

CAMPUS NEWS

College  Paper

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Volume 18, Issue 3 FREE!

**ALL THE FIXIN'S
THANKSGIVING 2018**



GALLERY TALK 3



HOW TO SKI 10



ESQ. 16



SOLVE 20

How to network in college

Oheine Porter
Campus News

“Networking is an essential part of building wealth” was said in a video I watched years ago. I may not remember the source but I now live by that saying.

In my first semester in college, I had one goal: get a degree. That was all. Networking seemed like an “adult thing” to do. On the other hand, I was not sure where to start, but soon cultivated the mentality that networking was going to be as beneficial as going to college itself.

Let’s start off with the ultimate question: What is networking?

Networking is creating, meeting people, and fostering valuable relationships.

It is different from just “having friends” or “buds”; Networking and making connections is different from just making friends because there is a meaning and a professional purpose behind it—or as Daniel Ally, business expert and au-

Continue reading on page 23

Get ahead by making friends and influencing people.



Win free ski lift tix!

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

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



See October winners inside!

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Politics as misdirection, and art

Darren Johnson
Campus News

Practically every community college has an art gallery, and you may want to pop into yours from time to time. Use it as a chance to get away from your device and meditate over the creative messages, and what they are trying to convey.

Surely, the most provocative art exhibit in our coverage area right now is “Going Public” at Westchester Community College. The Daniel Bejar installation is up through Nov. 16 and not only takes over the spacious Fine Art Gallery but also the outside of the building where “The Issue Is Privilege” is written in huge, bold, red letters, taking over about a dozen large windows. You can’t miss it.

The exhibit is timed to coincide with these current midterm elections and the political turmoil that has hijacked the saner discourse of previous presidencies. However, a significant part of Bejar’s exhibit is devoted to history, and shows us that Donald Trump wasn’t the first firebrand.

For example, Bejar has a flag where the stars are arranged to read “fake.” Obviously, “False Flag” is in reference to a word the president uses a lot. But this allegory is based on a very controversial flag Abraham Lincoln campaigned with that read “free.” It may be hard to fathom that “freedom” – for slaves – at one time was a much more controversial topic than anything debated today.

The floor of the gallery shows off a map titled “RE-districting” that Bejar created by walking a particularly gerrymandered New York senate district with a GPS tracker. You may not be aware that many politicians are protected because their district lines are drawn in very confusing ways, casting out voters of an opposing party.

Bejar recently gave a gallery talk and several members of the campus veterans’ association attended and debated some aspects of the installation, Bejar said. The conversation was healthy, and Bejar felt that’s what we as a country need more of, and what his exhibit is actually about.

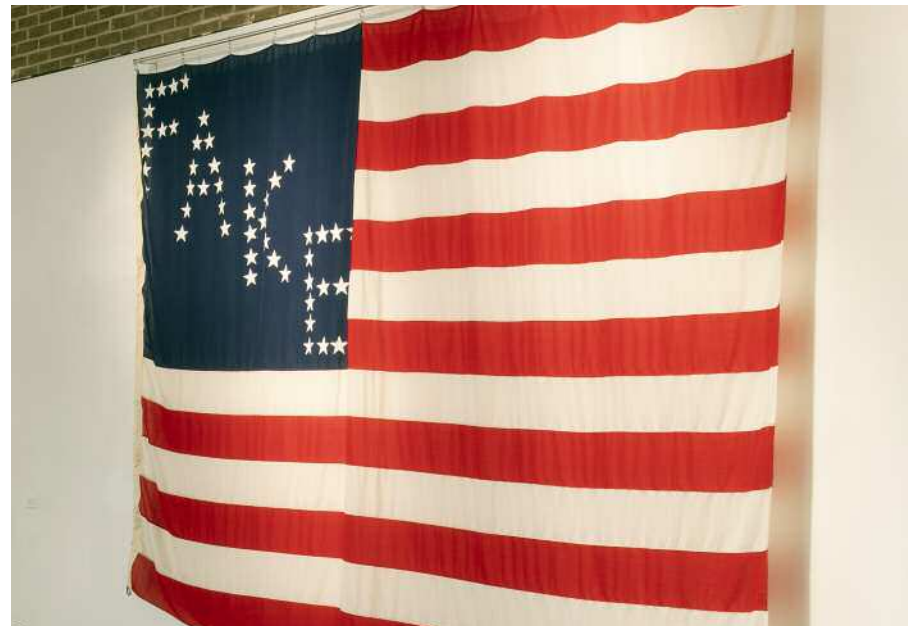
“A group of veterans showed up and there was a lively discussion and some pushback, but it was good to be able to discuss the First Amendment,” he said. “Otherwise, people have been super excited about this. They say this is great, at this moment in time.”

“False Flag” is inspired by both Donald Trump and Abraham Lincoln.’

The artist sees art in political messaging. “I see it all as material to work with. Art can convey and challenge ideas. The idea of ‘going public’ is about revealing something that was previously secret or private.”

As of press time, we’re unsure if Trump will be saddled with, or at least reined in by, the election of a Democratic congress. Nevertheless, Bejar certainly will have a lot to work with. “I’m sure the next two years will be very busy for me.”

Learn more about the artist on danielbejar.com.



Daniel Bejar

Make Thanksgiving great again

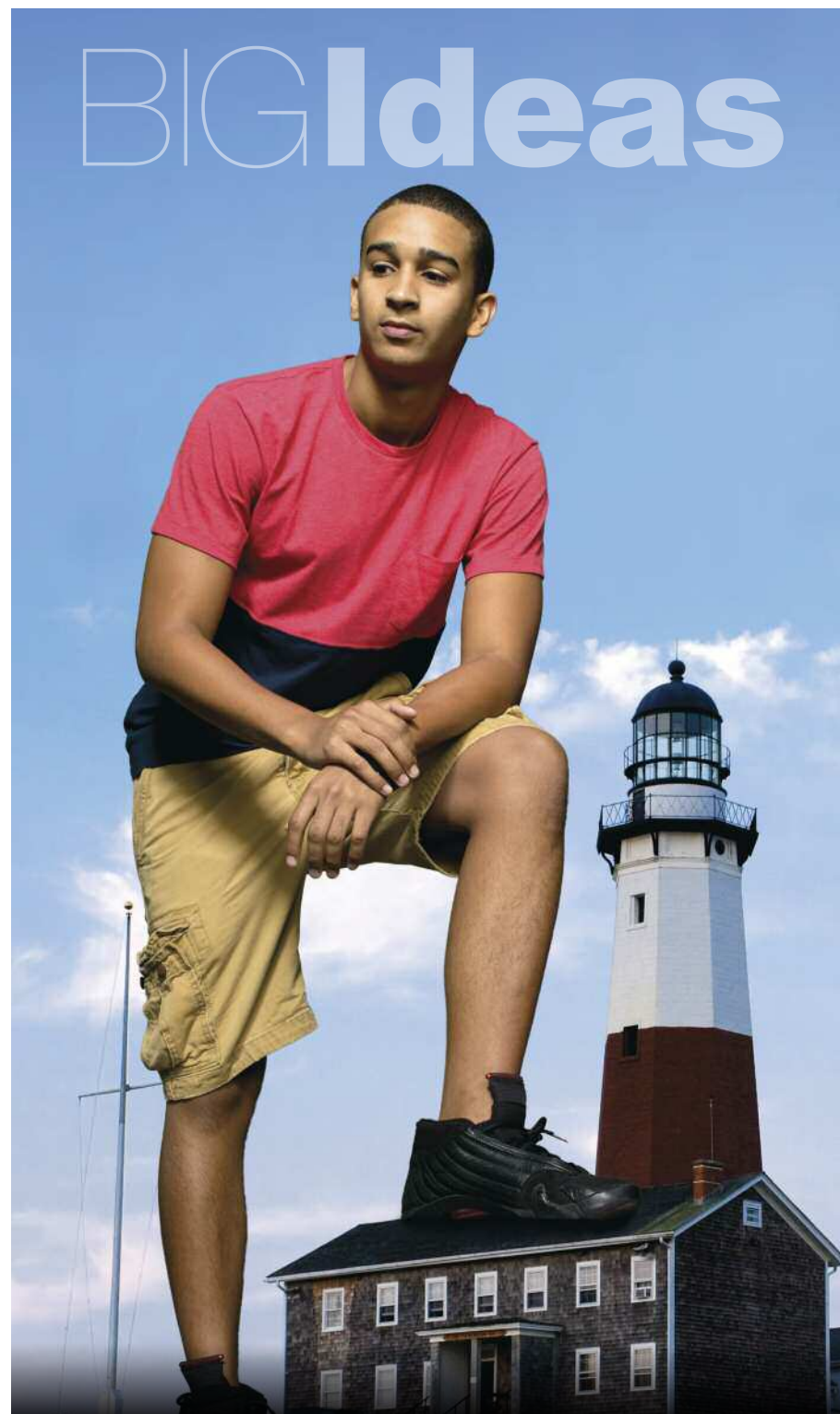
Kaylee Johnson
Campus News

Thanksgiving. Mom is at one end of the table trying to convince your bickering extended relatives, who you only see once every six months to try the pecan pie, and dad is in the living room watching football, trying to tune out the chaos from the kitchen. Aunt Gilda is screaming about how we need to build a wall, and Uncle Arnold is close to jumping over the table to grab the “Make America Great Again” hat off of her balding head. The whole meal entails heated discussions about immigration, feminism, guns, and racism. Worst of all, these relatives you have not seen in months are asking you about your personal life. With sadistic gusto Auntie Loretta says, “Is that a baby bump I see?” They ask about your boyfriend or girlfriend, your relationship with God, and your job status. Inside, you are screaming, and feel your veins rising. Who do they think they are? As your relatives make their rounds to say goodbye, they leave lipstick on your face, and the smell of \$20 JCPenney perfume lingers on you for the rest of the night. For the rest of the week, you are socially exhausted, hiding in your childhood bedroom. Then, you see that your relatives have posted pictures of you eating with the caption “Thanksgiving cousin fun!” You try to un-tag yourself before anybody from work can see, but it is too late, your colleagues have already passively aggressively clicked “like.” This is Thanksgiving for most Americans.

Is it normal to feel like crying after spending a few hours

with extended relatives? Certain aunts and uncles bring out the worst in me, and I find myself reacting to their ludicrous behavior in unpredictable ways. For instance, one uncle, who I have not seen in years, tried talking to me at a recent event, and I walked straight into the ladies’ room without looking back. You are not the only one with a dysfunctional family situation, reader. I wish I could say that Thanksgiving will be flawless, and that all of your relatives will be on their best behavior, but I would be lying. The truth is, somebody will drink too much, or make a snotty remark, or not show up – that is how the majority of extended families are. You can only control how you react to the stimuli around you. First and foremost, make sure you are dressed nicely, since at least one of your older aunts will be taking pictures at inappropriate moments, and always be aware of your surroundings.

In regards to heated political debates, stay neutral. Of course you have an opinion, but a Thanksgiving dinner is not a place to share those beliefs, especially when people are so divided on issues today. If another relative starts discussing politics, lightly try to change the topic. Talk about a club you are in, or your favorite class. As dysfunctional as the holiday can be, it is supposed to bring people together, not tear them apart. Eat your turkey, bake your pies, watch the Macy’s Day Parade, and wallow in nostalgia; like a normal family, whatever that is. That’s all for now. May your Thanksgiving be free of stress and embarrassing photos.



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October contest winners announced!

Last month we finished our photo contest for tickets to Fright Fest at Six Flags Great Escape and, unfortunately, got more submissions than we had tickets. Altogether, we gave away 17 pairs to student readers. Hopefully you winners had fun!



Conroy Himmelstein

But never fear. This month our contest is sponsored by West Mountain in Queensbury, Upstate New York, and we have lift tickets for skiing and tubing passes! Put on your winter gear and make a day of it! See details on page 1.

Never skied before? Read our how-to piece in this issue. West Mountain has equipment rentals.

Last month we posted photos of the September winners. Here are some of the October winners.

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

Do you know of a fun and interesting sponsor for next month's contest? Contact us at pics@ccn.us.

And don't be shy about sending your pics, too. We have T-shirts as second

continued on next page



Emilio Vera

ST. FRANCIS COLLEGE
BROOKLYN HEIGHTS, NEW YORK

Dr. Victoria Ruiz
Assistant Professor
Biology & Health Promotion

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(cont.)



LaLa Smalls



Mariel Rodriguez

prizes, as well.

Pictured are Emilio Vera, Psychology major, Dutchess Community College; Mariel Rodriguez, Psychology major, Dutchess Com-

munity College; LaLa Smalls, Nursing/Psychology major, Dutchess Community College; and Conroy Himmelstein, Phelbotomy major, Dutchess Community College.

Seeking writers, artists

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

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

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Food pantry opens

Visitors to the Rockland County Career Center and students enrolled in classes at Rockland Community College's Haverstraw Center may visit and partake of the Volunteer Generation Fund (VGF) Food Cupboard at the Haverstraw Center. The cupboard's grand opening took place on September 27 at the Center in downtown Haverstraw village,

attended by RCC senior administration officials, representatives of the Rockland County Career Center and community partners People to People, Meals on Wheels and Retired and Senior Volunteer Program (RSVP), as well as VGF Advisory Council, Rockland County Department of Health and Haverstraw village officials, and cupboard volunteers.

Nassau dedication

On Sept. 25 a dedication ceremony was held for the Emin Learning Center at Nassau CC. This was in honor of Professor Emeritus Hussein Emin, who was a faculty member and chair of the Accounting and Business Administration Department for 35 years. The Learning Center in the Accounting and Business Administration Department will assist students by providing tutoring and additional resources to help enhance student success. The college is also grateful to Professor Emin for making a \$25,000 contribution to the college. This contribution will be used to assist students with scholarships and other resources. During Professor Emin's career, he always had an emphasis on helping the student. This included not just helping the students with their classroom work but with career success.



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How to survive group projects

Kaylee Johnson
Campus News

Group projects are a fundamental part of college. They help prepare students to learn to go with the flow, and hone social skills, resulting in professional communicators who are ready for any workplace challenge. They are especially important for students who are planning on working in fields that demand a lot of communication, like teaching, nursing, advertising, and marketing. Yet, I have never met a college student who has enjoyed a group assignment, myself included. Most times, group members are either controlling or overly lax, resulting in one person doing the bulk of the work. I am sure you have been in this position, either as a busy bee control freak, or as a procrastinator. Here are four ways to be a great group member, and get an A on your project:

Communicate: The biggest issues that students face when trying to complete a group assignment is communicating, both in person and electronically. People have different schedules, and often it is near impossible to meet group members outside of class to discuss project ideas, but the program Google Docs allows for multiple users to work on a presentation at the same time, and make comments. I prefer PowerPoint if I am working independently, but when I am working with others, Google Docs has been very efficient. All you have to do is sign in with your Google address and invite your fellow group members to edit the presentation. Also, be sure to give out your phone number and email address, and create a group text. This way, members can quickly acknowledge any concerns they have,

and openly ask questions. Overall, remain present physically and electronically, contributing opinions and ideas that accommodate the skillset of the group.

Thinking for 2, or 3, or 4, or 5: When you are a member of a group, you have to take every member into consideration. Therefore, if one member has soccer practice every Friday, but that is the day that you want to meet, you have to adjust your schedule. There are valid excuses for being unable to meet; such as pre-planned events, travel, sports games, illness, club gatherings, and classes. If a group member cannot meet for one of these reasons, try to accommodate their schedule. You would want them to rearrange details for you if you were sick, or had jury duty, so try to do the same for them.

Do YOUR work: I am guilty of trying to do my group members' work for them. Until last year nobody confronted me about it. In fact, most people enjoyed the fact that they were able to sit back while I neurotically and or-

Your professor tells you to team up. What do you do now?

nately decorated their slides with educational videos, hard to come by facts, and detailed illustrations. But last Spring a partner defensively asked me why I changed her slides. Surprised by this reaction, I told her that their original caliber did not satisfy me. After she explained how demeaning it was that I changed her slides, I realized I was in the wrong.

Divvy up the workload fairly, and do your portion with integrity and creativity, but do not take control of the entire assign-



ment. It is a smart idea to complete your work a few days early, so that you can help piece together all of the slides, and fill in gaps.

Be understanding of diverse personalities: As stated earlier, I am not keen on group projects, but they have definitely helped me gain insight as a teacher. I have worked with chronic partygoers, bullies, anxiety ridden nail-biters, barely passing potheads, and over-achievers. Most times, I assess people based on their ability to be a character in one of my future novels. Are they interesting? Do they have any redeeming qualities? What are their downfalls? A group member does not have to be intellectual, or even a good person to be interesting. This is how I view group projects. Even if the whole experience was awful, I still get a new interaction, and possibly a new literary character out of the whole ordeal. Group projects are not a time to stick your nose in the air and assume that you are better than your partners. Unless you work together, you

will not prosper.

If these ideas don't land you an A with your professor and your partners, I don't know what will! The reason I have struggled so much with group projects is because they almost always require members to follow a set of written and unspoken rules, and I have always been known for not following rules that I deem useless. Here's my suggestion, reader: follow the rules and listen to your partners. It is hard to admit, but sometimes another person may know a subject area better than you do. Your attentiveness and open mindedness will not go unnoticed.

Kaylee Johnson attended Adirondack Community College and now is a junior at the College of Saint Rose. Comment on this story online at www.ccn.us.



Consider skiing, and how to get started

Leanne Costantino
Campus News

If you live in the Northeast, you are familiar with the quick transition from warm, sunny days to blustery, cold and snowy days. For most people, the absence of the warmth is a time to switch to indoor hobbies and stay warm for the winter. For skiers and snowboarders, the opposite is true!

The winter ski and snowboard season is underway. Ski resorts across the region are in full preparation for the snow to start flying. Some resorts, like Killington, have already opened for the season.

Skiing and snowboarding are the perfect sports to bring into, and even start in, adulthood. They are completely individualized and can be enjoyed at any level and on any slope. Many college students are used to being on sports teams, but when college ends they quickly find themselves missing their athletic careers. Since it becomes increasingly harder to play team sports as an adult, individual sports allow recent college graduates to continue staying active and having fun all year long.

Most ski areas offer lessons for beginners that are a great way to get introduced to the mountain without your best friend who's been skiing for 20 years bringing you up to the summit and just telling you to "take your time and figure it out." Many skiers and riders never return to the sport after a terrifying and dangerous first experience like that. Instructors at ski schools will take beginners on nearly flat terrain to teach them the basics of how to move and, more importantly, stop. An instructor is certified to teach beginners and will have many small and useful tactics for new skiers and riders to im-

plement into their form.

Along with lessons, mountains usually offer packages that include rentals so that beginners can try the sport without investing in all of the equipment.

For students in the Northeast, there is a never-ending supply of winter fun. From Maine to New York, the ski resorts come in all sizes. Some big, some small, some that offer night skiing and after-school programs to ones that host alpine world cups. The best mountains for beginners to get the most for their money and to have the most exposure to beginner terrain are at smaller local mountains.

West Mountain Ski Area in Queensbury, N.Y., is finishing up some renovations to make the upcoming ski season one for the books. The old Face chairlift is being replaced with a new quad lift that will get more skiers and riders up to the top of the Face trail. West Mountain will also have complete east to west snow making on all trails, which means there will be more terrain open for a longer duration during the season. All major trails will also be available during night skiing hours this year. Night skiing is a great option for college students, because you can get some hours in on the snow after a long day in class.

For college students who are continuing their education and already have families of their own, mountains like West Mountain offer after-school programs for younger students to get on the bus with their classmates and come to the mountain to learn to ski. These programs are affordable and are a great way to keep young athletes active in the winter months. Since 1961, West Mountain has hosted over 35,000 students in its afterschool programs.



West Mountain

The biggest perk of being a college student is that most ski areas sell college season passes that are heavily discounted from the adult season passes. A lot of mountains will also offer discounted food, rentals, and lift tickets for friends to season pass holders.

College students can also enjoy tubing at most ski

resorts in the northeast. Tubing is perfect for anyone looking to enjoy a day out with friends, throw a birthday party, or host a casual event.

Still not interested in getting out in the snow? West Mountain Ski Area, as well as many other ski areas, have plenty of fun things to do in the summer as well! West Mountain is currently building a zip-line and tree-top adventure course that will be ready in the summer of 2019 that will cover a lot of ground on the mountain. Adventurers can look forward to enjoying the course for

hours in the warm weather.

Most mountains also have downhill mountain biking terrain. Riders can enjoy the thrill of riding downhill without the exhausting task of getting the bike up to the top! Lifts are fitted with attachments that allow mountain bikes to sit on one of

'Most ski areas sell college season passes.'

the chair lifts, while the rider sits on another. Lift attendants

help the riders remove their bikes at the top of the trail.

All year 'round, outdoor sport enthusiasts can enjoy a wide array of activities at ski areas, while learning new things and challenging themselves. Get out there and enjoy the ride!



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The importance of off-campus events

Julianna Faustin
Campus News

What do Ella Fitzgerald, Lauryn Hill and Dave Chappelle have in common?

Amateur Night at the Apollo!

The iconic theater that is known for stars-in-the-making performances, brutal crowds, and humorous hosts was the destination for the group of Suffolk students from all three campuses that had attended the eventful Amateur Night that Apollo Theater presents on Wednesdays. The night started off with a funny and entertaining dance competition between contestants chosen from the crowd, where their name, state and hometown were announced, and then they were off to jig and jive to whatever funky beat the band played. The crowd was riveted and excited as the three danced till they dropped – literally!

But one of the highlights of the entire trip was having dinner at the famous Sylvia's Soul Food Restaurant, home of where Michelle and Barack Obama had once dined. Fried chicken, potato salad, and ribs all served like a home-style dinner. The kind of experience most pay hundreds of dollars for was enjoyed at a reasonable price of \$20 and shared among peers attending the same institution.

Many students who attend a community college sometimes do not get the same opportunities

as those who go away for college because they commute to school and do not stay on campus. That is where the joy of joining a club or being involved in a campus activity may come in handy because they offer you kind of the same programs that a residential campus may have, or basically give you a package-version of the experience. The average community-college student may have the typical routine of going to class, go home then may get ready for a part-time job or do some other other activity, feeling left unfulfilled by their college experience. That is because they want to get an affordable education and cannot go away, or want to finish their degree first, but still yearn for a more inclusive environment. That is where you may want to stop by your campus's information table or booth, and ask questions about upcoming events your college may be hosting, or a club that is having a bake sale and you want to know more about giving a hand. This can lead to meeting a new friend, or seeing a classmate taking the same class as you and you both discuss the difficulties or similarities you feel while taking that class, which may lead to a budding new friendship, or just the knowing that you are not alone on campus.

Everyone struggles with something but those struggles usually seem harder when alone. Colleges have programs made just to talk about taboo



topics such as dealing with stress, alcoholism, and other variants that are associated with the process of going to college so that students know they are not alone.

Going to a club or volunteering in a program with those who share the same interests as you does contribute to lowered stress levels. USnews.com even states that being involved in college "... helps them build community: Since they're leaving their family and sometimes their friends behind, getting involved helps them discover new friends with similar interests." The freedom that comes with going to college is also being able to try new things, discovering what you do and do not like.

Melissa Chiriboga, 18, from Suffolk County Community College attended the Apollo trip stating, "Yeah it was really great. I enjoyed the performances and I was really glad I came." Also colleges may offer trips to other colleges that may aid you in your search on continuing your education some-

place else after completing your degree.

Suffolk County Community College had a trip on October 19 to Adelphi University. One that was enjoyable by all who attended, getting the chance to ask staff who work at the school questions, know what GPA is required to study their major and get into the correct program for their education.

Something most colleges and universities have are open houses, but the hassle and noise of parents and students from everywhere trying to ask questions and get information may be overwhelming for some. But having a quaint group of your peers and students alike, in one session, is more easy-going for some and gives you a more personal experience in the process of getting to know the school you could be going next. Many different programs and clubs on campus offer a variety of opportunities to students that most do not take advantage of, not knowing they could benefit from it greatly!



Puckett on display on Long Island

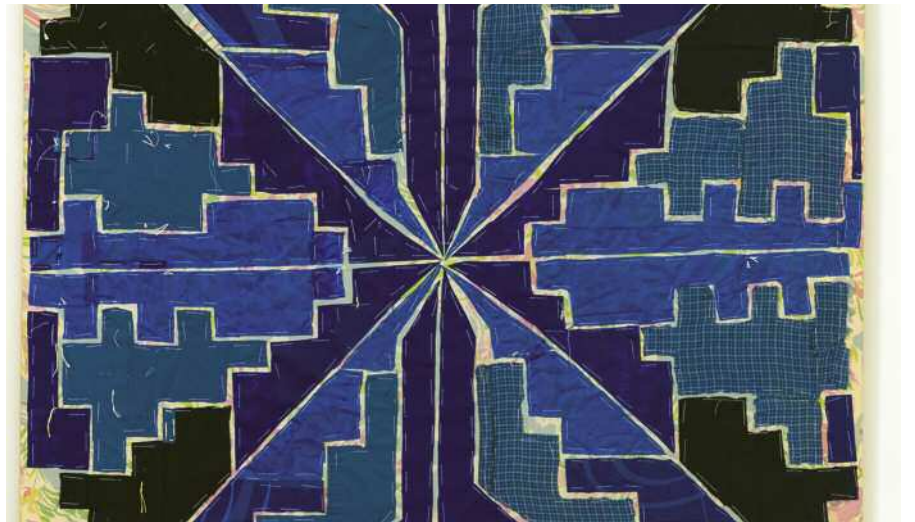
Suffolk County Community College's Flecker Gallery will present a solo exhibition of recent sculptures and wall panels by Courtney Puckett. The exhibit will run from November 8 to December 13, 2018. There will be an opening reception on November 8 from 1-3 p.m., including a gallery talk with the artist.

Puckett earned a Bachelor of Fine Arts degree from the Maryland Institute College of Art, a Master of Fine Arts from Hunter College, and studied at the Center for Art and Culture in Aix-en-Provence, France; Glasgow School of Art, and the University of New Mexico.

Puckett was an artist-in-residence in Lower Manhattan Cultural Council's Workspace Program in 2016-17; a full fel-

lowship recipient as an artist-in-residence at the Vermont Studio Center in 2017, and a 2010 artist-in-residence at Byrdcliffe Arts Colony in Woodstock, NY. She is an adjunct instructor at Parsons School of Design, Suffolk County Community College, and Westchester Community College. Puckett will be teaching workshops at Haystack Mountain School of Crafts in summer 2019.

Group exhibitions include: White Columns online, Tiger Strikes Asteroid, NY; The Parlour, Bushwick, NY; The Shirley Fiterman Art Center, NY; Fine Arts Gallery at Westchester Community College, NY, BRICArts, N.Y., Indianapolis Museum of Art, IN, Wall-space, N.Y., Noyes Museum of Art, NJ, Seton Hall University, NJ, Long Island University,



N.Y. and Jamaica Center for Art, N.Y. Solo and two person exhibitions include Flecker Gallery at Suffolk County Community College, CUAC Utah, Coop Nashville, and Field Projects, N.Y.

The exhibition is accompanied by full color catalog with

essay by independent critic of international contemporary art, Lily Wei.

The Flecker Gallery is located at Suffolk County Community College's Ammerman Campus, Southampton Building, open Monday to Thursday, 10 a.m. to 4 p.m. and by appointment.

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'Saul' takes a gap year, 'Roseanne' dies

Darren Johnson
Campus News

We romanticize comedians, but I'd never want to be one. The thought of staying in a depressed Ramada Inn in Dayton to play to a few drunks at their local Yuk Yuk's or Funny Bone or some other horribly named lounge, only to pack up the Jetta and go to the next depressed town and eat the same motel waffles and tell the exact same jokes (pretending they are new jokes) the next night in the next little town, and then the next town, and the next, is soul-crushing just to think about.

But practically every big time comedian today has paid their dues like that. That hitting rock bottom and the resulting soul-searching, alone in an outdated budget inn, while perfecting one's timing on little stages, being heckled and getting a thick skin, can only come from years of taking the low road.

It's this training ground that has produced some of the best sitcom stars of the past 30 years, from Jerry Seinfeld in his self-titled show to Larry David in "Curb Your Enthusiasm" (review on nu2u.info) to Ray Romano in "Everybody Loves Raymond." These are all-time great shows led by people who paid their dues — and regularly bombed while perfecting their craft.

So in October, we found ourselves at the end of Season 4 of the spectacular "Better Call Saul," led by comedian Bob Odenkirk (review on nu2u.info); and at the beginning of a new show, that was a spinoff of an old show, "The Conners," which follows the fictional family after ABC forced Roseanne Barr off of

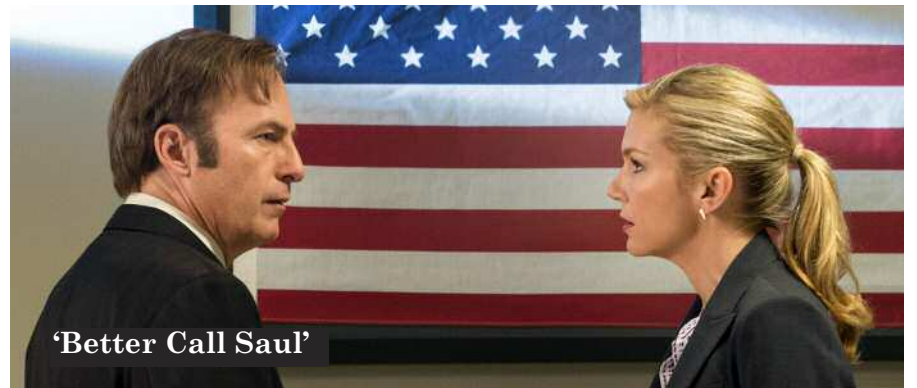
mega-hit "Roseanne" because of some of her very inappropriate tweets. Barr also is a hardened road comic, and her standup act is very good. (Perhaps she should hit the road again, considering she has some time off.)

Now we have two shows in transition. The protagonist in "Better Call Saul" took a gap year in Season 4 of this series, which is a spinoff prequel to another all-time great show, "Breaking Bad." The gap year was where kindhearted but corner-cutting attorney Jimmy McGill is disbarred for 12 months and must find gainful employment, which he does — this season being set in 2003-04 — at a low-end cell phone store at a time when criminals began to discover the value of burner phones. So McGill, ever the opportunist, hits the streets with his inventory, going by his Saul Goodman moniker and persona, making friends on the street and thwarting enemies. By the end of this season, he begins his transformation into the ambulance chaser/money launderer



we all know and love in "Breaking Bad" and its setting, which starts in 2008. We also see the transformation of beloved villains Gus Fring (Giancarlo Esposito) and Mike Ehrmantraut (Jonathan Banks). Season 4 ended Oct. 8, but is available on-demand, and Seasons 1-3 are on Netflix along with all of "Breaking Bad."

And then there's "The Conners," which debuted Oct. 16. Roseanne's departure from the show is explained right away as



an opioid overdose. And stellar actors John Goodman as Dan and Laurie Metcalf as Jackie remain. But they are *actors*, not comedians. ABC couldn't give up on this series, considering "Roseanne" was ranked one of the top shows last season by Nielsen, often at No. 1, but the debut had all of the poignant moments the previous series had with far less effective one-liners to break up the malaise of living in the Connors' crummy house in Lanford, Ill., the miserable kind of town road comics visit. The jokes are what made "Roseanne" tolerable. We laughed, or else we'd cry. It's why ghetto-based sitcom "Good Times" needed Jimmy Walker's "Dyn-o-mite!"

And are we getting sick of nostalgia TV? We either get shows set in the 1980s with omniscient voice-over narrators, like "The Goldbergs," or shows that simply bring back the old casts, like "Will & Grace," which is too topical and hip to become permanent; or "Murphy Brown," same. Trump jokes some day are going to seem like Nixon jokes do today. To become an all-time great show, the writing can't get bogged down too much by current events. I don't recall "Seinfeld" ever mentioning Bill Clinton.

After all, last year's "Roseanne" was just a revival of the 1990s show with the same name and cast, which was largely of its era. If I want to see

an outdated living room with some worn out cushions and framed Sears portraits askew on the walls, I'll merely look around my own house! Why do I need a "comedy" that makes me even more miserably self-aware?

Roseanne Barr, the person, surely wrote some outrageous things on social media, and that is what a network gets when a comedian is hired. Comedians make horrible faux pas. It's who they are. But normally those mistakes are made in small dives in Dayton, or Lanford, and only a few drunks chuckle and quickly forget. Then burner phones became smart phones, and we got the actor who played Kramer on "Seinfeld" similarly imploding, this time on YouTube.

Roseanne, the character, is dead now, but "The Conners" live on. But, please, these awkward child actors now grown up can't deliver jokes. This is a flagship network show. Get Dan — or Jackie — a new love-interest quick, and make sure the actor who plays this person had spent some time in dilapidated motel lobbies, going from town to town, becoming a bitter, hardened comedian. That's how the yuk yuks are made.

In these times, we need to laugh more. And it seems a drama like "Better Call Saul" has better comedic material.

Find more streaming reviews on Nu2U.info!

Region XV 2-year college sports roundup

Peter Briguglio
Campus News

The month of October has made it clear which Region XV athletic teams will be vying for both Regional and National Championships in the fall 2018 season. Across all of the fall sports, the perennial powerhouses have made their presence known, but a few surprise teams appear poised to reach new heights. Below we take a look through all current fall sports to see how our teams are faring thus far.

Women's Soccer

The first Region XV title to be decided in 2018-19 was the DIII Women's Soccer crown. Beginning with seven teams for the first time ever, the region's top four teams advanced to postseason competition.

Fashion IT and Nassau each advanced through the Semifinals to the Region Championship game for the second

straight season. The Tigers took an early 1-0 lead, but Nassau responded very quickly and never looked back. In the end, Nassau prevailed for a third straight season, knocking off the FIT Tigers by a convincing 5-2 final score to advance to the District tournament.

In Division I play, Monroe figures to be a National title contender yet again, ranking as high as 3rd overall in the latest national rankings poll thanks to a 9-0-1 regular season record. The Mustangs, one of only five NJCAA Division I teams left undefeated as of October 26, easily advanced through the Region XV Championship game over a weakened ASA squad by a score of 7-0.

Men's Soccer

Would anybody have been shocked to learn that Nassau and Suffolk were to face off against one another for the Region XV Champi-

onship this year? The two teams managed to easily march through the quarterfinals and semifinals, setting up their 6th straight title match. Suffolk emerged victorious in 2017, though Nassau defeated Suffolk 3-0 in their only regular season matchup this year. It would be a dramatic upset if Suffolk claimed the Championship victory this year as Nassau enters ranked #1 in the nation in the final DIII Men's Soccer poll of the season.

Over on the Division I side, Monroe finished the season ranked #10 in the country but figures to have a difficult matchup against ASA for the right to move on and continue their season in the District tournament. In the Avengers' and Mustangs' only meeting of the

year, ASA dealt Monroe their only regular season loss of the year by a score of 2-1.

Volleyball

For a third straight season, Queensborough Community College has been at the top of the Division III Women's Volleyball Region XV standings with an impressive 24-1 overall regular season record and a flawless 19-0 record in regional play. Nassau entered the semifinals of the Regional Tournament with a 22-10 overall record, with their only two regional losses coming against the Tigers. Those two teams figure to be the favorites to advance out of the District tournament for a berth in Nationals yet again as both are ranked nationally.

Colleges (cont.)

Regarding students, it's imperative they are supplied with the right skills to successfully undertake online learning. This means we must clearly and explicitly teach new students how to learn. Only once a student truly understands how new information is embedded, understood, and applied can they be expected to succeed in a largely self-directed digital landscape.

As for universities, we need to stop designing tools that mimic on-demand systems. Digital videos need to be time-locked, learning material needs to be meted out along a clear progression, and classes must be withheld until students have demonstrated a

sustained mastery of primary knowledge and skills.

Unlike Netflix, who have their sights squarely set on audience engagement, colleges need to realign their digital offerings to achieve the more important goal of student learning.

I guess it's back to the digital drawing board.



Dr. Jared Cooney Horvath is a renowned cognitive neuroscientist with an expertise in human learning, memory, and brain stimulation.



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Nassau students tour Lifetime Fitness

On Oct. 11, over 100 sports marketing students at Nassau Community College were guests at the iconic Lifetime Fitness facility in Garden City, NY.

Students toured the three-level building, which offers state-of-the-art equipment, spa, cafe, indoor/outdoor pools and more.

Pictured L-R is Doug Newhook, GM of the Syosset location; Ryan Brister, Regional Area Manager; Prof. Jack Mandel, and Edwin Hetman, GM of the Garden City location.

Brister said: "It's a distinct pleasure to be offered the opportunity for college-level students to learn about why our organization is so unique. We care about our employees, club mem-

bers and the communities we serve."

Prof. Mandel added: "Field trips to facilities like Lifetime Fitness offer students a 'real-world' learning opportunity that textbooks can never provide. The passion and professionalism of managers and staff generated a great deal of excitement for my students."



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Campus Puzzle

(solution page 24)

Across

- 1 "Anaconda" rapper Nicki
6 Sizable chunk
10 "Yuck!"
13 Carne fol-lower, in Mexi-can fare
14 Roll at the air-port
15 Former Viet-namese em-peror Bao ___
16 Reason kept to oneself
19 Barack Obama, astro-logically
20 Old Venetian magistrate
21 Boy in the first family
22 Wig out
25 Country singer Clark
28 Cold weather word
29 Thorny thicket
34 1953 automo-bile innovation
35 Catch some-thing
38 Put away
39 Some caviar
42 Johnny Olson catchphrase

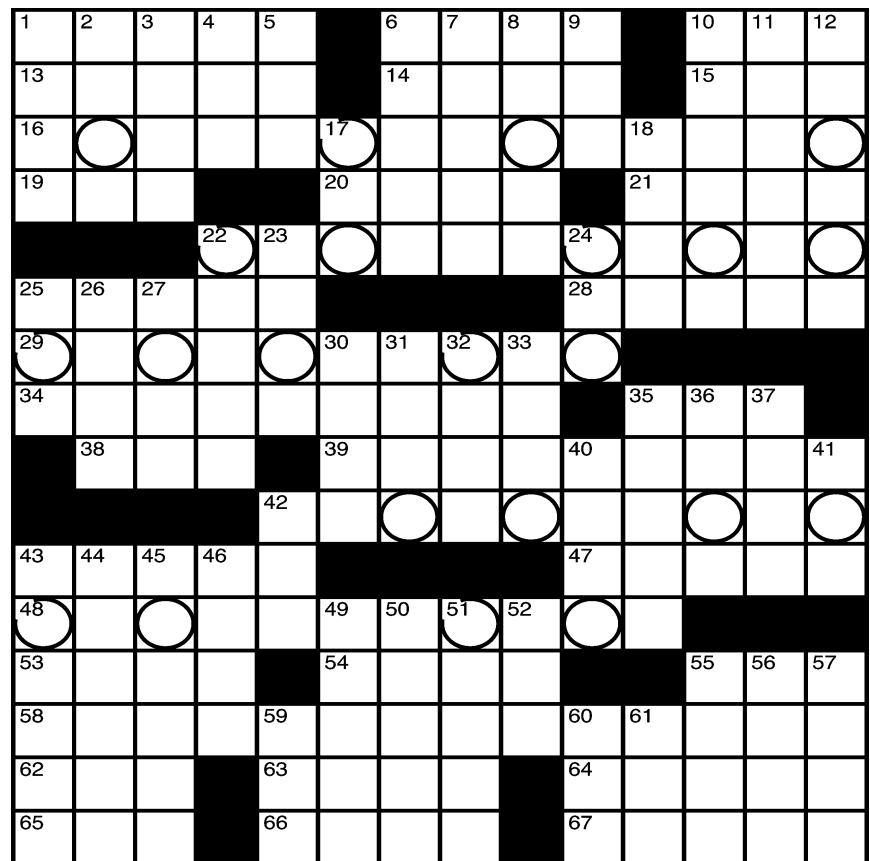
- 43 West Indian sorcery
47 Young part-ner
48 Bum rap
53 Low-cost home loan org.
54 Lug
55 Letters left of center?
58 Leisurely lakeside activity, and a clue for the circled let-ters
62 "If ___ again I meet him beard to beard ... ": Shak.
63 "Yuck!"
64 Whiz
65 Carefree syl-lable
66 Fun
67 Sarcophagus holder

Down

- 1 Stake-driving hammer
2 Part of a chain
3 Defense acronym
4 Thirst quencher
5 Rattle
6 Bend

- 7 Slow passage
8 Guitar players, slangily
9 Dust jacket info
10 Safe to put away
11 Encourage to score, as a base runner
12 Brandishes
17 First name in despotism
18 Zap
22 Set up
23 NYC com-muter line
24 Ordinal end-ing
25 TV sched. un-certainty
26 Aunt with a "Cope Book"
27 Divide
30 El ___
31 Maroon 5 singer Levine
32 Counter square
33 Lake of Lom-bardy
35 Auto com-pany founder Citro'n
36 Golf bag item
37 Not the best of times

- 40 Universal donor's type, briefly
41 Uvula doc
42 "Evita" role
43 Counterbal-ance
44 Loan officer, e.g.
45 Twain's New York resting place
46 "Make it snappy!"
49 Country about 12 times longer than its widest point
50 Underwear brand
51 Zero
52 Literary monogram
55 Green atti-tude?
56 Sound often not allowed?
57 "It ___ Right": 1956 Platters' hit
59 Lunchbox staple, familiarly
60 Cinephile's TV choice
61 Tool some-times used for steering



Campus Sudoku

(solution page 28)

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

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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Is an MBA degree in your future?

Prof. John DeSpagna
Campus News

In a previous column, I wrote about how you should be planning out your career and have a five-year plan. As you read this column, you are working your way through your two-year degree and getting ready to take the next step to a four-year school or a full time career. Let's take this the next step on the path to success and set a goal within that five-year plan to earn an MBA degree.

An MBA degree is a Masters in Business Administration. You will first have to complete your four-year degree to be able to apply for admission into an MBA degree program. As you are going through college, you are investing in yourself and I can think of no better investment that you can make. De-

pending on the program you enroll in, most of these programs are around 60 credits. This degree will be able to help you in many ways during your career.

One of the primary reasons students complete this degree is to advance their career. It is very competitive in the job market and you should seek to set yourself apart from the competition. Completing an MBA degree shows that you are a hard worker and motivated to succeed. Having an advanced degree in business will also open up more job opportunities for you.

As you make the decision to obtain the MBA degree, you also will have many choices in regards to what field to specialize in. You can have your specialization in areas such as management, marketing, human

resources, finance, international business, healthcare and many other areas. The point is that you may have had an undergraduate degree in a field unrelated to business and can now specialize in an area of business.

Another benefit of an MBA degree is that you can develop management skills. Some managers are born with these skills and for others, we can develop these skills. You will be exposed to professors who are experts in their fields, who will share their wealth of experiences with you. They will be able to relate to you with real world experiences that you can learn from.

In order to continue to move up within an organization, you will need to develop leadership skills. A leader will have a vision for the organization and use their energy, enthusiasm and experience to lead the organization. Think of how a company like Amazon, Facebook or Apple needs to have a vision of how to lead the company forward in the next five years. A leader will be able handle this important task. Leaders like Jeff Bezos, Mark Zuckerberg and Steve Jobs all developed skills to be an effective leader.

An MBA degree will also be a challenge you can undertake. Some people like to always have a challenge to always push themselves to be better. This would be an example of personal growth and remember that learning is a lifelong process. Do you want to push yourself to do better or be a

couch potato?

Do you have an entrepreneurial spirit in you where you want to go out and start your own business? You not only will need capital, experience and expertise but you need to learn about business. The MBA degree will help you develop the necessary skills to be a successful entrepreneur and start your own company. Many people want to go out and start their own business; it is not easy and you want to prepare yourself as best as possible.

'It will help you advance your career and develop management skills.'

Other benefits of the MBA degree will be opportunities for a greater

salary. You will have a skill set that will set you apart from others to earn more. You will also be exposed to other people who will help you network. Many people get an interview or job because they know someone. You could also specialize in international business and open up doors to find a job outside the United States.

The path to success is a long one where you will have to put in a lot of long hours studying and working hard. Earning an MBA degree will open up more opportunities to you and will probably help you on the path to being a success.

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



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How to network in college (cont.)

thor, would call it, default friends.

Default friends are people that are your friends because of your environment not because of a specific purpose. For example, you have friends from high school, your neighbors, church members, and even your co-workers. Of course, you can network with these people but now it is time to get outside of your comfort zone and meet the new and interesting people at your college/university!

Connecting outside of your environment (which is most likely your comfort zone) will not only grow your network but also your confidence; you are now able to be confident that you know people have your back and vice-versa. Like Henry David Thoreau, American poet and philosopher, stated, “[The connections you make in college can and will last a lifetime] Friends... they cherish one another’s hopes. They are kind to one another’s dreams.”

Networking and connecting in college should not be frightening, it should be a lifestyle. You are networking and connecting with people you do not know on a daily basis. Whenever you ask a stranger for the time, or complimenting the business lady on your way to work on her new shoes or asking the subway artist how he got started – you are making connections! In addition, if networking happens on a daily basis, then connecting with new students, professors, and other faculty at your university is only an extension of what you have always been doing.

Have a (professional) social presence

The majority of college students are on social media as much as we are in class (if not more). Whether it is Facebook, Twitter or Instagram. But now is the time to use these as a tool to advance your career and connect with your peers. You need a professional, social presence to network. You need to be able to contribute something valuable to the other person, all while maintaining your integrity and a clean reputation. You could be the straight-A student, the future CEO, or the failure. However, you do not want to present yourself as a lowlife, and that is why you need to be able to have a social media presence that reflects who you want to be. What does that mean? Keep

your posts professional, and refrain from posting too much personal information on your profile. Remember, employers look at your account, and they do not want to see you double fist-ing beers at that wild house party.

In order to be a professional, you need to think before you post online; am I okay with my employer seeing that picture of me? While you ponder this topic, consider all of the people you are impacting by posting negative or risque material on social media. Employers scope out good examples, and honorable workers; make sure your social media profiles match your intentions. This does not mean that you cannot post vacation shots or a picture of your photogenic dinner, but listen to your head when hitting the upload button. What you post will affect you inside and outside of the workplace.

Join a club or organization that fits your interest

If it wasn’t for my college advisor I wouldn’t have thought of joining a club or organization. I considered it during my first semester of college. But at that time, I only thought of passing and then graduating. That was my only goal for college to get a degree and forget everybody else that I interacted with. I later found that the interactions I made in college were enriching and important. College is your time to not only expand your network but to form long-term friendships with people that have similar interests as you. Plus, joining club or organization with like-minded people will make networking immensely easier.

As for me I haven’t joined any club; I created a club! Because, as I said before, my goal was to only graduate, but I thought to myself there must be other people out there who have wanted to be part of something bigger. For me, my interest in graphic design inspired me to create a club. Regardless of age, gender or major the club allows members to learn more about each other, gain networking skills, and connect with like-minded people. You don’t have to be as ambitious as I am to start a club but there is definitely a club or organization that is out there for you; and if you can’t find it, create one!

‘Contribute something valuable while keeping your integrity.’

Just say Hi

This is probably the most simple

but difficult tactic but it has given me the most bang for my buck. Remember, everybody feels the same way that you are feeling when it comes to meeting new people. Take initiative and change your college experience from dull to adventurous with a simple “Hey, my name is...”

In college, or anywhere in your post-academic years, know that your networking will bring you more opportunities than you can ever imagine. One conversation can start to create serendipity to a better and more enjoyable college life.

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



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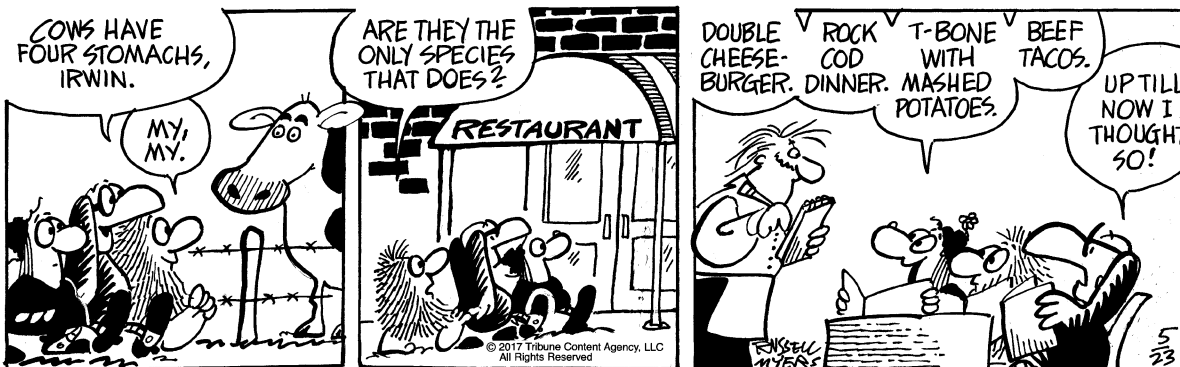
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3 letters = 1 point
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5 letters = 3 points
6 letters = 4 points
7 letters = 6 points
8 letters = 10 points
9+ letters = 15 points

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0-10 = Try again

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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**

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07-15

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.

NALTP
TAGOL
SURIDA
RUTFOH

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Hey! The truth hurts! That's it, I'm done with you.

I can't believe you said that!

8 28
THEY PARACHUTED TOGETHER ON A REGULAR BASIS UNTIL THEY HAD A ---

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

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Jumbles: PLANT GLOAT RADIUS FOURTH
Answer: They parachuted together on a regular basis until they had a --- FALLING OUT





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LIU combines teams, goes D1



Last month, Long Island University announced its athletic programs will be unified into a single NCAA Division I program. The move, beginning in Fall 2019, is the next step in the university's vision to elevate its brand nationally. By uniting its athletic programs into a single NCAA Division I program, LIU's Post and Brooklyn campuses will be unified into "One LIU."

"Long Island University is a nationally recognized teaching and research institution," said LIU President Kimberly R. Cline. "We understand the importance of athletics in enhancing our brand nationwide by unifying our university community and our 200,000 alumni around the world. Our student-athletes competing at the highest-level plays a major role in

this. We are extremely pleased that the NCAA has embraced this vision for our university's future."

The university made the announcement at the historic New York Athletic Club in front of an enthusiastic audience that included LIU student-athletes, coaches, administrators, faculty, alumni, and long-standing supporters of the university.

"This is an exciting step forward for Long Island University," LIU Board of Trustees Chairman Eric Krasnoff added. "Athletics plays such an important role in bringing people together and promoting educational values. As we elevate the LIU brand nationally through academic excellence and world-class research, our athletics program will unite our entire

community and compete at the highest levels."

This effort elevates LIU's program and builds on its proud tradition of athletic excellence. In the university's history, the program has combined for 23 national championships, 215 conference titles, and 362 All-Americans.

In order to honor LIU's strong tradition of athletic excellence, the university announced the new program will combine the traditional colors of both campuses into a united blue and gold. LIU also announced that students and alumni will help choose the new mascot for the unified program.

All of LIU's teams will continue competing in their current conferences for the 2018-19 academic year, honoring schedules

with opponents. The unification will be effective for competition beginning in Fall 2019. The university will elevate seven current Post programs to Division I, including expanding its membership in the Northeast Conference with men's cross country, men's lacrosse and football, which will make the transition to the Division I Football Championship Subdivision (FCS).

Further information and updates about the unification can be found at one.liu.edu.

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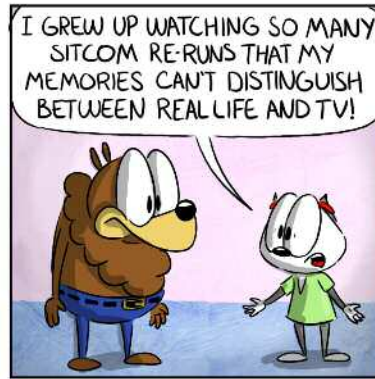
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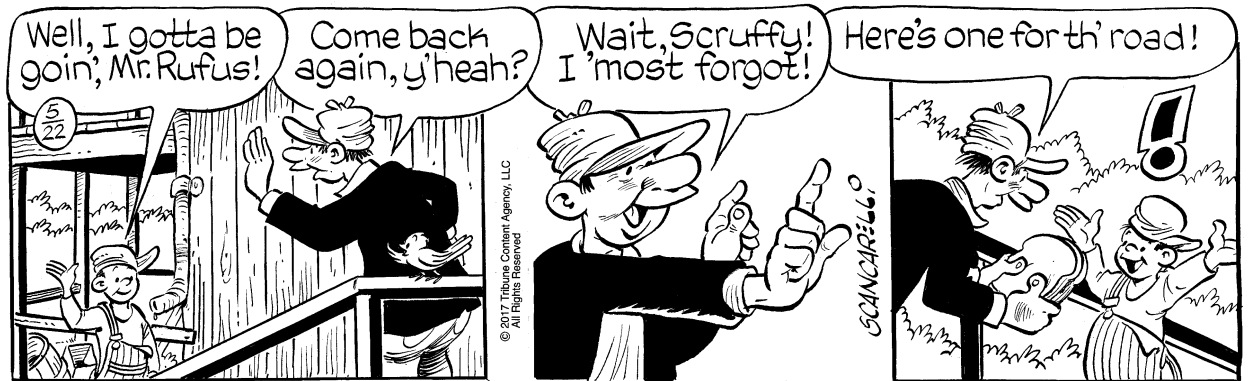


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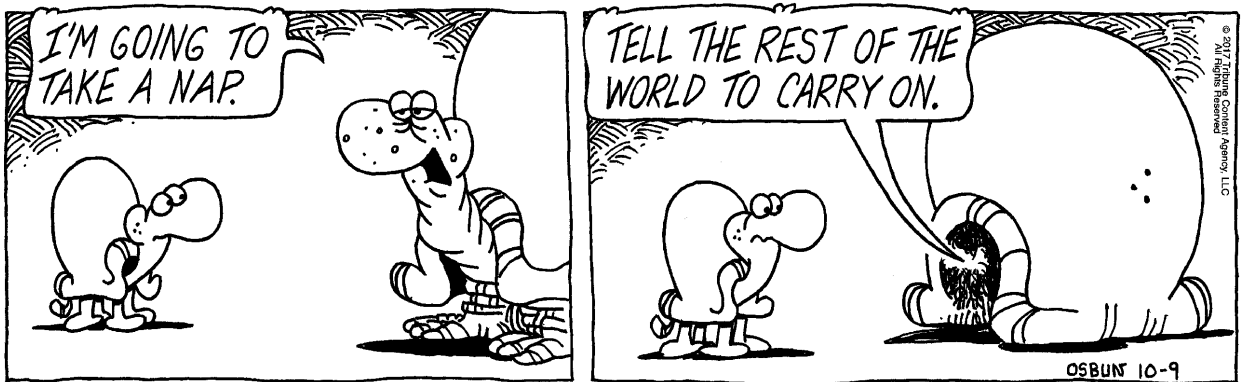


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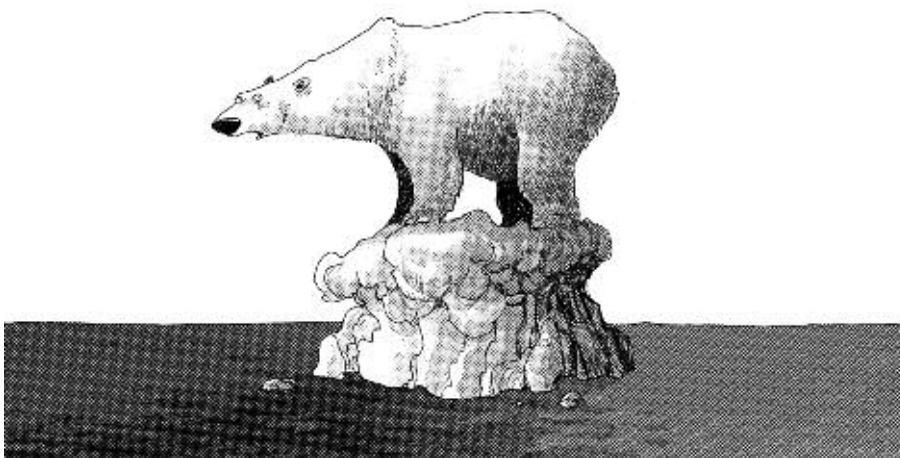


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The 'Netflix model' doesn't fit colleges

Dr. Jared Cooney Horvath
Special to Campus News

Watching television used to be an event. Families would schedule their week around favored shows, fans would organize viewing-parties to watch season-finales, and true degenerates would even wager on episode outcomes (such as that of the famous 1995 Simpsons episode "Who Shot Mr. Burns?", for which betting odds were listed at The Mirage hotel and casino in Las Vegas).

Of course, this is no longer the case. The explosion of Netflix, Hulu, and other streaming services has fundamentally changed the way we understand and consume video-based media. Now, we can watch shows whenever, wherever and however we desire.

The same story applies to higher education.

College used to be an event. Students would schedule their week around course-loads, they were required to physically attend live lectures and tutorials, and over time they would work their way through a well-defined curriculum.

However, higher education en masse has taken strides to mimic the streaming television landscape. Today, you would be hard-pressed to find a university that does not offer a digital service which encourages students to learn whenever, wherever and however they desire.

Unfortunately, the on-demand system — which has proven to be a great success for digital entertainment — has proven to be an absolute and undeniable failure for digital education.

To understand why, there are three primary points to consider:

Binge Watching

National surveys suggest over 80% of college students engage in binge-watching (consuming at least 5 hours of video content in a single sitting) on a weekly basis. It's entertaining, it's fun, and streaming services are blatantly begging them to do it.

But when it comes to learning and memory, binge-watching produces absolutely horrible results. In fact, recent research has revealed that when you cram an entire season of a television show into a single sitting, you will forget about 80% of everything you watched within 72-hours.

"Well, who cares?" you may be asking. It's not like anyone is ever going to take an exam on Sex and the City or need to name all the characters from Game of Thrones.

The problem, of course, comes when students bring this behavior into digital education. Now that lectures are available online, more and more students avoid the classroom altogether and instead opt to binge-watch entire semesters the night before a final exam.

As you can guess, although this practice might allow students to pass their courses, it all but guarantees they will not retain what they've learned for longer than a week. In a very real sense, the Netflix model in education allows people to earn degrees without the ability to recall fundamental facts and concepts.

Multitasking

Human beings cannot multitask — the best we can do is quickly jump back-and-forth between different tasks. However, when we engage in this behavior, our performance on and

memory for each task drops dramatically.

This means that the tweeting, commenting, and on-the-fly blogging encouraged by streaming services during certain shows significantly impairs the ability of viewers to understand and recall the content of such programs.

On the surface, this seems like no big deal. Why does it matter if you can't remember specifics from an episode of

The Office or debate character nuances from an episode of Community?

However, the problem again arises when students bring this behavior into digital education. Most online learning platforms actively encourage multitasking by including live chat/message boards, promoting linked con-

'Online, students choose to "binge-watch" entire semesters.'

tent, and allowing multiple internet tabs to be open simultaneously. And although adopting this digital diversity might encourage students to engage with more activities, it almost certainly does so at the expense of a deeper comprehension of why each activity matters.

Choice Paralysis

Ah — that moment when you realize you've spent more time searching for which show to watch than you'll spend actually watching the show (only to abandon it 10-minutes in to resume your search for something better).

Although human beings relish the opportunity to make de-

isions, they can sometimes encounter overwhelm when the number of options to choose from becomes too large and/or too diverse. Due largely to self-doubt and a fear-of-missing-out, this choice paralysis leads people to place more emphasis on the act of choosing than on the final choice itself.

And obviously, it makes no difference if you don't complete an episode of Walking Dead or quit halfway through a season of Breaking Bad.

However, the problem occurs once more when students bring this behavior into digital education. With the ability to 'build your own degree' by selecting from hundreds of core and elective classes, many digital education platforms lead people into choice paralysis. Students spend untold hours selecting the right

courses, only to quit one or two lessons in. In fact, completion rates of online courses in some fields are estimated to be

below 10%!

Leaving students to weed through academic offerings with no clear sense of direction or progression is probably not the best strategy in education. In fact, this practice does little to ensure that graduates will complete, understand or even seek out core curricula relevant to specific fields.

So, What Should We Do?

Clearly, the Netflix model does not work in digital education. As this burgeoning field evolves, it's essential for both students and universities to recognize the problems I've outlined and address their shortcomings.

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New president sees a bright future

Darren Johnson
Campus News

Rockland Community College's new president, Dr. Michael A. Baston, was inaugurated earlier this semester at a star-studded Gala and celebration. He succeeds Dr. Cliff L. Wood at the bucolic suburban campus, who had served for 13 years.

A former attorney who represented higher education clients, Baston first got directly involved with students moonlighting as an adjunct, teaching paralegal studies courses.

"I found engaging with students to be very rewarding," he told Campus News, "how they were navigating the complexities of their lives and managing their aspirations; teaching them how they could make a greater contribution to the world."

Then he proved he had a talent for growing quality enrollments and charting new student pathways at LaGuardia Community College in Queens, where he served as President for Student Affairs and Associate Provost for eight years. From there, he was regularly invited to speak at other colleges on student success.

"I enjoyed being at LaGuardia and helped deliver a support structure that led to increased student success and graduation rates," he said. "The strategies developed at LaGuardia were brought around the country where I helped coach other colleges on how to improve their success rates."

Baston's strategies included intervening when students saw their grades drop and/or started missing classes. Without intervention, students may quit altogether. Baston's plan led to improved reenrollment rates.

"When you have higher enrollment and course completion rates, these are good indicators that you are making progress. ... The big challenge at community colleges is



Pat Battle, Dr. Michael A. Baston and Rita Harvey at the RCC Gala.

that students are not finishing what they started."

Among the headliners who appeared at the Gala were Rita Harvey, the Broadway singer and actress best known for her starring role in "Phantom of the Opera," and Pat Battle, co-anchor for NBC-TV 4 New York's "Weekend Today in New York," who served

'Dr. Baston aims for more adult learners and better graduation rates.'

as master of ceremonies.

"We had a wonderful time," he said.

But the next day was back to business. Baston believes that's the great part about his job; meeting so many different constituencies – students, faculty, staff, alumni, trustees, elected officials and members of the community – and encouraging their ideas to move the college forward.

He notes that RCC has several strengths – the school is renowned for an honors program, from which many graduates transfer to top four-year colleges including Ivies. As well, the school has also been formally recognized as military- and LGBTQ-friendly.

Where he sees room for growth are with returning adult students. "They may have a bachelor's or associate's degree already, but they come back to RCC to learn new skills. ... We are the No. 1 college in New York State for older students and are connecting them to meaningful workplace opportunities in our county.

"When I teach Introduction to Paralegal Studies I find numerous students already have a bachelor's degree, but they need coursework to advance their careers."

Baston would like to see even more students graduate with their two-year degree. Many transfer to a four-year college without earning that credential. "Our graduation rate is above the national average, but it's still something we can do better. Twenty percent of our students are early transfers. They leave for a four-year college before getting their associate's degree. We want them to complete their education with us first. That way, they reduce the cost of their overall education and earn a credential."

Baston exudes positivity and a can-do spirit. "This college's future is bright," he said. "Watch for Rockland Community College to become a vital economic partner with our community, and we will continue to look for meaningful ways in which we can do that."

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