing for a number of years at the Division II level in Baseball. Colleges participating in Division II athletics are able to provide scholarships to qualified students to help cover the costs of tuition, books, fees, and up to \$250 in course-required supplies. Additionally, the move to Division II athletics will allow SUNY Sullivan to serve dozens more students, as the college will field junior varsity teams for each Division II sport.

SCCC Ranked No. 3

Suffolk County Community College’s athletics program has been named a the National Alliance of Two Year College Athletic Administrators (NATYCAA) 2017-18 NATYCAA Cup Award recipient, finishing third, for overall athletics program excellence. The college’s program was also recognized as the sixth best in the nation out of 650 two-year colleges.

The NATYCAA Cup Award was established in 2003 and recognizes, nationally, overall outstanding two-year athletics programs.



Assistant Coach Jason Galbraith, James Mattera, and Head Coach Brian Klammer.

Since 2012, Suffolk County Community College has had two sixth place finishes, two third place finishes, one second place finishes and one first place finish.

Trainer Honored

Diana Carey’s contributions to Rockland Community College extend well beyond her care for the college’s student-athletes. As head athletic trainer for RCC, she tends to the treatment and rehabilitation needs of those student-athletes and provides coverage for all nine of the college’s athletic teams’ Region XV events on campus. But on any given day during the school year, she can also be found mentoring student volunteer interns in athletic training, teaching courses as an associate professor in Exercise & Human Performance, or carrying out fitness and wellness programs for students, athletes, faculty and staff. So it comes as no surprise that Carey’s work has been recognized by various organizations during her 18-year tenure at RCC. The most recent, and perhaps most prestigious acclaim to come her way is the 2018 Head Athletic Trainer of

the Year in the Community College/National Junior College Athletic Association division, conferred by the National Athletic Trainers’ Association (NATA) Intercollegiate Council for Sports Medicine (ICSM). She will be honored at the ICSM’s awards breakfast on June 28 at the 69th NATA Clinical Symposia and AT Expo in New Orleans, Louisiana.

Gold Glove

James Mattera (West Islip, ‘16) was awarded the 2018 Collegiate Rawlings Gold Glove Award by the American Baseball Coaches Association.

Mattera was also voted First Team All Region XV and was a Third Team NJCAA All Academic Honoree with a 3.76 GPA for the 2017-2018 academic year.

He will be continuing his athletic and academic career at SUNY Farmingdale.

“Jimmy’s performance is not only outstanding on the field, but in the classroom as well. We wish Jimmy the best of luck in his academic and baseball career,” said Head Baseball Coach Brian Klammer.



Diana Carey, center

'Hers & His' at SUNY Ulster

SUNY Ulster's Muroff Kotler Visual Arts Gallery will exhibit "Hers & His: 25 Years of Art & Marriage" through September 28. The show features a selection of works by the artists Allyson Levy and Scott Serrano.

Throughout their marriage of 25 years, the artists Allyson Levy and Scott Serrano have produced artwork independently of one another. They are inspired by subject matter connected to natural history and science. After moving to Stone Ridge in 1999, they began cultivating different plants for their art. Now, 20 years later, their interest in plants has grown into a botanical

garden and level II arboretum called Hortus Conclusus.

Allyson Levy's artwork (pictured top) is a reaction to the natural world. Her process begins by collecting different seeds, bark, and flower petals. The process of gathering enough materials to complete a painting can sometimes take years. She tries to build interesting patterns that highlight the small details of the natural material that are often overlooked when viewing that plant in the wild.

Scott Serrano's artwork (pictured bottom) is scholarly and idea based. He attempts to create the type of detail

found in 18th and 19th century science engravings with colored pen and ink drawings, building the drawing slowly by layering one dot at a time.

The Muroff Kotler Visual Arts Gallery is located in Vanderlyn Hall 265 on SUNY Ulster's Stone Ridge Campus. Its hours of operation are Monday through Friday, 11:00 a.m. to 3:00 p.m., closed on college holidays.

Contact Gallery Coordinator Suzy Jeffers by phone at 845-687-5113 or email her at jefferss@sunyulster.edu for more information.



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Gun-control advocates say, ‘Enough!’

Dave Paone
Campus News

A small but determined crowd of high school and college students, plus some of their parents, held an anti-gun rally on Long Island this past summer.

The Rally to End Gun Violence began with a march from Oakwood Park in Huntington. About 50 activists, most armed with posters and dressed in orange T-shirts, walked the quarter mile to Breezy Park.

A single police escort preceded the marchers as they chanted “Hey hey, ho ho, the NRA has got to go!” and “Hey hey, NRA, how many kids have you killed today?”

Drivers on Oakwood Road slowed their cars and sounded their horns as they passed the demonstration.

A mobile stage from the Town of Huntington was set up in a field where over the next hour and a half, several speakers addressed the crowd of about 600.

One such speaker was Linda Beigel Schulman, the mother of Scott Beigel, one of the adults shot and killed at Marjory Stoneman Douglas High School in Florida in February.

Beigel questioned the fact that the current laws prevented the 19-year-old gunman from legally purchasing beer, but not an AR-15 style, semi-automatic rifle.

When Beigel mentioned Republican Congressmen Peter King and Lee Zeldin, the crowd chanted, “Vote them out! Vote them out!”

Tom Suozzi, a Democrat representing New York’s 3rd congressional district, was the keynote speaker. He began with his own chant of “Enough is enough! Enough is enough!”

He spoke several times of a

“youth movement” and encouraged high school and college students to be more active.

Many of the speakers encouraged the masses to vote. There were voter registration volunteers on hand for anyone who wanted to register.

Near the end, Georgetown University student Owen Toomey addressed the gathering, outlining concrete steps to reduce gun violence:

- Conduct universal background checks.
- Upload the Bureau of Alcohol, Tobacco, Firearms and Explosives’ records from hardcopies to an electronic database to more easily track weapons that have been used in crimes.
- Repeal the Dickey Amendment which would allow federal funds used by the Centers for Disease Control and Prevention to be used for gun control.
- Ban high-capacity magazines as well as semi-automatic, assault rifles.

Suffolk County Community College student Joseph Vander Waag, who participated in the march, felt there needs to be a “civil dialogue” started.

He was there to “talk about, as a young, black man, that this...has been an issue that has been affecting the black community, the Hispanic-Latino community [and] communities of color since forever and this a large issue that needs to be talked about.”

The second-year communications major said part of the problem of black-on-black gun violence in Chicago is that the guns cannot be traced by law enforcement.

“These guns are getting into the hands of the wrong people and there’s no accountability on both sides,” he said.



Some believe one possible way to combat gun violence is with more guns, by having trained, armed security guards (such as retired police officers and former members of the military) to stand watch at schools. (This sentiment was rejected by Suozzi when he spoke.)

Gabriela Montes, an 18 year-old freshman at Suffolk County Community College, is half on-board with this idea. She felt high school freshmen and sophomores may find such a presence too stressful, but would have no problem with it on SCCC’s campus.

Another college student who marched was 18-year-old Catherine Khanamirian, a sophomore at George Washington University in D.C.

The international affairs major echoed the “get out and vote” sentiment.

“The percentage of people who are 18 to 24 and not voting is really scary because they make up a really significant percentage of [the] actual population,” she said.

Khanamirian agreed that a big part of the gun violence problem is mental health. “It is a mental health issue when people

who are mentally ill get these guns,” she said.

She recounted a recent incident at her alma mater, Cold Spring Harbor Junior-Senior High School, where her sisters are currently students.

According to newspaper reports, this past March, a 16-year-old student falsely reported a shooting threat at the school via a 911 call. Police arrested the girl and said she was going to be evaluated at Huntington Hospital.

“Mental health is just a hard topic,” Khanamirian said. “There are so many different issues when it comes to that.”

So what’s the answer?

“I have no idea what the answer is,” she said.



Campus Puzzle

(solution page 24)

Across

- 1 Divers' destinations
6 Japanese cartoon art
11 "Shoot!"
14 Send to cloud nine
15 Sir Arthur ___ Doyle
16 Traffic court letters
17 Spread some gossip
19 Chow fixer?
20 Emphatic affirmation
21 Paperless tax return option
23 Original "Veronica Mars" ailer
24 Hybrid toaster oven snacks
27 Surrealism pioneer Max
29 That being the case
30 "... Mr. Tambourine Man, ___ song for me"
32 ___ standstill
33 Birch or beech
37 Buns and flips

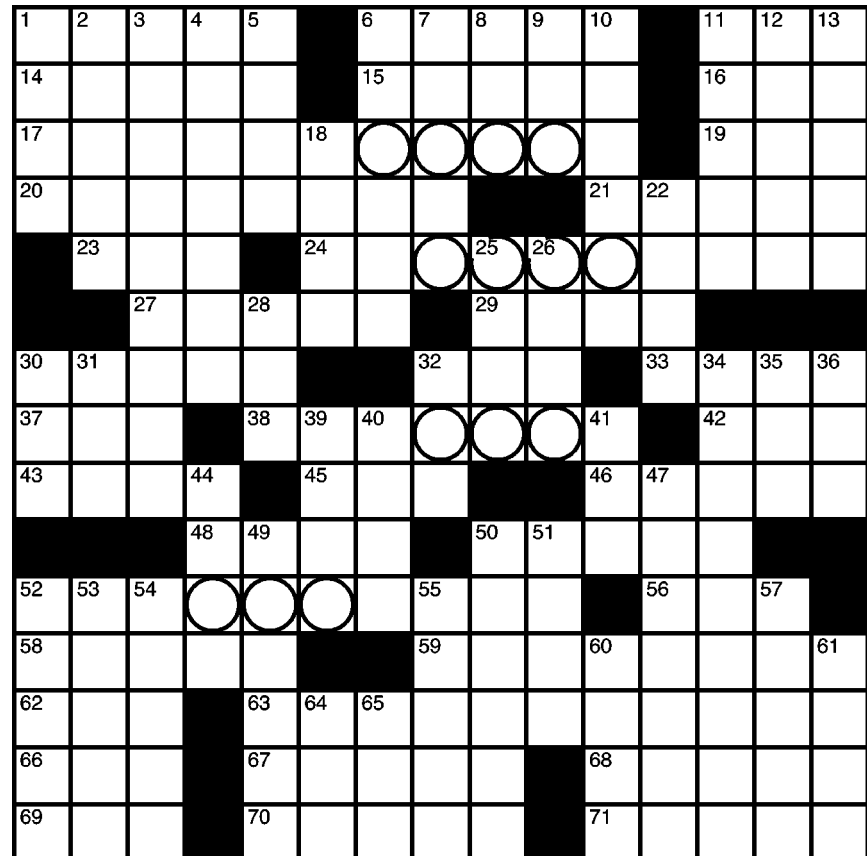
- 38 He has a nest at 123 1/2 Sesame Street
42 Actress Gardner
43 Racing legend A.J.
45 "Later!"
46 Absolute
48 Sharif of "Doctor Zhivago"
50 Prophets
52 Stayed on
56 Dutch banking giant
58 Homeric epic
59 Philips electric toothbrush brand
62 "Teen Wolf" network
63 Young player on the rebound ... or, in another way, what each set of circles in this puzzle represents
66 Iron source
67 Go off-script
68 Mix
69 Baby goat sound
70 Like mosquitoes

71 In disarray

Down

- 1 Second try
2 Philanthropist Yale
3 "No sweat"
4 1862 Tenn. battle site
5 Match makers?
6 Nailed the test
7 Brand for serious last-minute preparation
8 Italian food ending
9 Tarnish
10 Comes in
11 Pain reliever sold in Liqui-Gels
12 "Peachy"
13 Windy weather fliers
18 Arms-akimbo joints
22 Arch site
25 Oft-baked pasta
26 Miles away
28 Arrest
30 Adobe file format
31 Head of a pub?

- 32 Prez on a fiver
34 Rodent-eating reptiles
35 Day before a big day
36 Shucker's unit
39 Letter-shaped beam
40 Pita sandwich
41 Deserving
44 Frat party wear
47 Barely flow
49 Wild
50 Hoity-toity
51 Flamboyant Dame
52 Handmade bleachers sign
53 Hyper
54 Skin "Creme" in blue tins
55 Workout buff's motto opener
57 Impish looks
60 SALT weapon
61 Whirlpool
64 Metered praise
65 Portland Timbers' org.



Campus Sudoku

(solution page 28)

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| | | | | 5 | | | 4 | |
| | | | | | | | 2 | |
| | | | 1 | | 4 | 8 | 9 | |
| | | | | 4 | | 6 | | |
| 9 | 7 | | 3 | | | | 2 | 5 |
| | | 6 | | 7 | | | | |
| | 4 | 5 | 9 | | 6 | | | |
| | | 3 | | | | | | |
| | 6 | | | 8 | | 7 | 1 | |

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.

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The arts can still be snobby about size

Kaylee Johnson
Campus News

Last month I worked up enough false conceit and optimism to attend a “Nutcracker” audition for a professional ballet company in Albany, New York. Teaching ballet has made me into a stronger dancer and a more confident woman, so I felt I had a chance of landing a decent role, which would help me create a name for myself, and eventually open a dance studio. I was never the best dancer at any of the studios I have danced at, and snobby teachers, pencil-thin classmates, and dance moms living vicariously through their children led me to believe that my weight was holding me back. But this audition pushed me off the edge of a bridge I had been slipping off of for over a decade.

I walked into the studio in tights and a raspberry leotard, my only leotard since my local dance store only carries small sizes, and when I do shop there, the fragile female workers look at me with pity and judgment. Before I even took off my jacket at the audition, a group of teachers and receptionists looked me up and down, creating preconceived notions about my ability to dance. There was a look of confusion and disgust in their eyes, and in that moment I wanted to walk out with composure, but in my own fashion I felt I had to prove myself to people I don’t know. From there, the dehumanization escalated. Before the audition began, a group of young highly conditioned, conceited dancers walked by and pointed at me, whispering to their friends like nine-year-old bullies do. My fellow auditioners were all thin, long legged, and had their noses in the air, and looked like they had been training their whole lives for a moment in the spot-

light. They wouldn’t engage conversation, or even crack a smile. I danced for two hours before I walked out with a bruised ego and an overwhelming amount of embarrassment. The audition lasted over three hours, but I could not endure one more minute of eye rolls, mumbling, and headshakes from the unevolved staff and dancers. The audition dug up old baggage – getting kicked out of dance classes for not “looking the part,” being forced to wear nude leotards under exposing costumes, because my seven year old stomach was too repulsive to look at, dreading body measurement time at one studio because the owner would always comment on my “wide hips” in front of my classmates, and receiving skeptical looks every time I told anybody that I danced. I intentionally wrote “danced,” because this audition led me to realize that I need to take a break from the art that has broken my confidence over the past 15 years.

‘Don’t let the bitterness of others deter you from your dreams.’

Even though I am losing weight, and may look the part someday, I will never be able to act the part. How could I laugh in the face of an overweight, amateur ballerina when I see myself in her innocent eyes? This hiatus will hopefully give me some clarity and help me regain some hope in humanity and the world of dance.

Snobbery and the arts have always gone together. Read some books by F. Scott Fitzgerald or “The Picture of Dorian Gray” by Oscar Wilde and you will see that the trend has been



around much longer than you might think. And dance is not the only art form affected – acting, music, and art all require artists to look a certain way. Even writing programs, literary agents, and newsrooms can be highly prejudiced. The fat-phobic argument for dance has been

that dancers need to be in athletic shape, so they don’t hurt themselves. But in my 15 years of dance, I have always been able to keep up with my classmates, and never faced an injury. Society is evolving, and people are starting to be more accepting of individuals who do not look like them, but the art world has her feet planted in the sand; arms crossed, nose up, and refusing to evolve. This mindset can slowly, but surely be changed if the next generation of art admirers and connoisseurs stop expecting artists to fit into suffocating molds. If you are involved with any art form, remember this article, and treat all of your co-workers, or team members with the dignity they deserve. The pretentious art

world may have led you to believe that you are superior, but the truth is if you can play a clarinet well and if you are otherwise a despicable human being, what do have at the end of the day? Or maybe you have fallen victim to discrimination. Don’t let the bitterness of others deter you from your dreams. Makes steps toward inclusivity on your dance team, cheer squad, school newspaper, band, and art club, for you may not look as pristine as you do right now in 10 years, and then you will know what it feels like to be treated like less of a person. Since the younger generations are so liberal, I trust that the arts will become less snobbish in coming decades, but for now I have to order frumpy leotards online and make sure I wear Spanx under my tights. I hope this article empowers women and men like myself to step out of their comfort zones, stand up against injustice, and make the arts a little bit more diverse.

Comment on this story online at www.ccnnews.com.

College is a fresh start (cont. from cover)

cis, adjunct professor of percussion at St. Rose, Hartwick, and RPI. “We become better teachers because we can relate to our students more easily. Students are more comfortable asking questions and seeking advice or help when needed, and that in particular is something students should feel comfortable doing.”

This is especially important when pursuing performing or fine arts degrees, because the professors need to get to know a student’s style to be able to guide them and help them improve, although the same sentiment rings true in all disciplines.

“Professors all have office hours, and it’s a really good idea to stop by and introduce yourself so we can at least put names to faces, especially in large seminar style classes,” continues Francis. “This is especially important if you’ve always been the student that is on the shy side or preferred to blend into the back of the classroom. By putting yourself forward, you’re setting yourself up to take a more active role in your own education, and that’s a habit we all need to develop.”

When professors see that a student is making the effort to establish a connection and get advice about the class, they are more likely to be willing to help when it is needed the most. A

professor shows up every time class is held to teach something that they have devoted their entire careers to, so it is a good gesture for students to show an appreciation towards them for doing so.

Another way for students to show enthusiasm for their education and establish a further connection with the professor is regularly attending class and sitting near the front. “You’re guaranteed to take classes for your major, and your professor may just have some awesome connections out there,” said college senior Jenn Banko, who attends the University of California, Santa Cruz. “Professors look highly upon the student who continuously shows up.” Showing up to class is just like showing up to work. A professor will

‘Show enthusiasm by regularly attending class and sitting toward the front.’

will speak highly of students when they go on to seek jobs or look to enter into a master’s program if they always attended class and tried their hardest to succeed.

In addition to establishing connections with the professor, it is also important to get to know fellow classmates for the same reasons. “Be brave, be open minded, and support each other,” said Francis. “Sounds obvious, but first-year college students share many traits: you’re nervous, unsure of your new environment, all of a sudden much busier than you were in high school, and faced with a pile of



new challenges and people. Use those common characteristics to relate to your peers, knowing that they’ll need support just as you will.”

The third source of guidance and help comes from the university itself. The library and counseling centers can offer anything from helping students find a book to helping them manage stress related to their academics. “Don’t be afraid to ask for help when you need it,” continued Francis. “Campuses are better equipped than ever to help students with the transition to college, and everyone should feel empowered to use the resources offered.”

After seeking out professors and classmates to be of support in the transition to college, while keeping in mind the resources put forth by the university, the

last step in the shift from high school to college is finding balance. Unlike high school, no one guides a student’s day at college. It is entirely up to the student to structure their own schedule and be diligent about getting their work done.

“Strive for a balance between your academic and social life,” said Francis. “Both are essential for a successful transition into a work environment, and the sooner you can find that balance at school, the easier the transition will be once you’re out in the ‘real world.’”

College, like any other endeavor in life, is about learning and growing. Remember to seek guidance and help when needed, find the balance between personal life and school projects, and, most importantly, enjoy the process!

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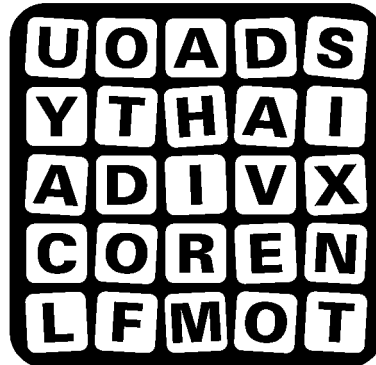
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By David L. Hoyt and Jeff Knurek



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| A ₁ | U ₁ | K ₅ | R ₁ | L ₁ | M ₃ | D ₂ | | RACK 4 |
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| A ₁ | E ₁ | I ₁ | O ₁ | U ₁ | D ₂ | M ₃ | | 1st Letter Triple RACK 5 |

PAR SCORE 260-270
BEST SCORE 331

FIVE RACK TOTAL
TIME LIMIT: 25 MIN

DIRECTIONS: Make a 2- to 7-letter word from the letters in each row. Add points of each word, using scoring directions at right. Finally, 7-letter words get 50-point bonus. "Blanks" used as any letter have no point value. All the words are in the Official SCRABBLE® Players Dictionary, 5th Edition. **SOLUTION page 30**

For more information on tournaments and clubs, email NASPA-North American SCRABBLE Players Association info@scrabbleplayers.org. Visit our website - www.scrabbleplayers.org. For puzzle inquiries contact scrgrams@gmail.com

06-03

JUMBLE

THAT SCRAMBLED WORD GAME
 by David L. Hoyt and Jeff Knurek

Unscramble these four Jumbles, one letter to each square, to form four ordinary words.

CUJIE

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Ans. here:



Now arrange the circled letters to form the surprise answer, as suggested by the above cartoon.

Jumbles: JUICE EVENT SCROLL FILET
 Answer: When the clown helped out the ringmaster, he was a — NICE JESTER

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LaGuardia students intern at NBC

LaGuardians Habiba Choudhury, Matthew Wilson, Nicole Zambrano, and Amy Soukoule (pictured, L-R), recently celebrated their successful summer internships at NBC.

Despite being the only interns from a community college, they report having terrific experiences—finding helpful and supportive managers, gaining valuable work experience, and feeling like they’ve become a part of the NBC family.

Habiba worked for NBC’s archives department, learning about the history of NBC News and its role in US history. Matthew was an on the ground reporter and had items published on NBC’s website. Nicole, who hopes to work at SNL some day, did research for The Rachel Maddow Show on MSNBC. And

Amy did web design—in fact, some of her work can be found on NBC’s website right now.

All four intend to stay in touch with NBC and explore future career opportunities there after they earn their bachelor’s degrees. Habiba, Nicole, and Amy are members of LaGuardia’s Class of 2018. This fall, Habiba starts at Wellesley College, Nicole at City College, and Amy is in the CUNY BA program through Queens College. Matthew will resume work towards his associate’s at LaGuardia, where he’s been selected as a member of the President’s Society.

And NBC has already said that they’ll be glad to host four more LaGuardia students in summer 2019! They want to be sure to hear from different

voices on their staffs, and appreciate the diversity that LaGuardia students bring to NBC.

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CAMPUS NEWS

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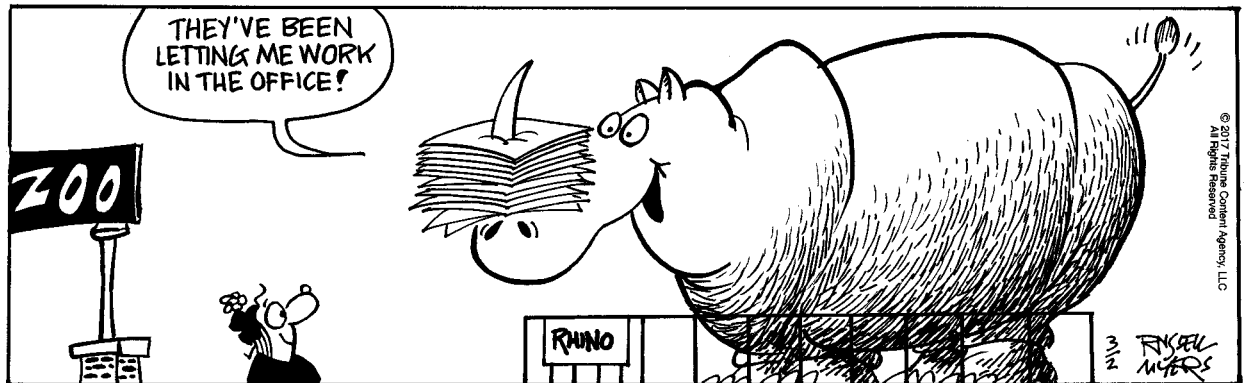
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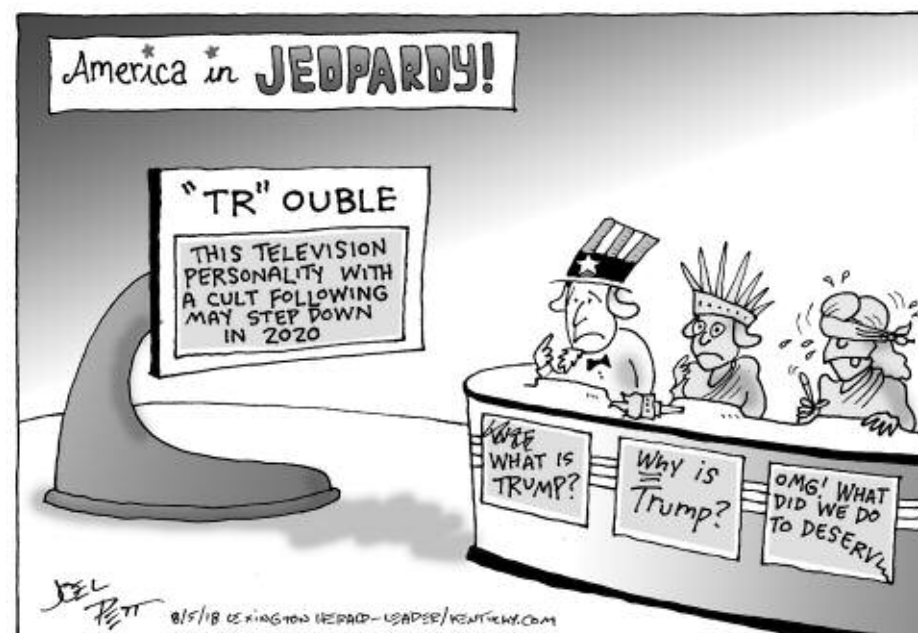
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SUNY, MVCC sign entrepreneurship pledge

SUNY Chancellor Kristina M. Johnson visited the thINCubator and Mohawk Valley Community College's Utica Campus on Aug. 7 to discuss the importance and value of entrepreneurship as MVCC President Randall J. VanWagoner signed the National Association for Community College Entrepreneurship (NACCE) Presidents for Entrepreneurship Pledge to take five action steps to increase the College's focus on entrepreneurship and its impact on the economic well-being of the communities it serves.

"Entrepreneurship is not for the faint of heart," said Johnson. "You have to be strong. You have to be resilient. You have to be all of the things that Mohawk Valley gives its graduates."

Since 2015, the MVCC thINCubator, which provides re-

sources for startups and is the first co-working space in the Mohawk Valley, has worked with more than 150 different entrepreneurs and aspiring entrepreneurs through workshops, training, and mentorships; has assisted in creation, deployment, or acceleration of 27 new businesses. MVCC is only one of two community colleges in the nation to have secured the federal Economic Development Administration's i6 grant, which allows the thINCubator to provide funding for startups.

The Presidents for Entrepreneurship Pledge is in response to the Obama Administration's Startup America call-to-action to stimulate economic growth state-by-state by encouraging entrepreneurs to start their own businesses. Community college presidents who take the pledge

commit to these five action steps:

1. Develop transparency of community college and community assets
 2. Create internal and external teams dedicated to entrepreneurship
 3. Increase entrepreneurs' engagement in community colleges
 4. Engage in industry cluster development
 5. Create broad exposure to their college's commitment to entrepreneurship
- "Through all the incredible efforts, MVCC and our many partners continue to foster a culture of entrepreneurship and creative collisions here in our area



Kristina M. Johnson and Randall J. VanWagoner

using the thINCubator as the hub for connecting entrepreneurs, colleges, students, and community organizations," said VanWagoner. "Today is not only about celebrating successes associated with launching more than one business every month for the past two years, but to affirm and amplify our commitment and enthusiasm to entrepreneurship right here in the Mohawk Valley."

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Not all newspapers will disappear

Darren Johnson
Publisher, Campus News

Many of my journalism friends shared the recent story about how The Village Voice has called it quits. The tone of their comments was mainly of sadness, similar to the tone expressed by people on social media with the recent passing of beloved celebrities.

But what my journalism friends hadn't noticed was The Voice really had died a year ago, when it ceased printing. The paper saved face at the time by saying they were continuing as an online-only publication, but their readers didn't follow them to cyberspace.

In our minds, The Voice was just in honor boxes yesterday, just like it seems Aretha Franklin was singing "Respect" and Neil Simon had another Broadway hit.

But I asked around. No one I spoke to could remember the last time they'd picked up a Village Voice. For me, it may have been five or more years ago; and I love newspapers, obviously.

The Village Voice was considered the gold standard of what's termed an alt-weekly newspaper. You can easily spot an alt-weekly, as normally they have a single illustration on the cover, often a cartoon, and long-form stories within, usually about a creative person or a progressive political movement, bar/club events listings, a sex column,

art-house movie reviews, profiles of bands you've never heard of, and sex ads in the back.

In Albany, an alt-weekly known as Metroland called it quits a couple of years ago. A similar paper, called The Alt (pictured), popped up soon after, but since has called it quits as well. It went from weekly to bi-weekly and from 40 to 24 pages, with very few ads. Such papers are failing all over the country.

What went wrong? It's not as simple as advertisers fleeing to the Internet or the cost of newsprint going up. The problem with alt-weeklies – which have tried to portray themselves as "edgy" – is that they were resistant to change, just like most institutions that have been around awhile.

I stopped picking up alt-weeklies because I didn't feel a part of their club. I don't care about the current "scene." I don't need to be preached to about one thing or the next (I usually agree with their slants, but what good is reading something one already knows?), and the risqué content just seems juvenile, a throwback to the days before the Internet, where such fare is now more common. Overall, alt-weeklies had a negative tone and too many unnecessary words, crammed in tiny type, designed in a 1990s kind of way. These papers gave me a headache.

There's no real business reason why alt-weeklies couldn't have survived, had they given up trying to appeal to clandestine people in trench coats and stopped trying to be some inside joke nobody but their dwindling clique could laugh at.

They already had



the news boxes on the street – albeit neglected, covered with stickers and graffiti and often with broken windows. They already had delivery trucks and drivers and newsprint really isn't that expensive. These papers could have kept going, if they only could have changed a bit. Instead of cranky rants –

tive stories about print publications; how Parents Magazine recently sold 100 pages of advertising, and Campus News is adding 21 news boxes in New York City. Brand new boxes, with no stickers or graffiti, and with useful content. If this experiment works, maybe we can get The Village Voice's old route list and expand further. Maybe this model will work in other major cities.

Newspapers have been around for hundreds of years. They survived radio and TV taking their ads, and many newspapers will survive the Internet taking advertising, as well. Which papers survive, exactly, are to be decided. But there always will be people who like reading and learning new things, and people who need a break from reading on devices. The audience for printed newspapers hasn't called it quits.



which nowadays can be found all over the web – give us something useful. Tell us something we don't already know.

People missing alt-weeklies are just being nostalgic. They haven't been fun in a long time.

But people share these stories of doom because they fit the woe-is-me journalistic narrative of present. The New York Daily News also recently announced major personnel cuts and can't possibly last more than a year or two more in print.

But they don't share the posi-

Darren Johnson majored in Writing and then worked for community newspapers. Contact him at dj@cccn.us.



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| D ₂ | O ₁ | G ₂ | T ₁ | A ₁ | I ₁ | L ₁ | RACK 3 = 59 |
| M ₃ | U ₁ | D ₂ | L ₁ | A ₁ | R ₁ | K ₅ | RACK 4 = 64 |
| M ₃ | I ₁ | A ₁ | O ₁ | U ₁ | E ₁ | D ₂ | RACK 5 = 66 |
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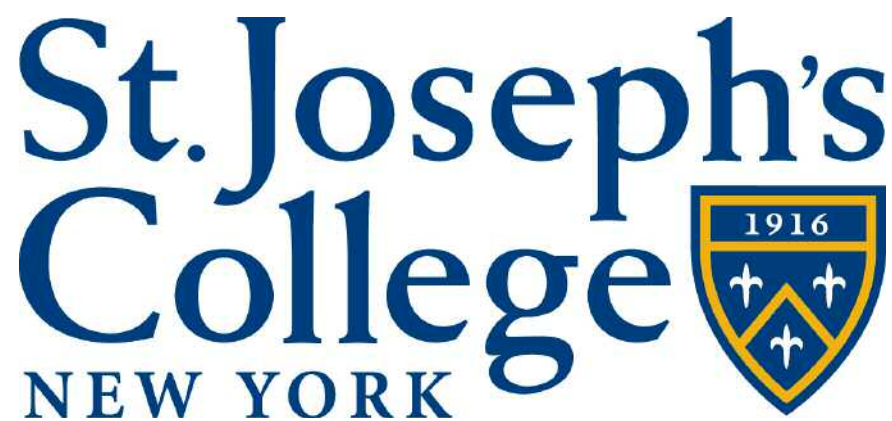
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Mercy helps 2-year students transition

Laura LaVacca
Campus News

Transitioning to a new campus after graduating from a community college or even after completing high school can be a nerve-wracking experience for any student. The decision of where to apply, what paperwork to fill out and what credits will transfer can be overwhelming.

Mercy College, with its main campus located in Dobbs Ferry, New York, is a private liberal arts college. Founded in 1950, Mercy offers more than 90 undergraduate and graduate degree and certificate programs within five schools: Business, Education, Health and Natural Sciences, Liberal Arts and Social and Behavioral Sciences.

“Mercy is the #1 choice for transfer students looking to complete their degree at a private college. We transfer in approximately 1400 students a year,” Anne Gilligan-Evans, Director of Transfer Recruitment, explains.

The College’s mission is to provide educational access for traditional and nontraditional students. These include students those who have serious financial needs or perhaps those who are first generation-college students.

Small class sizes paired with affordable tuition rates makes Mercy a popular choice and viable option for students seeking an affordable, but good, college experience. Part time undergraduate credits are \$761 each while a full course load is \$9042 per term. Tuition rates are comparable to CUNY schools and financial aid packages and generous scholarships are available.

“Mercy’s tuition is comparable to CUNY tuition rates with many students with low EFC attending Mercy for less than \$1,500 a year – many being first

generation students. Many of our transfer students work full time to support their families and are adults looking to complete their degrees and move ahead with their careers,” Gilligan-Evans adds.

Scholarship opportunities include those for athletics, education majors, accounting students, those applying to the health professions and those enrolled in Honors College. The complete list can be found on Mercy’s website. The website also outlines the transfer process, necessary paperwork and articulation agreements that Mercy has with many surrounding schools.

“We have articulation agreements with community colleges throughout the New York region that guarantees a seamless transfer of credits. We also have transfer orientations at all our campuses,” Gilligan-Evans explains.

Worried about the lengthy process? She continues, “At Mercy we have a fast turnaround for evaluating credits. Students should know exactly how their credits are applied to their majors, not just know that they are accepted by the college. We accept up to 75 credits from a two-year college and up to 90 credits from a four-year college. Students can get all this information in one visit as well as register for classes.”

Mercy strives to be generous with the transfer credits they take. They acknowledge that students have worked hard at other institutions and that shouldn’t just be erased. “We try to take as much as we can,” Deirdre Whitman, Vice President for Enrollment Management states.

When students register, they are assigned a PACT advisor “to mentor and coach them in navigating the academic, student life, career preparation and financial



aid aspects of college.” These coaches are the point people students go to when any questions or issues arise. In addition to college life, they track academic progress to help students develop necessary career skills that can help them attain an internship experience or even a job after college.

It is this constant attention and engagement with faculty that results in high retention rates. “The national average of students meeting with an advisor is two times per semester,” Whitman, offers, “At Mercy, it’s 20 times a semester.”

Furthermore, students work with their PACT mentor and faculty advisor to complete a portfolio of their career experience for which credits can be awarded. “Many adult students returning to college complete our Organizational Management degree in Business. The core courses for this degree program (39 credits) are completed in one year over three terms and can be taken online,” Gilligan-Evans adds.

“We have great campus locations in Manhattan, the Bronx, Dobbs Ferry and Yorktown as well as distance learning classes!”

The campus is also very easy to navigate and commute to: “The campuses are very accessible to all forms of public transportation,” Whitman notes. “We make sure that we make everything very streamlined for commuter students.”

The campuses also house many gym facilities and cafes that commuters can access when not in the classroom. Those choosing to dorm will have a chance to take in the scenery. Residential halls are along the Hudson and offer amenities ranging from meal plans to computer labs with free printing.

In addition, upon completing construction of a new building with more study areas, there’s also a student commons that includes a convenience store, Starbucks café and a 5000 square foot fitness center. There’s also a newly constructed pedestrian quad and exterior gathering areas.

So, why Mercy? Simply put, “Individual attention from award winning faculty and staff, small class sizes, affordability, generous scholarship and need based financial aid packages,” Gilligan-Evans states. “Our students have the drive and grit to succeed.”

Two great locations: Transferring to St. Joseph's College in New York

Laura LaVacca
Campus News

With a large transfer population, St. Joseph's College welcomes students coming from other colleges with open arms. SJC is a transfer-friendly institution with about half of new students enrolling from other colleges. With two campuses, located on Long Island and in Brooklyn, students can choose to commute or dorm. Dorming is available at the Brooklyn campus. With classes having ratios of 15:1 and the wide range of undergraduate majors and minors, master's degrees and certificate programs, St. Joseph's is a great place to find a major that suits any student. There are online courses, dual degree programs and study abroad opportunities.

Transfers are attracted to SJC's flexible credit policies, affordable tuition, and strong academics. Vice President for Enrollment Management, Gigi Lamens acknowledges that the campus "recognizes that transfer students bring valuable learning experiences with them to our campus community and they enrich our student body."

Lamens explains that SJC strives to "keep the transfer process as seamless as possible." For example, students may apply online and use our online transfer credit system to review how their credits will transfer to SJC. Therefore, students have a leg up on knowing which classes are accepted and which they will have to enroll in. Furthermore, staff is always around to help with any issues that arise throughout the admissions and financial aid processes. Lamens also encour-



ages students to visit the campus and meet one on one with counselors "to plan the pathway to their degree."

A plethora of information about the process is available on their website. For example, SJC Brooklyn will accept up to 64 credits from a regionally accredited two-year school, and up to 90 credits from a regionally accredited four-year school. They will also accept comparable courses in which a grade of C- or higher was earned but some courses require a higher grade point and students should inquire further about specific subjects.

There are also quite a few special programs for transfer

students. All new transfer students take a one semester class called SJC 200 which is designed to facilitate a smooth transition. This course introduces students "to the mission and goals of St. Josephs Col-

Ranked by US News & World Report as one of the country's most affordable colleges.

lege." Lamens continues, "Additionally students explore learning and research skills, opportunities for campus and community involvement, and the nature of the liberal arts as envisioned by SJC."

Transfer students are also

offered the opportunity to enroll in dual BS/MS or BA/MS programs.

They also have a special honors program in place—"in fact, former Congressman Tim Bishops teaches one of the honors courses," Lamens proudly shares. As per their website, selected students will take courses with dynamic faculty, have the opportunity to travel both abroad and in the United States. They will develop skills to help them excel in graduate school and their future careers.

Lamens wants prospective students to know that there are a multitude of reasons to consider SJC. "SJC has the highest graduation rate of any college on Long island—public or private." Contributing to this could be the small class sizes

(cont.)

and the mentoring relationships that exist between professors and students. All classes are taught by professors, “never a graduate or teaching assistant,” she emphasizes. SJC strives to offer a full college experience both in and out of the classroom from student activities, to community service opportunities to athletics—even internships.

“Our focus is, and always has been, on student success and achievement which is why our graduation rate is so high and why our graduates are successful in gaining employment and obtaining entry into graduate and professional schools.”

The campus has also won many awards. In addition to being ranked by U.S. News & World Report and Forbes as one of the nation’s best colleges to offer affordable tuition, expert faculty, programs and small classes, the Washington Monthly ranked SJC in the top



Long Island campus

10 of their “Best Bang for the Buck” colleges in the Northeast. Military Times and GI Jobs Magazine recently listed the college as a Best for Vets and US News rated their online programs among the best for

2017.

Changes to the campus are on the horizon with resident halls planned for fall 2018 as well as new nursing labs opening in the fall of 2017. A new student center was just com-

pleted.

For more information, check out St. Joseph’s website www.sjcnyc.edu or connect with them on Facebook, Twitter or YouTube.

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Molloy has perfected the art of transfer

Laura LaVacca
Campus News

Winning awards for its excellence is nothing new for Molloy College. Located in Rockville Centre, NY, the college is consistently named one of the top academic institutions in the Northeast by Princeton Review and US News & World Report. However, Dean of Admissions Marguerite Lane is most proud to share that most recently “Money magazine has selected Molloy as the #1 Value All-Star in the Nation!” The rankings were based on student retention, graduation rates, early career earnings of graduates and low loan default rates.

Dean Lane continues, “What this means is that students who come to Molloy stay at Molloy and graduate from Molloy. When our students graduate they succeed in their careers. In fact, in a Georgetown University survey, starting salaries of our graduates were among the highest in the country.”

The college has over 50 academic programs to choose from and many internship experiences. Programs ranging from education to nursing to business all have low faculty to student ratios of about 10:1. Just last year, the College opened the Hagan Center for Nursing, designed to support its nationally-ranked nursing program. The



Hagan Center features the latest technology in classrooms and laboratories. Each of the seven laboratories houses approximately 20 high-tech simulator “men, women and children” that students practice clinical procedures on. This will help prepare them for real-world experiences in hospitals and other medical facilities.

“Molloy was named the #1 college to study Health Professions by College Factual,” Dean Lane adds.

Putting these accolades aside, Dean Lane is adamant about the community at Molloy and cites the personal attention students receive as a reason for their close-knit community and success as an institution.

Transfer student Jan Mark Casco concurs, “Molloy’s campus is smaller and more beautiful [than other campuses on Long Island]. I do like that it’s basically in the middle of a residen-

tial area and that it’s open; it blends into the community, which adds more to the home-like feel.”

Casco, like so many other Molloy students, transferred to the campus after a community college or experience at another four-year school. Molloy has many programs in place to help such students.

There are different welcome programs including different orientations for different types of incoming students, “We have an orientation for transfers.

They are a different population than those who are 18-year-old incoming freshmen from high school. Instead, they may be 20 or even 60-year-old students from different backgrounds,” Dean Lane explains. There is also a transfer day event and welcoming committee to help students adjust and receive mentoring.

“Being a transfer, I would give others a strong suggestion to take a proactive stance in everything from the application process to financial aid and coursework,” Junior Randy Gliebe offers. “Particularly with Molloy, the process was smooth and welcoming. If you have a question, either the person helping you will gladly assist or they

will redirect you to someone who can more effectively.”

Molloy has numerous articulation agreements with such colleges as Nassau Community, Suffolk Community and Queensborough to make transferring a smooth and easy process. Students who transfer to Molloy with an AA, AS, or

**The college
boasts over 50
programs and a
10:1 faculty ratio.**

AAS degree have their General Education requirements waived as well. The college website has a section devoted to incoming students and a

multitude of resources. Admissions counselors are available to sit with students and evaluate credits, program choices and help incoming freshman students on their educational journeys.

Transfer students should explore the website to be prepared about the process and make sure all requirements are met. For example, all accepted nursing students are required to take the Nelson-Denny Reading Test and a writing test in composition. These results are used to determine a student’s eligibility to take certain nursing and science classes.

Don’t forget to fill out financial aid and apply for scholar-



(cont.)

ships. There are even specific monies for transfer students.

“Molloy is one of the most affordable private colleges on Long Island. We offer Transfer Scholarships, Phi Theta Kapa Scholarships and we are a Yellow Ribbon Participant,” Dean Lane emphasizes. Transfer scholarships range from \$1500-5000. To be considered, scholarships are awarded to full-time undergraduate transfer students who have completed at least 30 credits of full-time

Molloy has transfer agreements with regional community colleges.

course work at a previous college and have a cumulative GPA



of at least 3.0. For nursing majors, the requirement is at least a 3.3 GPA. The Yellow Ribbon Scholarship is awarded to veterans, and more information is available on the website.

Aside from academics, the campus offers a vast opportunity for students to get involved in from extracurriculars to Greek life. With over 60 clubs and organizations, there is something for everyone. The American Sign Language Club, Business & Accounting Club and Club Italia are just a

few. Students may also choose to participate in student government or be a student orientation leader.

Dean Lane notes, “We have a vibrant student life which will help transfer students to become engaged and transition to our campus.”

“Be sure to integrate as much of yourself into the environment as possible for the sake of networking, socializing, and individual growth. Ask questions, to everyone,” Gliebe urges.

In addition to the many re-

sources and events on campus, the location of Molloy is also a plus. Students are in a great locale for internships and careers, being under an hour away from Manhattan. There are also many community-based internship opportunities.

Molloy strives to give students a solid education while also giving them real-world experiences.

For more information about the transfer process, please visit: www.molloy.edu/admissions/transfer-admissions.

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