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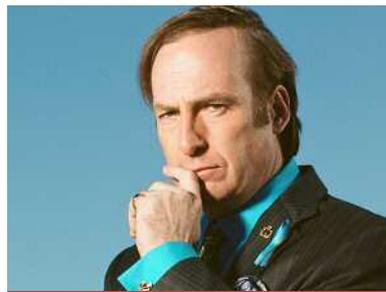
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Volume 15, Issue 3 FREE!

Springtime 2017

The best social media for you



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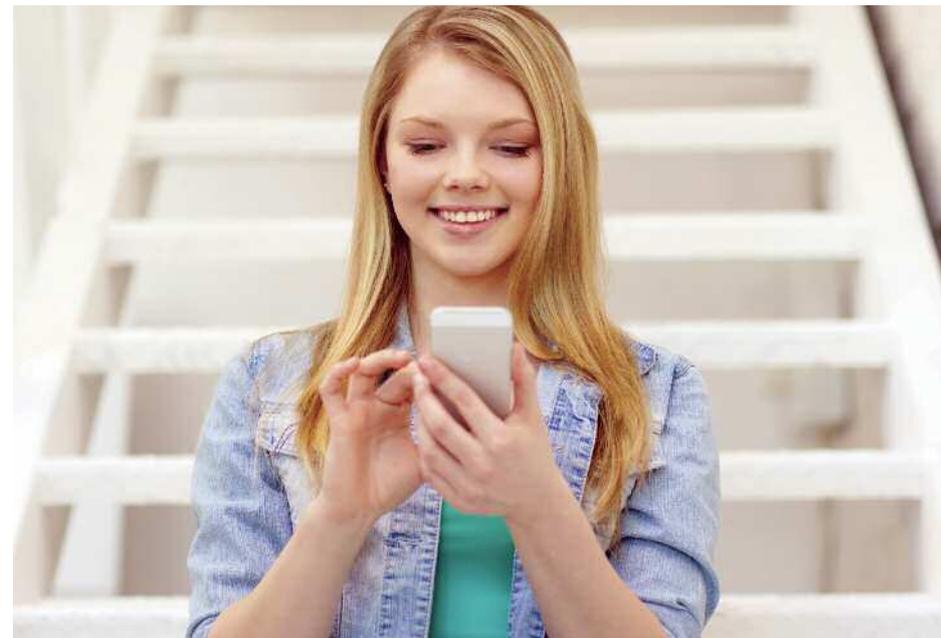
SPORTS 23

We at Campus News debated this a good deal – which are the best social media platforms for our readership – and which are time wasters? The results of our conversation, in order:

No. 1: Instagram – While now owned by boring Facebook, and having ripped off some features from Snapchat, Instagram is still growing in excitement, to over 77 million US users this year, according to eMarketer, more than Twitter.

Instagram seems like the perfect app for our demo – it's not stiff and rife with political diatribes and fake news, like Facebook, as there are no hyperlinks. There are few ads on the service, still, as well. The flow of Instagram's feed is fresh – with a good mix of video and stills – and the design is clean. The app also displays videos quickly.

Instagram has more features than Snapchat and less features than Facebook; kind of a happy medium. The



age range right now seems to be people in their teens and 20s, though with some older moms and dads checking it out. Statistics suggest half of all users are 18-34, though these trends change all the time. About two thirds are women.

The service was invented for America's shift from desktop computers to smart phones, and Instagram has gotten better as smart phones have added better cameras and faster

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In Trump era, SUNY considers 'sanctuaries'



Julianne Mosher
Campus News

Since President Trump's presidency, the worry of deportation of immigrants has risen dramatically, especially among college students on SUNY campuses.

After being detained at John F. Kennedy International Airport for over 24 hours, a sixth-year Stony Brook University doctoral student named

Vahideh Rasekhi was released after returning from a visit to Iran to visit family. Her story made local and national headlines as her detention brought Trump's policy close to home.

When Trump was elected in November, the idea of campus safe sanctuaries (or safe havens) became a popular topic of conversation. Sanctuary campuses are a place where students will not be asked to show

proof of citizenship and will not be arrested on campus to be deported. It is an idea that students can find shelter and safety while they attend school.

Students across the country began to protest the new president's policies and petitions were formed to support the campuses' undocumented members of the community. Rodman Serrano, a junior at

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Which social media is best? (cont. from cover)

speeds. People can use various filters to make their work shine. While the site doesn't allow hyperlinks, it did steal the idea of hashtags from Twitter – and now when people think of hashtagging, they think of Instagram first. We predict this platform will grow faster than others in the months ahead.

For a college student, the site is fun, but classy and mainstream enough not to be embarrassing, should you go seeking serious employment some day (depending on what you post, of course).

No. 2: LinkedIn – What???!!

OK, yes, this site is extremely boring. One of our writers described going on there akin to having to do a homework assignment. And the site was recently purchased by Microsoft. You know, the people who make boring programs like Word, Excel and Access (OK, PowerPoint is kind of fun). But LinkedIn makes No. 2 on our list because it's the site most likely to make you money. Let's face it, your posts on social media are not going to go viral like PewDiePie's. But if you create a professional profile on LinkedIn (get a decent headshot taken) and link to your professors, college's top alumni and people in

businesses where you may want to work, you very well can find great work. No working at Starbucks upon graduation; land an office job! Just be active there. Share your thoughts on trends in your major and industry. (Proofread before posting there, though – the 500 million users are mostly bright.) Try Groups pertaining to your field of interest. List in your "title" that you are "a _____ major looking for an opportunity in

'Our feeds usually seem totally random – there's a cat, there's a cake, there's a man with no shirt on!'

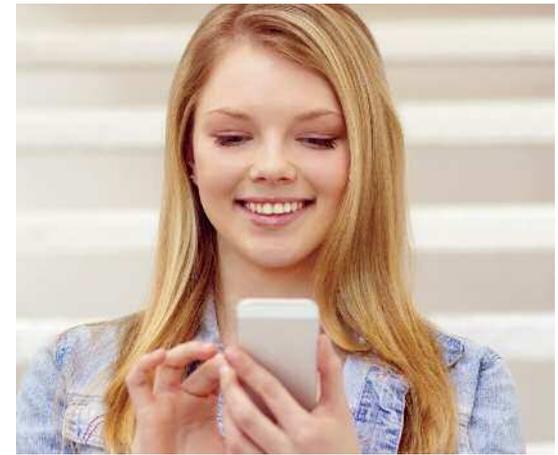
the industry." Start your profile now, before you graduate. Another word of advice – create everything on a desktop computer, not your smartphone.

LinkedIn's users are professionals, often sitting at desktops. That way you'll see the site the way they see it – as well, the desktop site has more features, and it's easier to edit your profile that way.

No. 3: Snapchat – While losing ground to Facebook, Snapchat may be the easiest platform to use, and its Stories feature can be addictively fun. Seventy million US users still are on the app, though usage is down. As well, the demo is changing. Last year, Snapchat was mostly aimed at 14-18 year olds. Now it's a little older and a little younger, too.

You can Geotarget specific areas, as well, with Snapchat; say a shopping mall or the campus student union. We find it's hard to maintain relationships on the site, it being so transient (Snaps expire in a day), and competitors may put this app out of business someday soon.

No. 4: Facebook – Our student writers say 2016 was when they finally had enough of this site. The political nature of Facebook, exacerbated by the Presidential Election, clickbait, fake news and long stream of scammy ads have detoxed the college crowd from their previous addiction to this site. They may still check it now and again, as mom and dad and grandparents are on there, though. The site has gotten older and crabbier. Only 20 percent of users are under age 25, according to Statistica. But with 1 billion active users worldwide, Facebook isn't going to die any time soon (besides, they own Instagram). Facebook Pages are excellent – small businesses and entrepreneurs can really make a name for themselves through them. Also, sometimes it's good to be on a platform that allows hyperlinking. In that regard, Facebook is more like a Google, with its access to the whole World Wide Web. That said, our feeds usually seem totally random – there's a cat, there's a cupcake, there's a person with no shirt on – and the fake news, still prevalent, is a downer.



No. 5: Twitter – Twitter is great for people who like to post random thoughts or follow celebrities. It has gotten better, with a nice visual presentation, but we feel most people's Tweets are just that tree falling in the forest with no one around to hear it. It's *whispering* "fire" in a crowded theater. The site has over 300 million active users, though limited to 140 characters per post. The platform has had trouble monetizing – its ads don't work well – so who knows what the future holds? They should have sold their site to Facebook or Google, when it was still a hot property a few years ago.

Well, that wraps up Part I of our "Top 10 social media platforms" article. Hope you enjoyed. Find Nos. 6 through 10 on our web site, www.campus-news.org. Let us know how right or wrong we are by posting there, at the end of this article, or emailing us at editor@cccn.us. See you in cyberspace!

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What kind of benefits should you ask for?

Prof. John DeSpagna
Campus News

Google is consistently ranked as one of the best companies to work for. They receive an estimated one million plus resumes each year from those who aspire to become employed in their organization. One of the reasons why? Benefits! They offer a tremendous benefits package to attract and retain employees.

As you begin your career, you need to understand the importance of having good benefits. Organizations want to set up a good benefits plan for their employees but may have limitations due to the availability of financial resources. The benefits plan may include some benefits that are included in your employ-

ment and some benefits that you may have to contribute to. Ask about the benefits after you have been offered a position, and some of the benefits can be negotiated.

At the top of the benefits list for many is affordable healthcare. You may want to start off by seeing if you are covered under your parents' plan. This may save you money and offer quality coverage. Many employers will offer their full time employees some type of health care coverage. You may be given several plans to choose from and you have to decide which plan best suits your needs. Check the annual deductible, co-pays and what type of contribution you have to make. You may also want to check to see if any pre-existing conditions are covered.

Dental and vision coverage will also be offered by many organizations. With your dentist, it may make sense to go with an approved in-network dentist in your plan for major work rather than your local dentist to save money.

You are starting your career but also need to think long term and realize that you have to save for retirement. Social Security is probably not going to provide you with enough for a comfortable retirement. A 401k plan is offered by many employers to help their employees save for retirement. You select a certain percentage of your pay that will go into the 401k each week, on an automatic basis.

Your contribution to a 401k goes in on a pre-tax basis and grows tax deferred until you take out money. Congress passed this law because they want to help you save for retirement. Take advantage of this. Do you want to be working at age 70 because you have to? You will want to speak to a financial advisor to see how to appropriately invest your contributions based on your needs and risk tolerance.

If you want to further your career, ask about tuition reimbursement. Many employers will reimburse you for associate, bachelor and master degrees. I heard about this benefit while working for a former employer and the employer paid for my M.B.A. degree. This helped my career, and you can take advantage of this benefit, too. Ask

questions.

Vacation is a benefit that is important, and you should take your vacation. The standard with many organizations is two weeks when you start. After a specified number of years of service, the allowable vacation period tends to increase.

Working from home is a benefit that is becoming more common. Studies have shown that employees are more productive when they work from home. The organization benefits from increased productivity, employee satisfaction and reduced office expenses.

Flextime time is another benefit employees may offer to address the family needs of employees. You may work four ten-hour days each week and have off on Friday. Another option is to ask for core hours of say 10 AM to 3 PM and then work around

'Do you want to be working at age 70 because you have to?'

coming in earlier or later depending on what suits you better.

Employers recognize good work, and this may help you be in line for a bonus or some form of stock options. If you can refer an employee to your organization, you may also be able to obtain a referral bonus.

You are going to be spending a lot of time at your chosen employer. Ask questions about your benefits and take advantage of what is offered so you can lead a more fulfilling life and have a prosperous career.

John DeSpagna is a business professor at Nassau Community College in Garden City, New York.



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From special ed to college ed, Part II

Samir Thomas
Campus News

EDITOR'S NOTE: *The following is an Part II from a longer piece the author is writing. See the previous piece on www.ccn.us.*

My First Year at College

This article is about overcoming difficulty and the first five weeks of my First Semester at college. College started off slow, however, the pace picked up really quickly! During the first two weeks of classes, I hadn't realized that homework was **ONLY** a portion of the assigned work we were responsible for in our syllabus. Although I had completed some of the work in our syllabus, I thought the "Homework" was important, and the "assigned work" in our syllabus was just "extra reading" just like in high school. However, during the third week of classes, each of my professors started asking for the "assigned work," and I quickly realized, "Every Assignment in the Syllabus Needs to be Completed!"

Welcome to the real world. Just so you will know, a "SYLLABUS" is a list of everything: homework, classwork, quiz, and test that will be given during each semester, including the dates they are due (in some cases, you will know your test and quiz dates), the types of papers you are expected to write, the books you are expected to read, your professor's contact information, where to go for tutors and other help, the rules and regulations of the classroom/college, and any additional reading/study material.

There are no secrets, which is amazing to me because "High School Information" was given on a weekly, monthly, or need-to-know basis. The first time I read my first syllabus, I felt totally independent, "like an adult!" LOL. I felt extremely happy and sad at the same time. LOL. That's when I knew I was going to be treated as an adult; something I had wanted my entire life, then I thought, "Wait a minute, do I really want this?" **YEAH!**

The college bookstore was another first for me. I had never spent \$143 for one book! I'm glad I had received a financial aid book voucher from my college. The book voucher allowed me to purchase all my books and supplies without taking money out of my pocket. That meant a lot to me. If you don't have money for college, don't be afraid to speak to someone at the financial aid office at your college. Maybe they can help you.

Another great resource for academic help at my college is Sarah Gardner, Coordinator of Academic Support. Sarah has helped me find the right tutors for each of my math (Thanks Danny Perdomo and Tutor Hector), reading and writing (Thanks Erika Lehmart and Scott Clark), and is currently looking for a tutor to help me with my computer class.

Susan De Roberts and Esmeralda Lavezzari also work with Sarah Gardner, and they have helped me with scheduling and answering the many questions I've had regarding tutoring. Sarah Gardner, Susan De Roberts, Esmeralda Lavezzari, and each of my tutors are awesome!

Maybe you have an Office of Academic Support or someone like Sarah Gardner at your college as well. Just ask your admissions counselor, professors **OR** contact the Office of Students with Disabilities. I'm sure you can be directed to the right person to help you too. **IN COLLEGE, YOU MUST ALLOW YOURSELF TWO TO FOUR HOURS OF STUDY TIME FOR EVERY CREDIT YOU ARE TAKING.** For instance, if you are taking 12 credits, you need at least twenty-four hours per week to study; forty-eight hours are perfect! This may seem difficult or impossible if you have to go to work, however, the passing grades you may receive on your homework, test

scores, and quizzes are well worth the effort.

I spend about six hours per day studying. That's what it takes for me to understand my classwork, homework, and writing assignments. I spend two hours per day studying math. This is what I need to pass each of my math tests and quizzes. I'm sharing this because I don't want you to be embarrassed about not knowing something and needing a lot of help to "get it." The smartest students in your college need help too! You have to create a study schedule that works for you: and most importantly, be honest with yourself about the amount of time it takes to get the help you need.

Don't get me wrong, I take half hour, one hour, or five hour breaks in

I spend about six hours per day studying. That's what it takes for me to understand.'

between studying on weekends, and I play video games for entertainment or watch a movie with my mom in between studying and household chores. ... Yeah, I've still got chores! But my main goal is to graduate Orange County Community College with a degree in Liberal Arts: Economics, and then attend a four-year college majoring in Engineering Science.

Big dreams from a kid who spent his whole life, from kindergarten to 12th grade in Special Ed. The greatest lessons I've learned so far is: never give up, dream bigger than your abilities, and be willing to prepare yourself to meet your goals.

I also have two new disability counselors, TRIO Counselor/Success Coach, Alyson Stater, who I meet with regularly and who keeps me on track; and EOP/Success Coach Christine Trieste, who schedules all of the

"Outside Social Development Skills Workshops" for all of the TRIO/EOP Students.

"Outside Social Development Skills Training" aka "Personal Etiquette and Business Training" is an **ABSOLUTE MUST** for Special Education Students. After 14 years in Special Ed., you pick up certain behaviors and customs that make you "socially awkward," outside of Special Ed.

I cannot thank Melissa Barczak enough, my first TRIO Counselor/Success Coach, for allowing me and my brother, Darius, into the TRIO Program. Every day you help us overcome many of the psychological, mental, and emotional difficulties we face and have never told anyone about.

Thanks to TRIO Director, Eric Hardwick, and TRIO Administrative Assistant, Caleb Mercado, for all of the "TRIO Work" you do behind the scenes. The TRIO students couldn't achieve our college success without you! Each of the TRIO staff are "ROCK STARS!"

I also have a new Economics Admissions Counselor, Peter Kutty, who is excellent, very knowledgeable and helpful, who works alongside my Academic Admissions Counselor Joanne Penzato. She's Awesome!

If you have any questions, need additional information, or help searching for answers, or a copy of my very useful list of websites to help you with Homework, Classwork, Quizzes, Tests, Study Time, or Social Skills, please feel free to contact me via email: samirthomaswriter@gmail.com

Thanks to EVERYONE helping me achieve my college success!

Thanks MOM, for never being ashamed of me, you are the best mom in the world. You are **AWE-SOME!**

Thanks, Darius, for graduating high school first. You inspired me. They said we couldn't graduate, yet we did!

Thanks to my MENTOR for teaching me, and helping me, write this article and my book.



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No plans for spring break? Don't do this.

Yesenia Coello
Campus News

What are your plans for Spring Break? If you're planning to curl up in bed and catch up with "Bates Motel," you're not alone. In fact, I would be surprised if you did have actual plans. You probably didn't even realize Spring Break was right around the corner. And we don't blame you! After weeks of trying to nail down the whole adulting thing and spending hours studying for midterms, the last thing

you want to do is exert your remaining energy into planning a week-long getaway.

With that in mind, how do we explain the 2012 film "Spring Breakers?" If you have friends like the protagonists depicted in the film, you should probably reevaluate your life choices. Sure, the film is apparently a social critique of Millennial culture, but do you know anyone who would get high on cocaine and rob a local restaurant from some quick cash?

Because you're a poor college student, you probably have low expectations for Spring Break to begin with (unless you forgot when Spring Break was). At most, you're probably willing to travel 30 miles out of town to keep your more extraverted friends company while they have fun. The reality is that you would much rather spend the week sleeping in until noon with your dog beside you.

What do to the protagonists of "Spring Breakers" do when it finally dawns on them that they're as broke as the rest of us? Rob a restaurant while high off their horses. I'm not even kidding. If you're this desperate, then you probably should visit a therapist. This swell in rising action sounds like it came straight out of an episode of "It's Always Sunny in Philadelphia." No college student has that much willpower and stamina to pull something like that off or even has the desire to attempt it.

After coming to terms with the fact that you're literally stranded in your small town for Spring Break, your expectations can't be dashed any further (unless the Wi-Fi poops out. Then you're really screwed). This is liberating - you can literally walk the house in your underwear if you really wanted to. No one will judge you (except maybe your dog). Thus, all that pent-up agony that's been building up throughout the semester is finally released. It's like escaping Shawshank. I mean, seriously, you literally become a different person when you're away from all your friends.

But if you're a grown-up child who believes that they're immune to the law, you might just end up in prison like our protagonists do. And inevitably, James Franco will bail you out of jail. Which, is probably more of a punishment than a blessing. It's even more unnerving



that his character is a shady gangster with the alias "Alien." Exactly the kind of guy you would want fathering your children! Most normal people would be bugging the heck out (and they wouldn't have ended up in jail in the first place), if this slimy loser showed up to bail them out. Instead, our protagonists think he's some bad boy who's just the company they need to keep them occupied over Spring Break. Because that's the first thing we all think of when seeing James Franco in any movie.

As for your break, everything goes according to plan. You catch up on those shows you've fallen behind on, snuggled your puppy enough times to make him tired of you, and caught enough Z's so that you don't return to campus as a part of the Walking Dead. By keeping your expectations low (and by being poor), you were able to have a low-key, stress-free Spring Break. You couldn't ask for anything better.

But if you're a hyperbolic stereotype, then you end up entering a life of debauchery and crime like in the film. Not exactly the triumphant climax you were aiming for. But hey, it was worth it, right? You finally got to release all that stress you've been carrying by going crazy like the girls of "Spring Breakers." How do you feel now?

Whatever your plans are for Spring Break (which I assume involves a warm dog), just don't inadvertently kill James Franco, okay?



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Racial bias puts patients at risk

Brookshield Laurent, D.O.
Special to Campus News

Do blacks have less sensitive nerve endings than whites?

It's an outrageously racist question. Yet in a recent survey, 14 percent of white second-year medical students answered yes. In that same survey, about 40 percent of white first- and second-year medical students expressed the belief that black patients have thicker skin than their white counterparts.

These findings point to an awful reality: Racial biases and misconceptions remain rampant in our health care system — and medical schools aren't doing enough to address the issue. The prejudice in our health care system is hazardous. Addressing

this hazard needs to start with medical educators.

Implicit bias — the unconscious negative evaluation of a particular group — can affect medical judgment. Consider a 2008 Journal of the American Medical Association study, which found that black and Latino patients admitted to an emergency room with bone fractures or kidney stones are less likely to receive the recommended levels of painkillers relative to the average white patient.

Research from Harvard Medical School professor Joseph Betancourt shows that blacks are less likely than whites to receive kidney transplants. And compared to the general male population, African American men with prostate cancer are less likely to receive chemotherapy and radiation.

America's health care system pro-

vides a far different standard of care to minority patients, oftentimes for no discernible reason other than skin color. This form of prejudice isn't just unfair; it's potentially life-threatening.

Since many of these attitudes are established long before physicians begin their careers, medical schools have a significant role to play in addressing the problem. The first step is to help students recognize their biases early.

Several medical schools are already making progress.

First-year medical students at University of California, San Francisco, for instance, participate in a workshop that begins with an implicit bias test to gauge attitudes about various identity groups.

Students at my own institution, New York Institute of Technology College of Osteopathic Medicine, engage in a variety of simulated interactions with patients of different races, socio-economic backgrounds, and sexual orientations. Based on these scenarios, students investigate how their unconscious biases affect their behavior.

Simulations and classwork can only do so much to change attitudes, of course. Medical schools need to provide students with frequent opportunities to engage with patients of different backgrounds.

NYIT's medical students, for instance, participate in a free, monthly clinic in Central Islip, a low-income town on Long Island with a large minority population.

Medical educators must also

eliminate teaching materials that reinforce implicit biases. Such materials are remarkably common. In fact, a report published earlier this year in Academic Medicine found that, in many medical school lectures, race is routinely discussed as a straightforward

'Classwork can only do so much to change attitudes.'

medical risk factor for certain conditions, not as a complex social concept.

Such a biological view of race not only bolsters destructive prejudices; it obscures the many ways in which social forces and biases can dramatically affect the health of minority patients.

What's most important is that medical schools aggressively pursue new strategies for combatting implicit bias, and share their lessons with the larger healthcare community. Without a substantial effort to produce culturally competent, impartial medical practitioners, the lives of minority Americans will remain at risk.

Brookshield Laurent, D.O., is vice chair of the Department of Clinical Specialties at New York Institute of Technology College of Osteopathic Medicine.



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Make the healthy choice on campus – and beyond

Carol Scalise
Special to Campus News

When it comes to school lunches, students certainly have it made nowadays.

I remember standing in line with my styrofoam tray and getting a scoop of mashed potatoes in a pool of brown gravy along with some lumpy substance served with it. Or maybe it would be greasy tater tots and a slice of frozen pizza that tasted like cardboard. Yummy! Well, thankfully schools have gotten better with food choices and so has society.

Healthier choices are everywhere, from fast-food franchises, like McDonalds, to Cumberland Farms and even corner convenience stores. So there really is no excuse why anyone cannot eat healthy these days. What it all comes down to is making the right food choice. To some it might sound easy, but to many it can be downright confusing.

The key factor is MINDFULNESS, being aware of your food choices. In doing so, you will start to feel better, have more energy, become mentally sharper, and ultimately start losing weight without even trying. Okay, you are probably thinking, “Yeah, right.” But it really doesn’t take much, just small simple changes to your daily eating habits, and you’ll be surprised with the results.

Let’s start with a simple snack. Most of you will grab a bag of chips, or a candy bar and a diet soda. To make this a better choice, how about a bag of popcorn, some whole grain crackers or pita chips? Mixed nuts and fruit, or fruit with cheese are other options. You can also try Greek yogurt with fruit. Of course, water should always be the beverage of choice.



Breakfast is the MOST important meal of the day. I know for most of us this can be a challenge because we are all rushing out the door somewhere and never “have time.” Well, make it a priority, it does your body good! Breakfast

keeps your blood sugar at bay, so you don’t “crash” by mid-morning. It also helps your body maintain its weight, so you don’t overeat the rest of the day. Since breakfast is the first meal for your body, it’s important to “fuel it” properly. I don’t mean grabbing a glazed donut, or a bagel

with cream cheese; try a whole grain muffin, and a fruit cup. A slice of whole wheat toast with peanut butter and some fresh sliced strawberries on top. A banana with peanut butter is another good staple. Cereals are good but, it’s the kind of cereal that matters. If your usual is Frosted Flakes, try instead Plain Shred-

ded Wheat or even Cheerios. If that seems kind of bland, then put some fruit in their with it. Yogurt, preferably plain Greek, is another good choice, not only for breakfast, but for lunch as well.

Making small adjustments as suggested with every meal, will pay off in the end. For lunch or dinner, swap out those fries, for sweet potatoes, or any other vegetable and a salad. Wraps are popular now instead of heavy rolls or sandwich breads. You can put vegetables and cheese in the wrap, along with your favorite dressing, and you have a meal all in one.

Basically the bottom line is keeping it SIMPLE and REAL. It takes a little effort, but the end result is worth it. Simple switches, with real food to give you real results.

Carol Scalise is a Certified Health Coach and recent Middlesex CC grad available for consultation. Contact her at 508-631-2384 or scalise728@gmail.com.

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An interview with YA author LE DeLano

Noah Smith
Campus News

Author L.E. DeLano's new young adult novel, "Traveler," follows Jessa, a big dreamer, as she discovers an ability she never knew she had: traveling through alternate realities. As glamorous as this may seem, Jessa soon discovers that life in these fantasies is not all happy and fun. DeLano was kind enough to speak with us about her new fantasy novel, her process as an author and how being a writer impacts her view on life.

Can you tell us what the novel is about?

"It's about a girl who steps through mirrors into other realities and steps into other versions of herself when she does that. She slides into a different version of herself; she may be overweight, handicapped, she may be a dancer in this reality or she may be a circus performer in that one. There's a bunch of strange things that go on so there's a lot of adventure in what she does. And she's not sliding just for the fun of it or just because she can: she's actually tasked with something to do in this alternate reality and she gets those tasks overnight when she's in her dreams."

Who would you say the audience for the novel is?

"I would say older high school students and anyone beyond that who really likes reading about teenagers who can travel through reality."

Which characters would you want to connect with or date in real life?

"She learns that she can travel to these other realities from a young man who comes to visit her and his name is Finn. In a couple of instances, she travels without Finn and ends up in this sort of steam punk reality where she meets a pirate version of Finn who is very dashing and very charming and- - oh boy - I would be with pirate Finn in a heartbeat."

What do you want audiences to take away from "Traveler?"

"Just a sense of fun and adventure. There's just a lot going on with her: she's being systematically murdered in all these other realities and that's why Finn comes to find her. There's a lot of intrigue and a lot of mystery as to who is doing this and why, and there are much bigger stakes involved than she originally thinks. But there's also a lot of heart in this book so I would love for people to take away the fun and adventure but there's a real ground in there about home and family and

what really ties you to another person. I'd like my readers to laugh and fist pump the air and clutch their chest occasionally when I've made them feel too much."

What was the most challenging part of writing your novel?

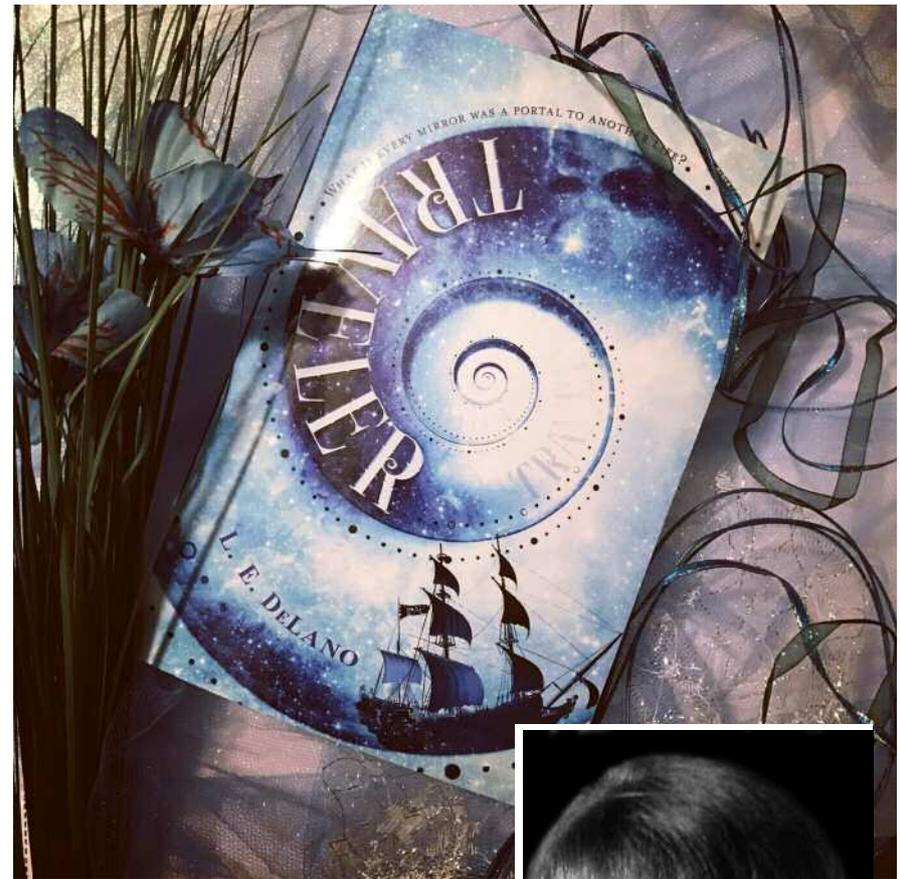
"I have such a challenge at home with writing. I'm the parent of an autistic child and I actually wrote a character on the autism spectrum into the book because I wanted to represent positively someone who is on the spectrum and also to make them more of a general autistic person. As an autism parent, it's a real challenge for me to write because my son is very much in

my face a lot. He's not very good about trying to be quiet when mommy is writing or not interrupting when mom

is trying to write, so it's a real challenge for me to work around that. I love the kid to death, but I'll tell you that I'm a stronger person for how I've had to learn to write. I've learned to type with one ear on him and one ear into my story and I can really type and work anywhere now."

I read a quote once by George Martin that said that there are two types of writers: the gardener and the architect. The gardener being someone who improvises as she tell the story and the architect being someone who plans it out completely beforehand with only a few minor improvisations. Which of these two would you say fits your writing style?

"I am a gardener most definitely! I always have a rough idea of where my story is going and I have some definite themes that I want to see there,



Don't write for a market. Write the book you want to read.

but I always love to see where a story is going to take me because whenever I think I'm going to be writing at first is never what that story ends up being."

Do you think that being a writer impacts your view on the world?

"Absolutely, everybody is a story. We are all made up of the sum of our stories and that makes you want to meet people and talk to people and know a lot of people from a variety of places in life. Everybody has a back story and there is always something interesting in there."

What advice would you give to young writers who want to write their first novel?

"Write the story that you want to read: it's that simple. Don't try to write for your market; don't try to write what you think your readers might want to hear because that's what's probably out there right now; don't try to write the great American novel. Write the book that you want to read."



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Giants of pop owe it all to Chuck Berry

David Paone
Campus News

In the spring of 1955, in the form of the song “Maybellene,” Chuck Berry planted his musical seed into the American music industry (and American popular culture), conceived an entirely new sound in music and subsequently earned the title, The Father of Rock & Roll.

While music scholars debate exactly what the first rock & roll song is, much less who wrote it, they pretty much agree with Berry’s paternal title.

Berry continued to write and record songs, many of which are considered the DNA of virtually all rock & roll that followed, as well as all pop music we hear today.

So what exactly is rock & roll? According to the New Grove Dictionary of Music and Musicians, “The genre is often described as a merger of black rhythm and blues with white country music....”

And more specifically, what makes a Chuck Berry song a Chuck Berry song?

According to Brian Kachejian, editor-in-chief of ClassicRockHistory.com, “Chuck Berry incorporated the same, basic chord progression that fueled the music of the blues. That progression utilizes the first, fourth, and fifth chords of the major scale. The chords are played in the order of what is known as the 12-bar, blues progression.

“Just about every Chuck Berry song follows the same pattern. However, Chuck Berry’s creative guitar licks played over those changes is what separated him from the blues musicians and created a fresh, new sound that developed into rock & roll.”

Berry is humble about what the rest of the world perceives as “his music.”

“If you can call it my music,” he said in the 1987 feature documentary, “Chuck Berry: Hail! Hail! Rock ‘n’ Roll,” “There’s nothing new under the sun.”

Then there are the lyrics. Berry has a love of poetry and was able to write lyrics that are not only poetic, but relevant to his teenage audience at the time.

Songs such as “School Days,” “Sweet Little Sixteen,” “Almost Grown” and “No Particular Place to Go” contained lyrics to which teens could easily relate.

John Lennon once said, “In the ’50s, when people were just singing virtually about nothing, he was writing social-comment songs; he was writing all kinds of songs with incredible meter to the lyrics, which influenced Dylan and me and many other people.”

In “Hail! Hail!,” Keith Richards of The Rolling Stones says, “I don’t even know if Chuck realizes what he did. I don’t think he does. There was something about the sound. Such a great, total, overall sound came off the needle. That’s when I knew what I really wanted to do.”

If imitation is the sincerest form of flattery, Berry should be extremely flattered. Countless bands have covered his songs. In the early days of The Beatles, when they played hole-in-wall clubs in Hamburg, Germany, they played several of his compositions. In a few years’ time, many of those were recorded in a studio and included on their early albums.

The Rolling Stones’ first single was Berry’s “Come On” and they’ve covered a total of 13 of his songs in their career (thus far).

Artists have been covering Berry songs for decades. To date, including live performances and bootlegs, there are a grand total of 176 recordings of 44 songs covered by 77 acts. That’s a lot of imitation.

However, some artists may have gone too far. Brian Wilson of The Beach Boys claimed the music to “Surfin’ USA” was homage to Berry. Berry didn’t hear it that way; he argued it’s a blatant rip-off of “Sweet Little Sixteen,” sued Wilson and won.

Berry also sued Lennon for pilfering his lyrics for The Beatles’ “Come Together”... and won that case, too. (It was settled out of court.)

Paul McCartney freely admits he stole some of Berry’s music, note for note.

He said, “Here’s one example of a



bit I pinched from someone: I used the bass riff from “Talkin’ About You” by Chuck Berry in “I Saw Her Standing There.” I played exactly the same notes as he did and it fit our number perfectly.”

Then there are the endless motion pictures and TV shows that feature Berry songs. The Internet Movie Data Base lists 235 movies and TV episodes that use them. The two most famous ones are the twist contest in Pulp Fiction (“You Never Can Tell”) and the Enchantment Under the Sea dance in Back to the Future (“Johnny B. Goode”).

When Marty McFly (Michael J. Fox) and the band begin playing, the injured band member he replaced makes a phone call from the wings. He says, “Chuck! Chuck! It’s Marvin. Your cousin, Marvin Berry. You know that new sound you’re looking for? Well, listen to this!” and he holds the receiver

up to the music. Now you know why that’s funny.

By the end of the 1960s, rock &

‘44 of Berry’s songs have been covered by 77 acts, including the Beatles.’

roll had morphed into an entity other than what Berry originally conceived. Groups such as Led Zeppelin had a different and much harder sound that could no longer be called rock & roll, so the music was simply called rock, yet the Berry genes were still dominant.

One of the new rockers from the 1970s was Bruce Springsteen.

Berry is a Springsteen favorite, with seven covers: six live and one studio.

Nineteen-seventies rocker Ted Nugent places Berry number one on his list of greatest guitarists.

He wrote, “There is no question in my musical mind that His Highness,

Berry (cont.)

Chuck Berry, took this relatively new electrified instrument and unleashed a torrent of innovative tones, patterns, licks and unprecedented lyrical cadence and outrage that fired up the way and tore down all possible walls for all future guitar jammers.”

So we can connect the dots from Berry to the next generation of rock & rollers (The Beatles, The Rolling Stones) and then to the third generation (Bruce Springsteen, Ted Nugent). But what of more current music?

Run-D.M.C. will connect more dots for us.

The pioneering rappers from Queens, New York, paid tribute to Berry when they performed at a Rock & Roll Hall of Fame concert in 2012.

“This is like me paying homage to one of the first, greatest rappers of all time,” Run said. “If there was no Chuck Berry, hip-hop wouldn’t be as cool as it is.”

We can continue connecting dots. Anthony Kiedis of The Red Hot Chili Peppers has described Berry as “a musical scientist who discovered a cure for the blues.”

Lady Gaga has publicly stated Berry is one of her influences. Regarding the song “Vampire Money,” frontman Gerard Way of My Chemical Romance said they were, “channeling Chuck Berry” among others.

As the countless bands before them, My Morning Jacket (plus frontman Jim James when he tours solo) love to perform Berry songs in concert. James performed two last December when playing in Berry’s hometown of St. Louis, Missouri. Indie rock band Arcade Fire did the same thing (playing “Roll Over Beethoven”) in 2014.

Prince performed “Johnny B. Goode” on French television and also played it for reporters during a press conference for the Super Bowl halftime

show in 2007.

Last April, when Prince died, social media gave him a sendoff that no other celebrity has had to date. According to Wikipedia, “In the first five hours after the media reported his death, ‘Prince’ was the top-trending term on Twitter and Facebook had 61 million Prince-related interactions.”

So what sendoff will Berry get? He’s 90 years old and not immortal. He plans to release his first studio album in 38 years this year, so he may be in the public’s eye again when he goes.

In “Hail! Hail!,” director Taylor Hackford asks Berry how he’d like to be remembered after he’s gone. Berry replies, in part, “I just hope it’s real, and



it’s a fact, which will be the truth....”

In our world of social media, with endless platforms from which to state facts and express opinions, the truth of which Berry speaks can easily be shared by anyone who has anything to say about him. Come the day when it’s apropos to state those facts and express those opinions, he may or may not get a sendoff as big (or bigger) than Prince’s.

Only time will tell.



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SUNY considers sanctuary campuses (cont.)

Stony Brook University studying English, wanted to be involved with helping undocumented students on campus and make them know that they were not alone in case something were to happen.

“In November after the election, that’s when students at SBU were concerned about being deported for being undocumented,” he said. “Faculty was concerned, too, and they helped create a petition that had over 1,000 signatures – which was amazing.” Serrano, an activist, did not write the petition, but he helped students find it who wanted to be involved and wrote an opinion piece about it for the university newspaper.

Stony Brook was just one of several schools to voice their opinions with marches, petitions or forums. The concern, worry and anxiety re-

sulted in President Marc Cohen and his SUNY Student Assembly Board to gather and figure out what to do in case the time comes where a safe haven would have to be considered.

Cohen said that “sanctuary” is an ambiguous term in general, but SUNY had policies in place before Trump’s policies that will prevent anyone from being alienated on campus. For example, under SUNY rule, a police officer cannot ask you for proof of citizenship on campus and the university will not volunteer any information about students.

“SUNY is a sanctuary campus,” he said, “but if it means students need to feel safe, then we will stand up if we see any form of racism, bigotry or hatred.”

The State University of New York group is the largest system in

the country, so Cohen believes that when students speak, they need to be heard.

“We stand firmly in solidarity with any student who wants to get an education,” he said. “Our duty is to represent every student.”

Although the discussion of sanctuaries is actively in talks among government officials, students and faculty at SUNY schools, nothing is being put into effect just yet, but they are acknowledging the different petitions.

“We’re optimistically looking to work with leaders in education and government to ensure our students are represented,” Cohen said.

SUNY is not the only school system on the east coast that is talking about sanctuaries. Earlier this year, President Mark E. Ojakian of Con-

necticut State Colleges and Universities released a statement that he too was concerned about the anxiety and unrest across the United States. He stated that CSCU institutions celebrate diversity and respect all students’ backgrounds.

For now, Connecticut schools

‘Our duty is to represent every student.’

are alongside SUNY by keeping their eyes and ears open, hearing the complaints of students and supporting them no matter where they came from until a sanctuary status needs to absolutely be considered.

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Fuhgettaboutit! ‘The Sopranos’ is better

Darren Johnson
Campus News

Fuhgettaboutit! I was wrong. I’m sorry Tony ... and Big Pussy ... and Paulie Walnuts.

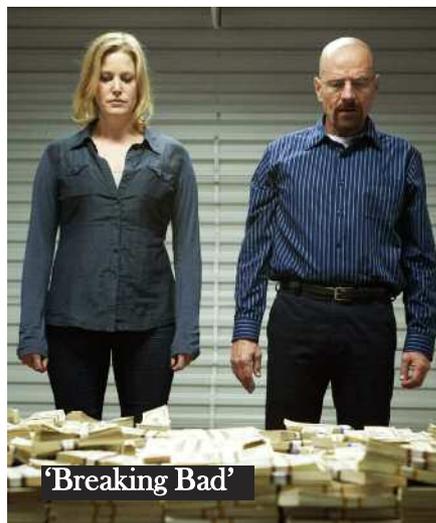
Yeah, you, too, Carmela. Sorry!

You see, in this space a few years ago, I declared “Breaking Bad” the best TV show of all time. Of course, I was aware of “The Sopranos” and how it trail-blazed a market for all of these multi-season crime series we marathon watch today on services like Netflix.

But here’s the problem. I had never marathon watched “The Sopranos.” In the late 1990s and early 2000s, I’d catch it, here and there, on HBO, depending if I’d had a subscription at the time. And I was younger — some of the family drama at the time went over my head.



Sometimes I’d catch it on regular TV, where it didn’t translate that well without the cursing and Bada Bing! strippers. Then there was the finale, which got mixed reviews at the time. So my recollection of the series was skewed.



Thus, when I got to “Breaking Bad” a decade later, it seemed — ah, finally a perfect series. And it was — except for “The Fly” episode, and Anna Gunn’s dramatic changes in appearance from season to season.

But now I have Amazon Instant — which is totally worth it (go to ccc-news.info/amazon if you have a .edu email address and want a great deal) — and Tony and the whole Soprano family are there, free for Prime members, and ready to marathon watch. I’ve now seen the series two more times. It’s amazing what one catches when marathon watching — for example, loyal wife Carmela folding the laundry, which includes the awful Hawaiian shirt Tony wore to the BBQ when his panic attacks started worsening. Paulie saving Tony’s vanity portrait of himself from a fire; we forget about it and

then see it a season or two later, when Tony goes to visit him and there’s an awkward exchange about it.

Stuff like that. When watching this series on

HBO when it had originally aired, sometimes sporadically, over several years, I didn’t catch such nuance.

And this is not to say “Breaking Bad” is an inferior show. But, right now, I’m more excited about watching and rewatching the Italian gang up North. Here’s a breakdown comparison:

The Main Characters

Both Bryan Cranston as Walter White and the late James Galdolini as Tony nail their roles, and there’s no saying one is better than the next. They both hit home runs. Both characters go through a transformation, but White’s is more dramatic; going from moribund high school teacher to drug kingpin. Soprano just becomes a bit more self-realized. Very early on he goes from captain to boss, so not as much of a career



change. White’s disease — Stage 4 lung cancer — is also more dramatic than Soprano’s panic attacks.

Their Wives

Edie Falco as Carmela is superb. She’s the wife every mob guy needs to be a boss. She’s loyal but tells it like it is. She looks the other way in regards to the strippers and gumars Tony sleeps with. She keeps the kids neat and tidy and on the college track. She shows us incredible acting chops (also marathon watch “Nurse Jackie” on Netflix, where she, instead, plays a very bad wife as the title character). I think I have a small crush on her. Anna Gunn as Skyler seemed like the right choice in Season 1 of “Breaking Bad,” kind of earthy, kind of pretty, somewhat supportive; but either the actress, or the character, became one of the most hated women on the Internet at one point in time, and probably deservedly. How far could Walter White have gone had he married Carmela, instead?

Their Associates

Aaron Paul as Jesse Pinkman is a legitimate co-star — and the most likeable actor in the series — while Tony Soprano is surrounded by henchmen. Michael Imperioli as Christopher is also an excellent actor. Though Giancarlo Esposito as drug lord Gus Fring, Jonathan Banks as hitman Mike and, of course, Bob

Odenkirk as lawyer Saul (and “Better Call Saul,” the best spinoff in TV history (sorry, “Joanie Loves Chachi”), is on Netflix and starting new again on AMC next month) all come to life under Vince Gilligan’s masterful storytelling and direction.

The Locations

Apologies, Albuquerque, but the New York Metro region is just a better, more relatable locale. The desert is nice and all — a great place to bury bodies — but so is the Meadowlands. As far as bodies go, HBO was able to add more sex — including a good deal of nudity at Bada Bing! — compared to AMC, which is limited to just allowing gruesome killing. Not that White was much of a player when it came to extramarital activity.

Hey, both of these shows have excellent dialogue and very real, well-developed characters. Maybe “Breaking Bad” has a tighter plot, where everything connects, and the finale is spectacular. But, hey, yo’ — give me some more gravy on my mani-got, before it gets cold! And, really, “The Sopranos” finale is not bad at all — it’s actually just right.

Started seven years ago, “It’s New to You!” was the first column to discover hidden gems on Netflix and other services. Read more reviews at www.Nu2u.info.

March's new releases on Netflix

Avail. 3/1/17

Angry Birds: Season 2 (2013)
Blazing Saddles (1974)
Chicago (2002)
Deep Run (2015)
Dirt Every Day: Season 1 (2013)
Epic Drives: Season 2 (2015)
Friday After Next (2002)
Head 2 Head: Season 2 (2013)
Hot Rod Unlimited: Season 1 (2013)
Ignition: Season 1 (2013)
Impossible Dreamers (2017)
Jurassic Park (1993)
Jurassic Park III (2001)
Kate and Mim-Mim: Season 2 (2015)
Know Your Enemy - Japan (1945)
Kung Fu Panda (2008)
Let There Be Light (1946)
Memento (2000)
Midnight in Paris (2011)
Nacho Libre (2006)
Nazi Concentration Camps (1945)
Roadkill: Season 2 (2013)
Rolling Stones: Crossfire Hurricane (2012)
San Pietro (1945)
Singing With Angels (2016)
Sustainable (2016)
Slums of Beverly Hills (1998)
The Craft (1996)



'The Negro Soldier'



'Jurassic Park III'

This Is Spinal Tap (1984)
Tenacious D in: The Pick of Destiny (2006)
The Lost World: Jurassic Park (1997)
The Memphis Belle: A Story of a Flying Fortress (1944)
The Negro Soldier (1944)
Thunderbolt (1947)
Tunisian Victory (1944)

Avail. 3/3/17

Greenleaf: Season 1 (2016)

Avail. 3/4/17

Safe Haven (2013)

Avail. 3/5/17

Señora Acero: Season 3 (2016)

Avail. 3/7/17

*Amy Schumer: The Leather Special**

Avail. 3/8/17

Hands of Stone (2016)
The Waterboy (1998)

Avail. 3/9/17

Thithi (2015)

Avail. 3/10/17

*Buddy Thunderstruck: Season 1**
*Burning Sands**
*Love: Season 2**
*One More Time: Season 1**
The Boss' Daughter (2016)

Avail. 3/13/17

Must Love Dogs (2005)
Million Dollar Baby (2004)

Avail. 3/14/17

Disney's Pete's Dragon (2016)
*Jim Norton: Mouthful of Shame**

Avail. 3/15/17

Disney's The BFG (2016)
Lucha Underground: Seasons 1-2

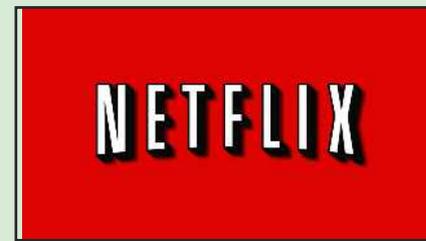
Notes on Blindness (2016)

Avail. 3/16/17

*Beau Sejour: Season 1**
Coraline (2009)

Avail. 3/17/17

*Deidra & Laney Rob a Train**
*Julie's Greenroom: Season 1**
*Marvel's Iron Fist: Season 1**
Naledi: A Baby Elephant's Tale (2016)
*Pandora**
*Samurai Gourmet: Season 1**



Avail. 3/18/17

Come and Find Me (2016)
The Vampire Diaries: Season 8 (2016)

Avail. 3/20/17

El Reemplazante: Season 1-2 (2012)

Avail. 3/21/17

Ali & Nino (2016)
Another Forever (2016)
Evolution (2015)
Fire at the Sea (Fuocoammare) (2016)

Avail. 3/23/17

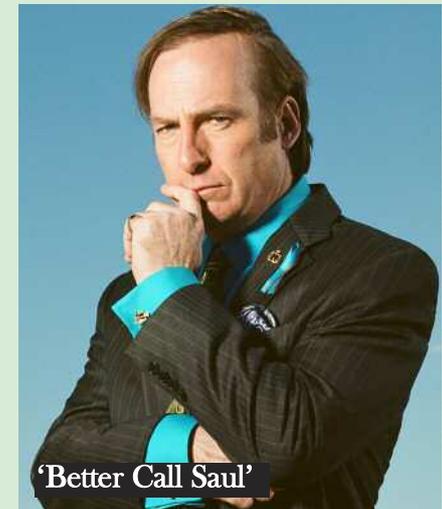
How to Get Away with Murder: Season 3 (2016)
Welcome to New York (2015)

Avail. 3/24/17

*Botthersnikes & Gumbles: Season 2**
Déjà Vu (2006)
*Felipe Neto: My Life Makes No Sense**
*Grace and Frankie: Season 3**
*Ingobernable: Season 1**
Spider (2007)
The Square (2008)
*The Most Hated Woman in America**
Who Framed Roger Rabbit (1988)

Avail. 3/25/17

The Student Body (2017)



'Better Call Saul'

USS Indianapolis: Men of Courage (2016)

Avail. 3/26/17

The Life Aquatic with Steve Zissou (2004)

Avail. 3/27/17

Better Call Saul: Season 2

Avail. 3/28/17

Archer: Season 7 (2016)
*Jo Koy: Live from Seattle**

Avail. 3/30/17

Life in Pieces: Season 1 (2015)

Avail. 3/31/17

*13 Reasons Why: Season 1**
*Bordertown: Season 1**
Cooper Barrett's Guide to Surviving Life: Season 1 (2016)
*Dinotrux: Season 4**
FirstBorn (2016)
*Five Came Back**
GLOW: The Story of the Gorgeous Ladies of Wrestling (2012)
Rosewood: Season 1
The Carmichael Show: Season 1-2
*The Discovery**
*Trailer Park Boys: Season 11**

* Netflix Original.



Amy Schumer

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Want to start a business?

Prof. Jack K. Mandel
Campus News

It's been said a small business is nothing more than work and money... too much of one and too little of the other. Do you think you have what it takes? Your key to long-term business success is the ability to find the right niche in the marketplace. Keep in mind the following considerations:

1. IS THERE A NEED FOR YOUR PRODUCT OR SERVICE?

The first rule of thumb in marketing is to "find a need and fill it." Offer a product or service not because you want to, but because your potential customers tell you they need it.

2. ARE THERE ENOUGH POTENTIAL CUSTOMERS TO MAKE YOUR VENTURE A PROFITABLE ONE?

Before you spend time and money to get your business started, be certain that a target market exists. You must justify the location of your business. Even an internet presence does not guarantee success!

3. HAVE YOU MONITORED YOUR ENVIRONMENT TO YOUR COMPLETE SATISFACTION?

Take the time required to carefully investigate the community you propose to serve. Look at the growth potential of the area. Are people moving in or out? Are there many "empty-nest" families or young married couples who shop in the local stores? Make careful, first-hand observations. What about your competitors? If you're going to offer a product or service not yet available in the community, ask yourself why others haven't already located there. Is there a drawback you may have overlooked?

4. CAN YOU IDENTIFY MEDIA PATTERNS OF YOUR TARGET MARKET?

Determine where and how your potential customers get their information. What is the social media choice?

What local radio stations do they listen to? What newspapers do they read on a regular basis? Know the answers to these questions!

5. HAVE YOU DESIGNED A MARKET STRATEGY WHICH WILL SET YOURSELF APART FROM OTHERS?

This important marketing term is called positioning. Positioning lets you capitalize on your strengths to attract customers. You decide what image to project in relation to what your customers want and/or expect of you. Promotional efforts become more clearly defined when you use a positioning approach. Examples of popular positioning techniques include geography (Dairy Barn stores), price (Payless), convenience (7-Eleven stores) and service (Amazon).

6. CAN YOU SET CLEAR OBJECTIVES WHEN COMMUNICATING TO YOUR TARGET MARKET?

Communication, whether it's written, oral, or via the internet, must have people understand exactly what you mean. Communicate your ideas in ways to make customers respond to your messages. What good is spending \$200 for a newspaper advertisement announcing your opening sale if no one takes the time to read it? And remember to ask for email contacts; they can provide you with an easy way to communicate with your loyal customers.

Professor Mandel has been teaching at Nassau Community College since 1978. This will be his 39th year teaching at the institution. He is the recipient of the Outstanding Teacher Award granted by the New York State Association of Two-Year Colleges.



The terror spree of the Boston Strangler

Kristina Bostley
Campus News

It was not the streets of Boston that were dangerous for women of all ages in the early 1960s; it was their homes that were not safe. Between the years 1962 and 1964, 13 women were brutally beaten, molested, and murdered inside their own homes. Detectives determined that the same man committed at least 11 of the 13 murders, and thus the serial killer was dubbed “The Boston Strangler.”

A 55-year-old Latvian native, Anna Slesers, was the first victim, found in the bathroom of her third-story apartment in Boston. Her body had been deliberately rearranged and the belt of her bathrobe had been tied in a bow around her neck, and it was later determined she had been sexually assaulted. Though there were no signs of forced entry, Slesers’ apartment looked as though the intrusion had been an attempted robbery; however, nothing seemed to be missing.

A few weeks later, 68-year-old Nina Nichols was found dead in her apartment, and the details of the case very closely resembled the murder of Anna Slesers. But rather than a bathrobe belt, a pair of Nichols’ stockings had been tied around her neck. That same day, the body of 65-year-old Helen Drake was discovered strangled to death with her stockings.

Panic began to spread through the Boston area. Because the method of operation was similar for all three murders, police attributed them all to one man. A few weeks later, the body of 75-year-old Ida Irga was discovered, strangled with a pillowcase, beaten, and sexually assaulted. Not even a day later, Jane Sullivan, a 67-year-old nurse living in Boston, was strangled to death with her stockings. Sullivan’s body was not discovered until over a week later, and because

the body had been decomposing, physical evidence was hard to come by. Her apartment hadn’t been ransacked, leaving no doubt that murder was the intent of the intruder as opposed to robbery.

Months later, the body of 21-year-old Sophie Clark was found in the apartment she shared with two roommates. Her body had been arranged much like the others, and she had been strangled with her nylon stockings. Later that month, 23-year-old Patricia Bissette was discovered dead in bed, sexually assaulted with

stockings and a blouse tied around her neck. A few more months passed without incident until the body of 67-year-old Mary Brown was discovered in her apartment, raped and strangled.

Two months after that, 23-year-old Beverly Samans was discovered dead in her apartment. It was assumed that she had also been strangled, but in fact she had been stabbed 22 times, four times in the throat alone. Several months later, the bodies of 58-year-old Evelyn Corbin, 23-year-old Joann Graff, and 19-year-old Mary Sullivan were all found raped and strangled.

Albert DeSalvo was a 29-year-old man with a criminal record for breaking and entering and robbery. When he was arrested in November 1964, he confessed to breaking into hundreds of apartments and assaulting 300 women in four different states. He was placed in a state hospital for psychiatric observation. In March 1965, DeSalvo confessed to being the Boston Strangler. He confessed to the murders of the 11 women plus two additional women whose murders had not been previously attributed to the same killer as the others.

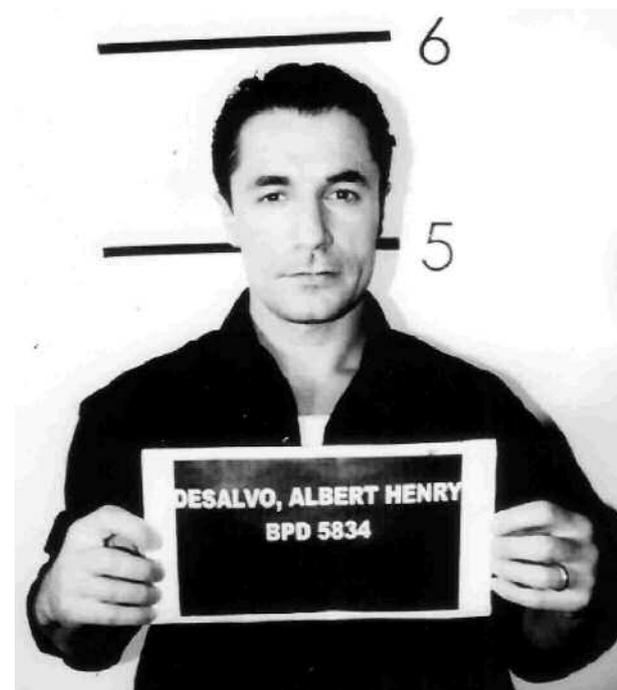
There were some fears that DeSalvo’s confession was fabricated and that he only wanted the fame associated with being the Boston Strangler. There was no physical evidence at

that time connecting DeSalvo to the murders; his confession was the only link authorities had tying him to the case. Even some of the details he provided did not match those of the murders he was confessing to. However, the panicked population of Boston was begging to place the blame for the gruesome murders, and DeSalvo had confessed.

DeSalvo and his lawyer pled guilty to the murders by reason of insanity. The jury found him not guilty and mentally sane. However, because of his other crimes which he was found guilty of, he was sentenced to life in prison. In 1973, he was found fatally stabbed in his jail cell.

For a long time, even though no evidence directly linked DeSalvo to the murders, it was assumed that he was the Boston Strangler. But as the years went on, families of the deceased began to doubt that DeSalvo was responsible for all of the murders. There was a book written by Gerold Frank about the murders, which was adapted into a movie that was released in 1968. Susan Kelly wrote another book in 2002 titled “The Boston Stranglers” in which she claimed that DeSalvo could not possibly have been responsible for all of the murders he confessed to.

Robert Ressler of the FBI claimed, “You’re putting together so many different patterns here that its inconceivable behaviorally that all these could fit one individual.” These doubts fueled the fire enough to reopen the investigation to determine whether modern advances could shed any more light on the Boston Strangler. Physical evidence was needed to investigate further, so in 2001 the body of Mary Sullivan was exhumed for additional testing. DNA testing at that time led investigators to believe that DeSalvo was not responsible for



Sullivan’s rape and murder.

But that’s not quite where the story ends. Additional DNA testing in 2013 revealed that DeSalvo had most likely been telling the truth. His DNA was almost identical to DNA evidence found in samples from Sullivan’s body. “We may have just solved one of the nation’s most notorious serial

‘DNA testing at the time was inconclusive.’

killings,” said Martha Coakley, the Massachusetts attorney general.

But is it really solved? A near-certain match is not the same thing as an exact match. And even if it had been, is it certain that all eleven Boston Strangler victims were killed by the same person? Mary Sullivan was the final victim of the Boston Strangler. What suddenly brought the nearly two-year strangling spree to a halt? Although it seems almost certain that DeSalvo raped and strangled Mary Sullivan, questions still surround the case as to whether DeSalvo was in fact responsible for all of the Boston Strangler murders.

MVCC adds Health Professions AAS

Mohawk Valley Community College has added an all-online degree program to its Health Professions Department.

The Health Information Technology Associate of Applied Science (AAS) degree, which recently was approved by the New York State Education Department and SUNY, will be offered in fall 2017. The program can be completed entirely online; Health Information Technology core courses are available only online, but students may take general education courses, such as Human Anatomy & Physiology, English, and Math, on campus.

MVCC's Health Information Technology program, which is accredited by the Commission on Accreditation for Health Informatics and Information Management Education, prepares stu-

dents to enter a quickly growing field in a variety of health care settings. Health information technicians are responsible for organizing and managing health information data; ensuring the information is accurate, accessible, and secure in both paper files and electronic systems; and using various classification systems to code and categorize patient information for insurance reimbursement purposes, databases and registries, and to maintain patients' medical and treatment histories. Students gain knowledge in areas such as accreditation and regulation, coding and reimbursement, data collection and analytics, information management and computer technology, and legal and ethical aspects, including privacy and security. During their last semester of study, students have the opportunity to practice what they've

learned in a nonpaid professional practice experience at a health care facility. There also are transfer options for students wishing to further their education.

Upon completion of this degree, graduates will be eligible to take the national Registered Health Information Technician certification exam. With experience, this credential holds potential for advancement to management positions, especially when combined with a bachelor's degree. Although most registered health information technicians work in hospitals,

many are employed in a variety of other health care agencies.

MVCC's Health Information Technology program requires prospective students to complete a separate application. For information on how to apply, visit www.mvcc.edu/health-info-tech.



Off My Meds.net © Copyright 2017
L. Taha



The bad news is he's in a coma; he's a complete vegetable. The good news is, since he's a postal worker he can still go back to work.

9 to 5 by Harley Schwadron



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SCHWADRON

"Sven's body checking experience on the ice should come in handy for hostile takeovers."

CAMPUS NEWS

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Campus News is looking for comics.



Can you draw? Have something to say? Send a sample drawing as a JPG to cartoons@cccn.us.

Region XV community college sports roundup

Peter Briguglio
Campus News

The month of February has come to a close and the Region XV tournament has begun. CUNY Conference champions have been crowned, now all that is left is to determine who will represent the region at this year's NJCAA National basketball tournaments. Below we recap key games throughout the past month and take a look at some early playoff results.

DIII Women's Basketball

The CUNY Championship finals matchup on the women's side matched up the home Borough of Manhattan Community College Panthers versus the Hostos Lady Caimans. Hostos went into the game ranked 9th in the nation and undefeated in CUNY conference play this season.

The #1 seeded Hostos struggled early on against BMCC and never seemed to get comfortable throughout the game. Though BMCC out-rebounded and shot a better percentage from the field overall, Hostos came away with the victory behind their defensive focus. The Lady Caimans forced 29 turnovers in the championship game, scoring 23 points off those turnovers.. Hostos' Cashmir Fulcher scored 24 points on 9-for-16 shooting from the field with 9 rebounds in the game to lead the Lady Caimans

to a 66-53 championship victory.

After defeating Sullivan in a double-overtime thriller in the final regular season game of the year, Hostos earned the Region XV tournament's #1 seed and is riding a 22-game winning streak into the playoffs.

Sullivan will enter as the #2 seed in the tournament following their loss to Hostos.

The winner of the Region XV Tournament will advance to NJCAA nationals, which will take place at Mohawk Valley CC in Utica, NY, from March 16-18.

DIII Men's Basketball

Last month's CUNYAC Men's Basketball Championship saw the #3 BMCC Panthers upset the #2 Hostos Caimans, while the #1 LaGuardia Red Hawks earned their second consecutive title bid after trouncing the #4 Bronx Broncos. That set up a rematch of the 2016 Championship game, which went in favor of LaGuardia by a score of 75-72.

Defeating BMCC appeared to be no small task as the Red Hawks had to contain CUNYAC Rookie of the Year Terrell Fullerton and the NJCAA's leader in rebounds this season with 17.3 per game Jericho Cherisma on BMCC's home court.

The Red Hawks and Panthers battled it out for majority of the game leading up to a 62-62 deadlock with about six



LaGuardia



Hostos

minutes left in regulation time. It was then that a surge of offense from CUNY All-Star Mahlik Sherlock, who led the team with 23 points on 9-for-11 shooting with 9 rebounds in the game, and Leon Antwi, who netted 19 points off the bench, put LAGCC in the lead for good. CUNYAC Coach of the Year Ben Chobhaphand saw his Red Hawks team win the game 82-69 and the tournament for the second consecutive season.

All that is left now for the Red Hawks, and the rest of Region XV, is the

Region XV Tournament. The Region's defending champion Nassau Lions have earned the #1 seed with a 22-7 overall record and a 17-3 regional record, earning the tie-breaker over #2 seed and #10 nationally ranked Sullivan. LaGuardia will enter as the #3 seed.

The winner of the Region XV Tournament will advance to NJCAA nationals, which will take place at The UCR Regional Sports Center in Rochester, Minnesota, from March 16-18.

Sports shorts

SCCC Sports Management

Setauket's Danielle Shangold, a 2015 SUNY Cortland graduate and master's degree candidate in Sports Manage-



Danielle Shangold

ment, is an intern in Suffolk County Community College's athletic department for the spring 2017 semester. will be help with athletic event setups and coordination for winter and spring sports, coordinate social media for Suffolk's athletic teams as well as provide media relations support.

"To earn my masters in sports management I am required to intern during my last semester of study," Shangold said and added, "the first place I turned to was Suffolk Community College because the college is known for its superior athletics programs."

Shangold is a 2011 Ward Melville High School graduate.

Swim/Diving Honors

The Herkimer Generals swimming and diving team brought home four All-Region titles this 2016-2017 season. Sophomore Jensen VanNostrand (Macedon, NY), earned 2nd team All-Region in the women's 200 yard butterfly event. Sophomore Cameron Roten (Johnstown, NY) earned 2nd team All-Region honors for the men's 50 yard freestyle stroke. Sophomore diver Nicholas Herrett (Rotterdam, NY) also earned two spots on 1st team All-Region for the 1 meter dive, and 1st team All-Region for the 3 meter dive.



Jensen VanNostrand

Have a sports story or photo to send us? Don't be shy. Get in print! Send to collegestories@cccn.us.

Spring events in Nassau

Nassau Community College presents its Spring 2017 Cultural Program, Challenges for America, which features presentations by David Hoppe, former Chief of Staff for House Speaker Paul Ryan; Kyle Pope, editor and publisher of the Columbia Journalism Review; Frank Meeink, a former Neo-Nazi skinhead who began to question his hatred and was ultimately redeemed while doing hard time in an Illinois prison; and more.

The Challenge Facing Democrats with Gina McCarthy

Gina McCarthy was the Administrator of the United States Environmental Protection Agency under President Obama. During her 30-year career, she has worked in all levels of government to take action on economic growth, energy, transportation and the environment. This takes place Monday, March 6, 12:30 p.m., CCB Multipurpose Room.

The Challenge Facing Republicans with David Hoppe

From early days crafting President Reagan's tax reforms to his most recent role as Chief of Staff to House Speaker Paul Ryan, David Hoppe has been at the center of the Republican legislative agenda and conservative thought leadership. Be there Monday, March 13, 11:00 a.m., CCB Multipurpose Room.

Understanding the Electoral College and Why We Still Have It with James Coll, NCC History Department

Founder of ChangeNYS.org, James Coll is a frequent contributor on political issues to Newsday, Politico, The Hill and other periodicals. Join the talk on Monday, March 27, 11:00 a.m., CCB 252/253.

Watched

Theater 167, a multicultural ensemble, will perform Watched, the

story of Naeem, a teenager coming of age under surveillance, something many Americans experience and most Muslim Americans know. Author Marina Budhos will discuss her work following the performance. This is on Monday, April 3, 11:00 a.m., CCB Multipurpose Room.

The Media in the New Age of Trump with Kyle Pope

New York media veteran Kyle Pope is the editor and publisher of the Columbia Journalism Review. CJR's mission is to be the intellectual leader in the rapidly changing world of journalism. It shapes the ideas that make media leaders and journalists smarter about their work. This is on Wednesday, April 19, 2:00 p.m., CCB 252/253.

A Former Skinhead Speaks Out Against Hate with Frank Meeink



David Hoppe

Frank's violent childhood primed him to hate. By 18, this Neo-Nazi skinhead was doing hard time in an Illinois prison. Behind bars, he began to question his hatred. The story of his downfall and redemption has the power to open hearts and change lives. This is on Thursday, April 20, 2:30 p.m., CCB 252/253.

These programs are free, open to the public and accessible to the disabled. For more information call 516-572-7148.

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**CAMPUS
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PAPER**

Zimpher honored

Nancy L. Zimpher, chancellor of The State University of New York, recently received the David G. Imig Award for Distinguished Achievement in Teacher Education, which is presented by the American Association of Colleges for Teacher Education (AACTE) in recognition of “distinguished achievement in the formulation, implementation, or analysis of teacher education policy, or in the performance of distinguished scholarship in educator preparation.”

University at Maryland Professor David Imig, who presented the award to Chancellor Zimpher today, said, “I am deeply honored that Nancy Zimpher is this year’s recipient, and to have had the opportunity to celebrate her extraordinary record of achievement and exceptional service to the profession of

education with our AACTE colleagues.

As a scholar, teacher, advocate, and leader, Nancy Zimpher has never forgotten that at her core, she is an inspiring educator who has touched the lives of countless teachers and teacher educators everywhere.”

The national award comes as SUNY and the State Education Department implement TeachNY, a movement envisioned by Chancellor Zimpher that aims to lift up the teaching profession and transform teacher preparation in New York State.



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							Triple Word Score	
A ₁	I ₁	Y ₄	M ₃	C ₃	R ₁	P ₃		RACK 1
A ₁	A ₁	I ₁	K ₅	P ₃	R ₁	R ₁		RACK 2
E ₁	I ₁	R ₁	H ₄	H ₄	T ₁	T ₁		RACK 3
							2nd Letter Double	
I ₁	U ₁	G ₂	F ₄	N ₁	L ₁	P ₃		RACK 4
A ₁	E ₁	I ₁	I ₁	R ₁	R ₁	H ₄		RACK 5

PAR SCORE 265-275 **FIVE RACK TOTAL**
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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, 4th 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.

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We have to realize, we're stuck with Trump

Takara Lawrence
Campus News

When Obama was heading toward his end of term, this is when my eyes began to open. I started to have this urge to understand what it means when one President has to hand over the country to someone else. When it finally came down to the final two candidates, for most people it was a hard decision to make. There were people struggling with the idea of only voting for one candidate because they were a woman or the other candidate because they were not a woman. In the end the decision was made based off of "alternative facts." Facts that are not real but people want to believe them to make themselves feel better about their frustrations. We are all frustrated, and with frustration we may tend to believe anything anyone says. Unfortunately, we have "fake news" trying to make us believe things that are not real.

I recently watched President Donald Trump's press conference announcing his Secretary of Labor. I gathered that he is always on the defense, ready to defend himself no matter what.

Hey, Donald, at the end of the day, you won - you are the President - move on and show us your true intentions.

He pretty much stood at the podium, telling reporters to shut up; that they are "fake," and giving out more "alternative facts." If you are the one speaking lies, how can we trust you? To say you want to update the American people on the incredible progress you've made in the last few months is comical to some.

The ban you imposed is not incredible progress. Stating that all these jobs are coming back because of you, Mr. Trump, is misleading.

They are coming back because of new regulations, and some have been in the works before you took office. Why are you taking credit?

When he started taking questions from the reporters, I cringed at

'If he fails, we as a nation will look weak. We need to come together.'

his responses. Saying the press has become so dishonest and have become a tremendous disservice to the American people is not true. The press is doing their jobs, asking the questions and reporting on Trump is saying.

This is just one press conference that was given, but we all know there will be more. He states he inherited a mess, but each President was inher-

ited a mess; it is what they did with that mess that counts.

He did win the Presidency, and no one can take that away from him. He is now a part of our history. No matter what, he is our President; and if he fails, we as a nation will look weak. We need to realize that we need to come together as the American people and understand each other and our wants and needs. This is how we will come out of this stronger.

Takara Lawrence is a recent Marketing grad from Nassau Community College and now attends Fashion Institute of Technology. She hopes to one day act, write, and produce her own television show.



Suffolk's top talkers

The Suffolk County Community College Forensics team competed at the Talk Hawk Invitational Tournament held at Las Positas College in Livermore, CA, last month. Winners: Austin Santiago, Heather Mannkopf, Rihana Joseph and J.T. Brockmann—Top Novice — Dramatic Interpretation.

The Suffolk team is coached by Thomas Bovino, director of forensics, academic chair of communication studies/tv/radio/film; Christopher Holfester, head coach, professor of communication studies; Ron Staniec, volunteer assistant coach, adjunct instructor of communication studies and Fatima Dar,



volunteer debate coach, former Suffolk team member.

Pictured (l-r): Faiz Shakir (Deer Park), Heather Mannkopf (Sayville), J.T. Brockmann (Medford), Rihana Joseph (Brentwood), Team Captain Austin Santiago (Commack), Christopher Chiusa (West Islip), Bree Dougherty (Farmingville), and Coach Christopher Holfester.

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NECC poetry contest open to all

Nine years ago, when Northern Essex Community College English Professor Dr. Paul Saint-Amand introduced the Peace Poetry Contest, he hoped for a “good response.”

Since then, the annual contest has collectively drawn more than 10,000 poems and nearly 1,000 pieces of art, written and drawn by

kindergarteners to octogenarians from as far away as Pakistan and Nigeria.

“I had hoped the response would be good, but never thought so many students, teachers, and community members would so generously embrace this social justice activity over the years,” says the Viet-

nam era veteran and Gloucester resident. “Each year, I am pleasantly surprised by the volume of submissions, but, more important, I am overwhelmed by the care and level of poetic expression found in the entries. The reading event just keeps getting better, filling our tech center to capacity each spring.”

Saint-Amand, who is founder and project director of the National Peace Poetry Project and the director of the Vietnam Veterans Chapbook Project, hopes to keep the peace theme moving again this year and is currently accepting original poems and artwork for the “Ninth Annual Peace Poetry Contest & Reading”. The contest deadline is Wednesday, March 15, 2017. The reading event for the winning submissions is Friday, May 5, 2017.

Children and adults from NECC area K-12 classrooms (both public and private) and those adults affiliated with these schools are invited to create and submit original poems on the subject of peace.

“We believe that children cannot learn to speak the lan-

guage of possibility, or envision a culture of peace, if they do not have the opportunity to identify such moments and values within themselves and their relationships,” says Saint-Amand. “It is our responsibility, as educators, to offer students a way to fuel their imaginations and embrace the concept of peace.”

For additional information, contact Saint-Amand, at (978) 556-3307

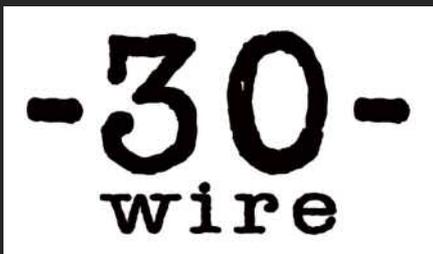
**‘Fuel imaginations
and embrace the
concept of peace.’**

or psaintamand@necc.mass.edu

The Peace Poetry Contest & Reading is a program offered under the Service Learning umbrella at NECC. Its goal is to honor the ideal of peace through the creation and submission of works on the topic.

This contest is sponsored by the Office of the Vice President for Student and Academic Affairs, Division of Foundational Studies and Liberal Arts and Sciences, the English Department and Service Learning Committee. This contest is not affiliated with a political organization and holds no formal position on the current state of world affairs.

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'Endangered' at Suffolk

Shelter Island artist Janet Culbertson has been raising awareness about endangered animals and their shrinking habitat for more than 40 years. Culbertson creates drawings and paintings that revolve around the devastating effects of widespread pollution and human encroachment on the environment.

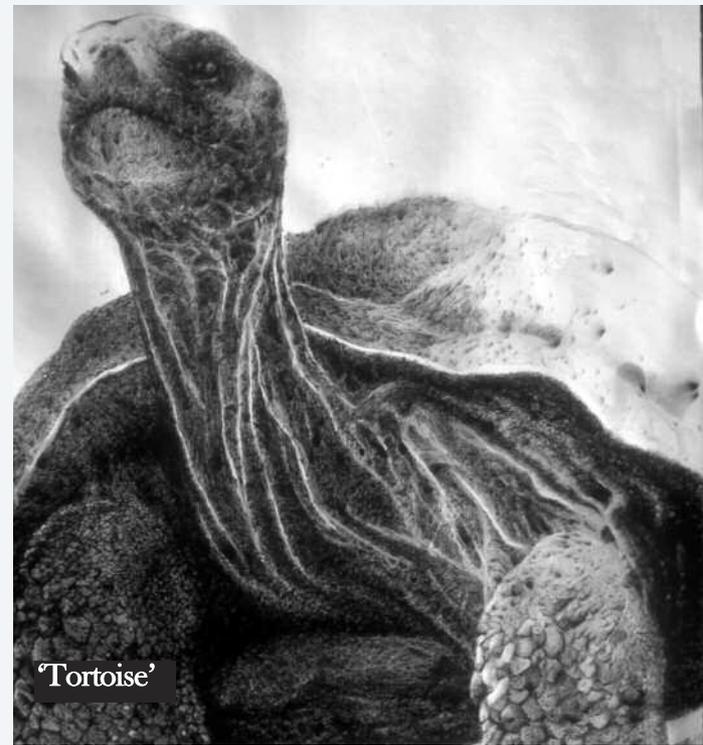
Endangered, an exhibit of large-scale drawings by Janet Culbertson will run from March 6 through April 8, 2017, at Suffolk County Community College's Lyceum Gallery on the Eastern Campus in Riverhead. A reception will be held on Thursday, March 9, from 4 p.m. to 6 p.m. and is open to the general public. Light refreshments will be served.

Endangered displays Culbertson's ink and charcoal drawings of endangered animals such as the Gray Wolf, the Galapagos Tortoise,

and the African Elephant. Culbertson tells of her encounter with a Galapagos tortoise that became a seminal moment in her artistic development: "While visiting the Galapagos Islands, a giant tortoise came lumbering through our camp, uprooting my tent stakes. She stole my heart and took center stage in many of my works. The tortoise-inspired me to do a series of mural-size drawings of animals in which I honor them as creatures of dignity with the right to exist beyond serving humans," Culbertson said. This 'larger-than-life' experience is reflected in the monumental scale of Culbertson's majestic drawings, many ranging in sizes up to 8 feet high.

Culbertson's resume includes a long list of accolades. She has exhibited her work in museums and galleries throughout the US and in-

ternationally. Her work is in a number of museum collections including The National Museum of Women in the Arts in Washington, D.C., The Fogg Art Museum at Harvard University in Cambridge, Mass., The Telfair Museum in Savannah, Ga., and The National Museo de Los Ninos in San Jose, Costa Rica. Culbertson has had many solo exhibits including Future Tense at the Islip Museum, N.Y., and Paradise Gone? at the Stone



'Tortoise'

Quarry Hill Art Park in Cazenovia, N.Y. She is the recipient of a 2008 Pollock Krasner Grant and two 2003 N.Y. State Council of the Arts Grants. For more information visit www.janetculbertson.net.

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How to handle a snow day

Darren Johnson
Campus News

Both upstate and downstate colleges — along with Northern Jersey and Western New England — were largely closed recently, due to a complete snowstorm that hit just at the right time.

Now, your first inclination when a snow day occurs may be “YAH!” but let’s think this through:

You, or at least your parents, are paying for these classes.

You may have to make up these classes in May, when the weather’s nice and you really just want to get on to your summer.

Your instructor still will expect you to do the work assigned. This isn’t high school; your independent research outside of class is what matters.

Now, the typical reaction to

hearing about a snow day is to either go back to bed, or to lounge around, checking social media, maybe watching Netflix or Amazon Instant; in general, this is avoidance.

You should maximize your snow day by:

- Checking all your course syllabi to see what’s due when and what reading you should be up to. Maybe read ahead. Add post-it notes on your textbook pages where you may have questions.

- Check in with the professors. Send emails to make sure they know you’re still thinking about the subject matter.

- Don’t assume your professors are just going to move your classes up a week. Cover all the material



The Community College Campus Newsmobile recently.

that was to be covered today, but also prepare for the next class.

- Check out your LMS — Blackboard, Moodle, Angel, etc. Maybe your classmates are posting there.
- Don’t assume your online classes are taking a break. The instructor could be based in Florida!

Now, you may be totally stressed out, and maybe you need a break. How about try these things?

- Get some exercise. Either queue up an exercise video and work out in your home, or bundle up and go outside. Maybe shovel?
- Read for pleasure. Try a book or a newspaper. Outside reading will make you a more well-rounded student.
- Prepare for your next class. If it’s Thursday. Your next class may

be tomorrow or Monday. Forget about today and get your books and materials in order for then. You’ll make that day less stressful by planning now.

Maybe take this time to contact loved ones. Perhaps that special someone. Not in a relationship? Maybe spend this time to update your online social media photos and writeups — make yourself more marketable for potential suitors. Or, no time for a relationship? Good thinking! Meditate, focus on YOU.

A snow day can be a wasted opportunity. Or it can be a blessing. Don’t bask too long in the “good news” of a canceled day. It will be over before you know it. Seize the day, get to know yourself, prioritize — and get ahead!

And that’s the last word ... for now!

Darren Johnson has a Master of Fine Arts in Writing and Literature from Southampton College and currently teaches PR courses, when he isn’t running Campus News. Reach him at darren@cccn.us.



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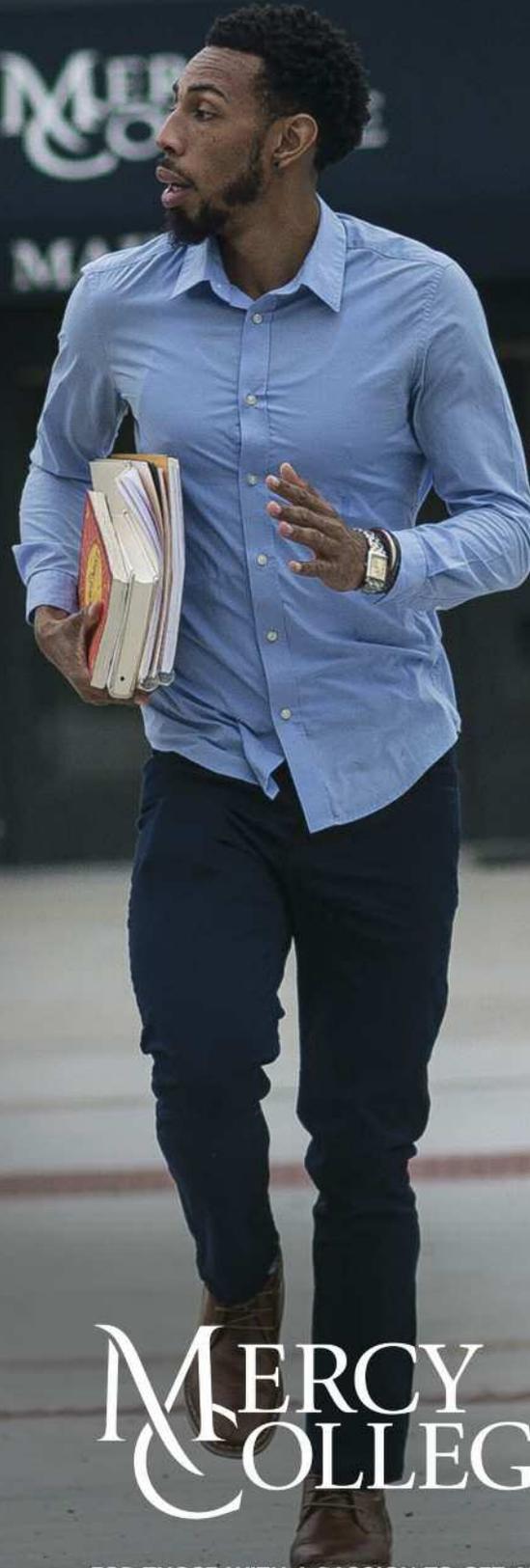


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