

CAMPUS NEWS

College  Paper



Volume 17, Issue 6 FREE!

**SUMMER SESSION I
BEACHFRONT 2018**



AUTO PROGRAMS 10



SUMMER TRIPS 19



HOOPS 17



PREZ 5

12 ways to get into shape this summer break

This is what happened: You either gained some weight last year in college, or you actually got into shape but now it's summer and your routine is all out of sync.

“One thing I see over college breaks is a lot of students get out of their routine, whether it be physically, academically, or outside of their natural rhythm during a semester,” says Jesse Kelley, Strength and Conditioning Coach, Clarion University. “This means potentially students can be staying up later until the wee hours of the morning playing video games, drinking soda, or just becoming less physically active overall because they aren't in a consistent routine that the



semester traditionally offers.”

We asked the experts. Here are 12 ideas we gathered to either get back into shape this summer or – for you students who already are in shape – to stay in shape:

Hit the beach

Steven McDaniels, director of fitness and recreation at Beacon College in Leesburg, Fla., says, “You may be used to visiting your

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Molloy perfects the art of transfer

Laura LaVacca
Campus News

New facilities, including two residence halls, a student center and a performing arts theatre all help to make Molloy's campus richer for its approximately 5,069 undergraduate, graduate and doctoral students. Winning awards for its excellence is nothing new as the college, located in Rockville Centre, NY, is consis-

tently named one of the top academic institutions in the Northeast by Princeton Review and US News & World Report.

Dean Marguerite Lane is adamant about the community at Molloy and cites the personal attention students receive as a reason for their close-knit community and success as an institution. Programs ranging from education to nursing to business

all have low faculty to student ratios of about 10:1.

Fifth-year Education Program student, Katie Scandiffio, shares: “Class sizes are relatively small and you develop a real relationship with your professors and your division; you're not just a number. I have plenty of professors who I would go to for anything, not just class problems. These relationships can

help you in the future in the job search as well.”

“A third dorm building is being built! As the school grows in size, so does the campus. Along with on-campus housing, off-campus housing is being sought.” Junior Sara Miller shares exciting new changes, “Campus life is always exciting!”

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Maximize success. Go see an advisor!

Prof. John DeSpagna
Campus News

The semester has ended and you are probably thinking about the summer vacation and filling in your work schedule. As the semester has concluded, it is probably a good time to start thinking about seeing an advisor to help map out your college schedule and future success.

Sitting down with an advisor and mapping out your schedule and courses is one of the most important things you can do to prepare for the next semester. I have advised many students over the years and every student is different. The role of the advisor is to answer your questions and help you.

Some students attempt to take 18 credits in a semester and want to work 40 hours a week. This is a recipe that proves to be quite challenging. Don't make the mistake of trying to work too many hours and take too many credits. If you are going to be looking at putting in a lot of hours at work, then cut back on the number of credits you are taking.

We also find that some students try to make it through the college experience without seeing an advisor. This may result in the selection of courses that may not fulfill the requirements in your degree. There may also have been some changes to the degree

program that you are enrolled in and you are not aware of this. You do not want to find out a week before graduation that you are short a few credits and cannot graduate as you had anticipated.

One of the options an advisor could help you with now is the selection of a summer course or two. As a college student, I took summer courses several times. This enabled me to earn credits in the short summer semesters and apply them toward my degree. If you are pressed for time, an advisor could help you with the selection of an online course. These courses allow you flexibility to work in your studying and not conflict with your work schedule.

An advisor can also play a role in recommending an internship that may be fit for you. You can earn college credit in an internship along with valuable work experience. An internship is a great way to try a position that may result in you getting a full time job after college. The

'They help pick the right courses and choose careers.'

commissioner of the NFL, Roger Goddell, started out as a college intern and worked his way up to the top position in the organization. Many employers will ask you about your college intern-



ship during an interview.

One of the advisors you should see on campus is in the career center. If you do not have an idea of which direction to go in regarding a major or job, see an advisor in this department. They can talk to you about your interests and recommend some career tracks to pursue. Many of the career centers also use the Myers-Briggs aptitude test. This test lists potential careers that would correlate with your interests. Try and take this test for guidance of career options.

One advisor that you can listen to is your intuition. This is your inner self. Listen to your intuition regarding the selection of a major or college that you want to attend. Your intuition is usually right.

The transfer office is another stop you should make during the summer. Where are you going to go after earning your two-year college degree? Do you want to stay local or go someplace hundreds of miles away? There are benefits to both of these options. Ask questions and make the best selection by going to visit these colleges. You should also try to have an open mind about where you want to settle after

college. Go and see what it is like to go and live someplace else while in college. You may enjoy living in a different part of the state or the country.

Your advisor can also help you pay for college by opening your eyes to some of the scholarships that are available in your college. Spend some time learning about these scholarships, what is required and how to fill out all the paperwork. The four-year colleges are always looking for prospective students and many scholarships are available to transfer students to help fill their enrollment rosters.

Advisors are available on your campus and they are there to help you out in many different areas. Spend the time to speak to one of these advisors, and they can help you on the path to success in college and your career.

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



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An open letter to transfer students

Yesenia Coello
Campus News

Dear reader,

I'm guessing you're a transfer student, huh? Or maybe are caught in the awkward limbo between leaving your previous school for a new one. Whatever the case may be, I'll give you some advice from one transfer student to another. I know, no need to thank me. I already know that I'm my doing fellow students a huge service by writing this letter.

I graduated from Schenectady County Community College in May 2017. In August, I found myself in a quaint college town known as New Paltz. Maybe you've heard of it. And yes, most of the rumors surrounding the town have a bit of truth to them, but ultimately it's just a town full of people who are trying to get through their lives undisturbed. The school on the other hand is a different story. I chose SUNY New Paltz over UAlbany due to its safe yet distant proximity from home and the campus community – I felt like I would find more in common with the students there than at any other nearby school. Plus, it was smaller, so maybe it would be easier to make friends and connections, I figured.

Coming from SCCC, a commuter college at its core, there was certainly some culture shock when I arrived at a four-year school with a thriving student collective. And by that I mean it was as if people's whole lives revolved around the school. Which is really heckin' weird when you come from a community college like I did, where school only made up a fraction of the students' lives. The majority of my SCCC friends and people I was acquainted with also carried the burden of providing income for their families – whether due to necessity or choice. Non-traditional students also make up a hefty portion of a community college's enrollment population, so you get folks from different strokes of life interacting and venting about their educational grievances. Kinda like that show "Community," just without Joel McHale and Donald Glover (bummer).

At a four-year school, especially in regard to on-campus students, it feels like everyone's lives are swept up by the college hype. Like, there are actual things to do in your resident halls, something I had never heard of from resident students at my community college. This may be in part because I lived

in a predominantly freshman hall, but nonetheless, the experience was surreal. Going from a school that fostered independence to one that regularly hosted non-alcoholic mixers felt regressive. As for parties and such, I was already 21 when I transferred, so I had no interest in hiding in the shadows with younger students from campus authorities. Plus, I felt like I had, I don't know, already "hit my stride," so to speak. I was ready for more mature excursions and relationships.

Classes, however, were a slightly different tale. Since I had my A.A., I now was taking more advanced courses with people who had been through a similar level of schooling as I had. Thus we had similar struggles and that lifeless glare in our eyes from 2+ years of higher education. In that regard, my four-year experience was really no different than my community college one. Especially since the students I encountered were an assortment of commuters, students who rented nearby houses and apartments, and those who lived in the residence halls. I guess that felt more like a college experience than living on campus; if only because I felt like I missed the window of opportunity to indulge in closeted drinking and insane party hijinks.

Yet, I have managed to make friends. It was a given that I would bond with younger students. You know, those doe-eyed teenagers who were still full of optimism even after the toils of high school. Obviously because we had one thing in common – we were newbies. You know how people tend to band together in unfamiliar situations, like zombie apocalypses? Same principle. I was also able to bond with older residents due to our closer ages, and the simple fact that they were amiable, easygoing people. In hindsight I was able to relate to both younger and older students for different reasons.

So, what should you, the pending transfer student, get out of my ramblings? If you'll be remaining a commuter after transferring, then there might not be that many changes. Even then, it might be harder to evade pressure to attend events on campus, or the temptation to be involved in the community. Bottom line is that you better be prepared for some changes – some that are not necessarily bad and some that'll even enhance your college experience. As long as you keep an open mind.

Until next time,
Jessie

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President joins national board

Westchester Community College President Belinda S. Miles, Ed.D, has been named to the nation's leading association for the advocacy of community colleges. Her participation on the American Association of Community Colleges (AACC) board provides an opportunity for her to join colleagues from across the country in addressing policy, legislative, and programmatic issues relating to community colleges.



"I am proud of this honor and am humbled by the opportunity to represent Westchester Community College and all of the other AACC-member institutions," says Dr. Miles. "I have been involved in the important work of this organization for a number of years as a member of commissions, the President's Academy, and affiliate organizations. I am excited to join AACC in providing a voice for the more than 12 million students attending the nation's 1,100+ community colleges," she adds. The election, certified this week at the 98th annual AACC Convention, is via a participatory process involving presidents from AACC institutions.

As president of Westchester Community College, part of the State University of New York (SUNY), Dr. Miles brings to the AACC board leadership experience serving more than

26,000 students in one of the nation's largest metropolitan areas. Since arriving at Westchester Community College in January 2015, she has worked with faculty, staff, and others to increase graduation rates; create new academic and workforce programs; expand resources for innovative student success efforts that help more students graduate and prepare to transfer to four-year colleges or enter the workforce.

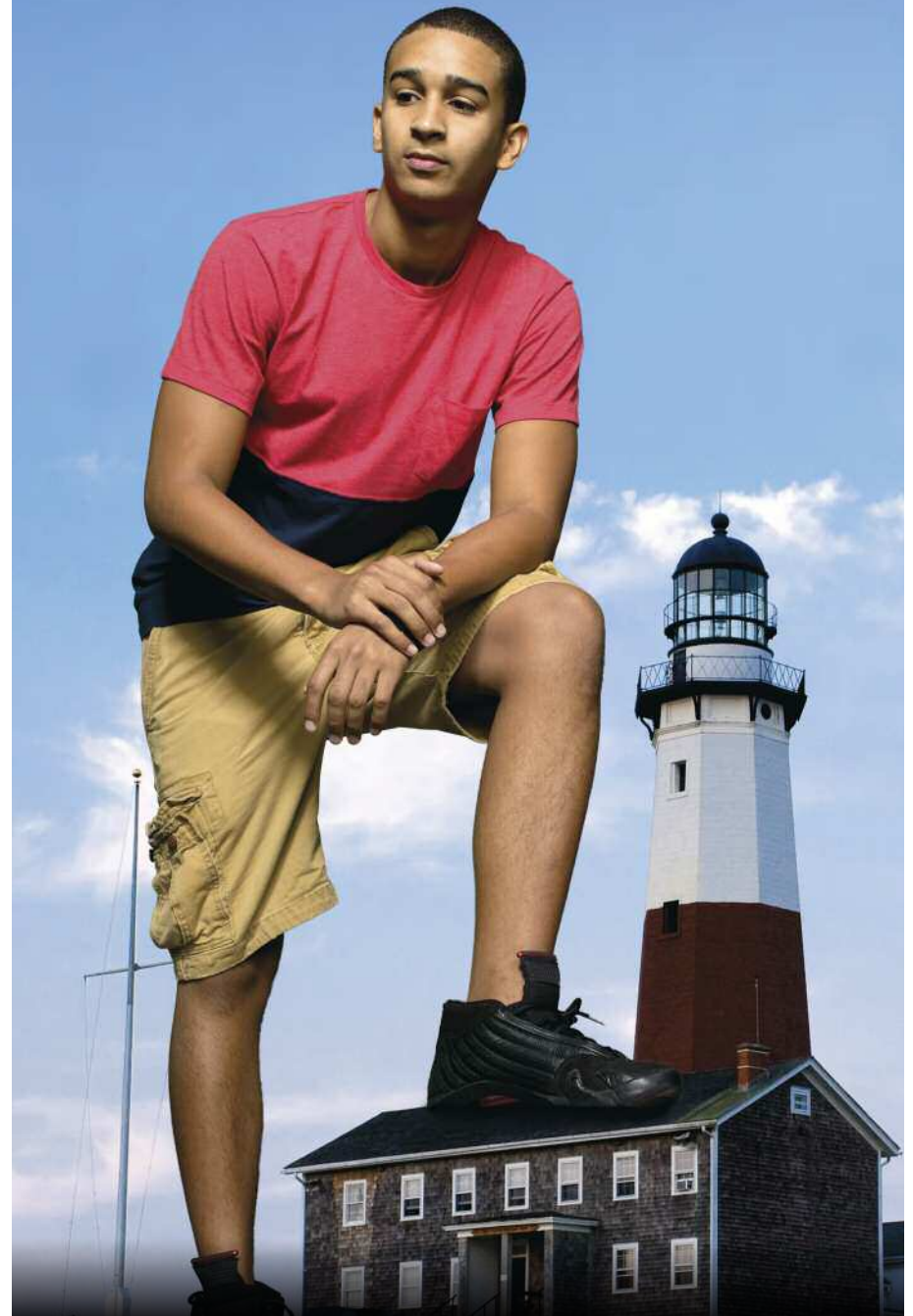
AACC provides a variety of resources for member community colleges serving as a national information resource; leveraging funding opportunities for innovative programs; offering professional development and networking initiatives; and encouraging a shared commitment to the community college movement. AACC is governed by a 32-member Board of Directors.

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SUNY OLD WESTBURY

Student art exhibit



Ulster County high school students will be showcased in an exhibit of their artwork with “Future Voices 2018: High School Art from Ulster County,” opening May 31 and running through June 14, at the Muroff Kotler Visual Arts Gallery on the Stone Ridge campus.

This annual exhibition features artwork from high school students throughout Ulster County. Participating schools include Saugerties, Onteora, Rondout Valley, Kingston, Coleman Catholic, and Ellenville. The show will include a wide variety of media including painting, drawing, photography, ceramics, sculpture, digital media, and more. The Ulster Community College Foundation, Inc. is offering prizes to the artists with the three best pieces in the show.

There will be one best in show gift certificate to Catskill Art Supply worth \$50 and two honorable mentions worth \$25 each.

Suzy Jeffers, Muroff Kotler Gallery Coordinator, says, “We at SUNY Ulster always look forward to seeing the surprising and inventive works from these high school art students. Their work is consistently technically accomplished and conceptually thoughtful. Kudos to their hardworking teachers as well!”

The Muroff Kotler Visual Arts Gallery is open Mondays through Fridays, 11:00 a.m. to 3:00 p.m., and by appointment. It is closed on college holidays. The show and opening reception is free and open to the public. For more information, call (845) 687-5113.

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OCC student earns \$40K Cooke grant

The Jack Kent Cooke Foundation announced April 10 that Renita Johnson, a December 2017 SUNY Orange graduate, is one of 47 students nationally selected to receive its prestigious and highly competitive Undergraduate Transfer Scholarship, which will provide her with up to \$40,000 annually for a maximum of three years to complete her bachelor's degree.

Johnson, who becomes the first SUNY Orange student ever to receive a Cooke Foundation scholarship, learned of her selection while attending a luncheon in April in Albany in which she was among 247 State University of New York students being presented with the SUNY Chancellor's Award for Student Excellence, the highest honor bestowed upon community college

students within the state.

"I feel deeply honored, and humbled to have been awarded this scholarship, and am still trying to comprehend the fact that I have received this award," Johnson said. "This scholarship will allow me to pursue educational opportunities that I would not have thought possible, and I am thrilled to be a part of the amazing Jack Kent Cooke Foundation community. I am certain that I would not have gotten to this point today without the support and encouragement of so many different professors, faculty and mentors. I am truly grateful to everyone at SUNY Orange who has been a part of my journey."

Johnson plans to utilize the Cooke Foundation scholarship to begin her bachelor's degree stud-

ies this Fall. She is still deciding upon which four-year institution to attend, but expects to major in biology with a minor in neuroscience.

"My dream is to one day work with the organization 'Doctors without Borders' as a medical practitioner, either a physician's assistant, nurse practitioner or doctor," she adds. "I'm not exactly sure which one at this point, but it has always been my dream to work abroad in the medical field."

April's announcement continues a run of "firsts" for the Montgomery resident, who moved to the area from upstate New York in order to attend SUNY Orange. In March 2017, she became the first SUNY Orange student to be named to the



Phi Theta Kappa All New York Academic Team first team. She was also a member of Colts' first-ever women's cross country team in 2016 and helped guide the squad to the Division III national junior college championship meet.

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Molloy perfects the art of transfer (cont.)

Miller, who serves as Orientation Leader, Student Activities Coordinator and Student Ambassador continues, “My favorite thing about Molloy and my major is the class size. Some of my smallest classes have had four students in them and even the biggest had no more than 30.”

Miller continues, noting the experienced faculty: “My professors are not only knowledgeable and approachable, but they are accomplished professionals in the field. I am being taught by the same people who wrote chapters in the textbooks I’m reading and who may someday become my colleagues.”

Junior Anne Collins, a nursing major set to graduate in 2019, piggybacks, “At the core of any Molloy Experience is the spirit of the community that you’ll find here. We have such a rich campus life in combination with such an incredible community that really stimulates the Molloy Experience. We’re a large enough school that you’ll always be meeting new people, but small enough that’ll you’ll never walk to class without seeing people you know!”

Collins herself serves as Student Body President, Student Ambassador of Office of Admissions, Social Media Ambassador in the Office of Public Relations and the Head Orientation Leader for Student Affairs, and explains the easy application process:

“The application process is rather seamless as we are on the Common Application. Different programs such as our BFA, Theatre Arts/CAP 21 Program would require an audition as well as all other application standards. These additional requirements are program specific and can all be found on our website.”

As for the transfer population, the process is just as pain-free: “We do offer a separate orientation for our transfer students, which is not as intensive as our Summer New Student Orientation, but still provides all the information for a seamless transition to Molloy. The Office of Student Affairs alongside the Orientation Team, work tirelessly to ensure each student has a seamless transition to Molloy.”

Molloy has many specific welcome programs in place including different orientations for the diverse population of incoming

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

Molloy has numerous articulation agreements with such colleges as Nassau Community, Suffolk Community and Queensborough to make transferring a smooth and easy process. Students who transfer to Molloy with an AA, AS, or AAS degree have their General Education requirements waived as well. The college website has a section devoted to incoming students and a multitude of resources. Ad-

‘Students who transfer with a 2-year degree get their gen eds waived.’

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

As an Orientation Leader who attends transfer events, Scandiffio shares: “Student Affairs is very helpful and will give you all the information you need for a seamless transfer.”

On-site admissions is also available for incoming non-transfer students.

Aside from academics, the campus offers a vast opportunity for students to get involved, from extracurriculars to Greek life. With over 50 clubs and organizations, there is something for everyone. A recently expanded international education program now offers students the opportunities to study in Ireland, Rome and other parts of Europe. Students can now intern abroad as well as to take part in language immersion programs such as the one in Spain.



Scandiffio, who is also an orientation leader and Secretary of Education club, explains, “Molloy has so much to offer, despite its size. We have so many clubs and organizations to become involved in on campus!”

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

“There really is something for everyone. Personally, becoming involved in campus life is one of the best things I have ever done for my own personal growth,” Scandiffio adds.

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

“Make Molloy your home away from home ... everyone is willing to help you at any moment. There are so many resources available to you — use them to your advantage,” Scandiffio urges, “and if there’s something you’d like to see on campus, start it!”

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

Subaru-U finds talent at Upstate CC

Leanne Costantino
Campus News

In a fast-paced, technology driven world, there is a growing demand for mechanics who are able to service the machines that we use every day. In recognition of this, community colleges across New York are creating and expanding their automotive programs to meet the growing demand for highly-skilled mechanics.

At Columbia-Greene Community College in Hudson, New York, a new program is arriving this fall for automotive technology degree students. The Subaru Technician certification will be offered through Subaru University at C-GCC to train students to work in Subaru dealerships across the country. Subaru University, or Subaru-U, entered into an agreement with C-GCC to offer Level One and Level Two Subaru technical training courses through the college. Students who complete both levels of coursework will be qualified to work at any Subaru dealer in the country.

Subaru-U is a partnership between Subaru retailers and Subaru of America. The courses for Subaru-U are delivered online with the supplementation of on-campus instruction at ASE Education Foundation-accredited schools such as C-GCC.

“Subaru-U only partners with secondary and post-secondary institutions that have demonstrated they strongly support import vehicles,” said Marc Gilbert, assistant professor of automotive technology at C-GCC. “By adding Subaru-U to our options, we are not only signaling to dealerships that we have a well-heel program, but that we can provide them with a steady pipeline of skilled employees.”

The addition of a program

like Subaru-U allows students to specialize and increase their knowledge about a certain manufacturer. This gives students the foundation they need to enter into a career in a dealership straight out of the program. “What I tell students is to build a house, you need a good foundation. We give you that foundation – it’s up to the student to build the house,” said Gilbert. Students are able to build their foundation at C-GCC in preparation for building their careers and innovating technology after completing their courses.

C-GCC offers multiple career tracks in automotive technology. Students can pursue a one-year certificate program that provides comprehensive training for entry-level employment at a dealership or repair shop technician. Another option is the applied science degree (A.A.S.) that includes both technical training and general studies with two paid summer internships. Lastly, C-GCC offers an associate degree in occupational studies (A.O.S.) which includes two paid summer internships and prepares students to be automotive technicians, component rebuilders, and parts department managers. Both the A.A.S. and the A.O.S. would be great options for students looking to pursue a bachelor’s degree after the completion of their program. Students in C-GCC’s automotive technology department also complete externships in approved licensed repair facilities.

With the job market for A.A.S./A.O.S. degree holders projected to grow five percent by 2024 according to the US Bureau of Labor Statistics, the automotive career path is looking bright for future mechanics. That figure represents an increase in about 780,000 technician jobs. “Someone always needs their car fixed, so job op-



portunities are always expanding – especially among technicians who are well-trained,” said Gilbert. “And in this industry, training never stops.”

Training at C-GCC includes areas such as HVAC diagnosis and service, New York State inspections, general maintenance, wheel alignment, brake service, internal engine and

valuable knowledge of Subaru vehicle systems, which can better prepare them for employment in any one of approximately 630 retailers nationwide,” said Mark Russo, Technical Training Education Manager with Subaru Distributors Corp. “The addition of C-GCC to the Subaru-U family will help us deliver outstanding automotive technicians to the Albany, New York, market and beyond.”

‘The market is expected to grow by 780,000 new jobs in the next 6 years.’

transmissions, electrical diagnosis and repair, and drivability diagnosis.

With the current technician force moving closer to retirement, students gaining experience in automotive technologies are at a growing advantage in the job market. Since every manufacturer is different, it is important that students at C-GCC are gaining specialized experience to give them an edge when entering the job market.

“Students at participating Subaru-U partner schools gain

Once students earn course credit through a Subaru-U program, it remains in the Subaru system, allowing them the opportunity to train for higher positions within the company, such as a Master or Senior Master Technician.

C-GCC is one of only seven schools in New York offering training through Subaru university. However, many New York State schools have specialized automotive programs. Among these schools are Rockland County Community College, partnered with Fiat Chrysler Automobiles, and Suffolk County Community College, partnered with Honda, Toyota, and General Motors.

Rockland auto tech chooses Chrysler

Rockland Community College has a new program available for students beginning their studies in the Fall of 2018. RCC recently entered into an agreement with Fiat Chrysler Automobiles (FCA) in conjunction with its Herbert Kurz Automotive Technology Center to train the next generation of automotive technicians. The Herbert Kurz Technology Center is an NC3 National Leadership member and will train 1,000 student/technicians annually through FCA's Mopar CAP Local project. "NC3 couldn't be more pleased with the successful local partnerships being formed between FCA US and NC3 leadership schools," said Roger Tadjewski, the Executive Director of NC3. "With 26 schools launched since last July, the pipeline of technician talent to local dealerships is well underway across the nation."

RCC's 27,304 square-foot automotive facility includes a Snap-On Certified Lab with 10 lifts, a certification room, and five classrooms.

The number of jobs nationwide available for A.A.S./A.O.S. degree holders in automotive technology is projected to grow five percent by 2024, according to the US Bureau of Labor Statistics. "There is tremendous growth in the automotive industry," said Egbert Shillingford, executive director of extension sites and partnership programs and interim director of automotive technology at RCC. "Job opportunities are available at local dealerships and privately owned service garages. Students going through the program will receive manufacturer specific training for companies such as Ford, Chrysler, and Subaru. Also, students receive industry recognized certifications through NC3 & Snap On, as well as an A.A.S. degree in Automotive Technology."

The A.A.S. in Automotive Technology equips students with the tools to begin work immediately after completion of



the degree and also gives them the foundation to begin coursework for a bachelor's degree. The A.A.S. degree includes Snap-On certifications in automotive scanner diagnostics, multimeter, mechanical and electronic torque, and wheel service and alignment. The ability to receive nationally recognized certifications while gaining hands on experience in a college environment is setting students in the automotive program apart while allowing them

to secure jobs after completion of the program. The degree track provides students with a thorough and dynamic technology-based curriculum, preparing them to become diagnostic leaders in the automotive industry. RCC students build up their professional and personal development in the automotive technology program, while learning to become leaders in the automotive service industry.

—Leanne Costantino

LI college picks GM, Honda, Toyota



Suffolk County Community College is the largest SUNY community college in New York State with over 18,000 students, and offers an A.A.S. degree in Automotive Technology, available to students who attend the Ammerman Campus in Selden, New York.

There are four different automotive programs offered at Suffolk that require students to complete coursework in automotive classes as well as academic classes to fulfill the A.A.S. requirements. There is a growing demand for technicians that are not only mechanically proficient, but academically proficient as well. According to Dave Ma-

cholz, the Academic Chair of the Automotive Technology program at Suffolk, the automotive industry "needs people that have excellent reading skills, excellent comprehension, ability to reason, problem solve, and think critically. We are changing technology at a rate that we can't keep up with, so the individual has to keep up with it. How are they going to do that? By accessing information." It is increasingly valuable to pursue an A.A.S. degree that focuses on developing a well-rounded mechanic who can service vehicles while also communicating effectively with customers.

continued on page 21



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How Generation Z is different

There's a new generation in town and it's one that employers better get ready for, because it's 23 million strong and will be flooding the workforce by the end of the decade.

Ladies and gentlemen, meet Generation Z; a confidence-filled group that doesn't want to miss a thing, has the shortest attention span of any generation and isn't quite as open as its predecessors – the millennials – from whom they learned that not everything needs to be shared online.

"If you try to treat those in Generation Z (born in the mid to late '90s, mostly to Generation X parents) like you treated Millennials (born in the early '80s to mid '90s, mostly to Baby Boomer parents), it will backfire on you," says Matt Stewart, co-founder of College Works Painting

(www.collegeworks.com). "This generation is unique. And now they are starting to enter the workforce."

Thanks to his role at College Works Painting, which offers internships that help undergraduate students gain real-life business management experience, Stewart has gained a first-hand look at both the Millennials and Generation Z. And there certainly are differences between the two:

According to best selling author and generations expert David Stillman, you won't find those in Generation Z frequenting Facebook or Twitter as much as their predecessors. Keenly aware of software monitoring, they are more likely to share their worlds on apps such as Snapchat or Instagram. Often dubbed Digital Natives, Millen-

nials are much more likely to share their lives in the open on platforms such as Facebook.

Being culturally connected is more important to those in Generation Z than to Millennials, with many more Gen Zers suffering from FOMO (Fear of Missing Out) than Millennials.

Stewart doesn't see this as a hard and fast rule and says the experience Generation Z employees have at College Works Painting – and the impact they pride themselves on having – is much the opposite of FOMO. An example that Stewart says other companies can follow.

Those in Generation Z have grown up with smart phones, tablets, 3-D, 4-D and 360-degree photography just to name a few of their norms. According to Stillman, keeping the attention of a Gen Zer is harder than ever. Their average attention span is eight seconds, compared to the 12-second attention span of Millennials.

Millennials are driven to succeed by helicopter parents who watch their every move, while Generation Z finds encouragement from parents who encourage independent thinking, want them to achieve on their own and are fed up with not receiving equal pay for equal success at work.

According to Forbes, social entrepreneurship is important to Generation Z, a group that is

driven to volunteer and choose a career in which they can make a difference. On the other hand, there are those who hope the Millennials will become more civic-minded as they grow older, but it's something that hasn't been witnessed as of yet.

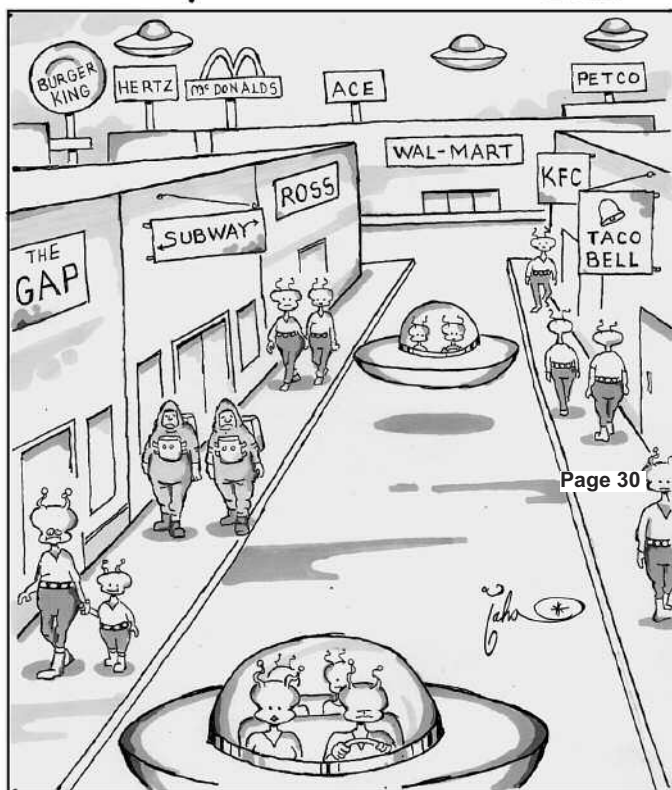
Generation Z children were raised in classrooms that focused on diversity and collaboration. Despite this fact, they tend to be more private than Millennials, perhaps as a result of seeing many of the downfalls of previous generations in the Great Recession.

Because those who are part of Generation Z feel pressure to gain corporate experience early, they are competing with Millennials who are more likely to wait to gain that same type of experience. The good news for Millennials, who are more likely to chase jobs in the corporate world, is that 72 percent of those in Generation Z wish to take what they learn and apply it to their own business, versus 64 percent of Millennials who have the same goal.

Matt Stewart is co-founder of College Works Painting (www.collegeworks.com), which provides real-world business experience for thousands of college students each year.



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Family grads

Eugenia Lee of Natick wasn't alone when she earned her Associate of Science degree in General Studies and her Paralegal Certificate at MassBay College's 56th commencement exercises on May 17. Lee was joined by her two daughters, Tanisha Lee and Quiana Lee, who also earned Associate of Arts degrees in General Studies and Associate of Science Degree General Studies respectively. The mother and daughters have been attending MassBay together for the past several years, and have even taken some classes together.

"Tanisha began at MassBay and I decided I wanted more in my life," said Eugenia. "MassBay was my stepping stone to learn new skills and become marketable. While I was here I learned I loved working with the law and I really want to work with women to help them know and understand their legal rights. It's been a long time coming, taking a few classes and continuing to take 2 classes every semester. My advisor,

Donna Vizzo, kept pushing me to keep going, she kept me motivated to stay on track, even when it was hard. I'm really proud of myself and my daughters, we did it and we did it together."

"It's hard balancing life responsibilities with school, which is probably the biggest obstacle. Knowing that my mom and sister understand and can help me has made this journey and this degree worth so much more," said Tanisha. "I'm not going to lie, there were days when I wanted to give up, but my mom, my sisters, my dad, and my kids have been my support system to help me reach my goals. I'm working hard for them and to ensure my kids have a better life and they never give up on what they set out to do."

"Going to school was hard, especially being a single mother of four kids, but I pushed myself to reach my goals," said Quiana. "School helped pull me away from the pain of some of the different obstacles I was facing and



it gave me something positive to look forward to. I wanted to earn my degree not only for myself, but to show my children how important it is and that it's never too late to follow your dreams. My children told me that watching me study and do my school work inspired them and they told me how proud of me they are. I feel like I've accomplished so much and all the hard work was worth it!"

What's next for these women?

Eugenia, a mother of three daughters, is a member of PTK National Honor Society, will be continuing her education in the fall to pursue a bachelor degree in Political Science. Her goal is

to become a lawyer. Eugenia's other daughter, Jhanai attends Framingham State University and is set to graduate next year.

Quiana will be transferring to a 4-year university to continue her studies to pursue a degree in nursing. She is a single mother to a set of 16-year-old twins Amariana and Imaria, 12-year-old son Jayden and a 1-year-old daughter Brielle.

Tanisha is a One Family Scholar and will be continuing her studies at UMass Dartmouth to pursue a bachelor degree in Business. She is a single mother of a 10-year-old son and 4-year-old daughter.





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Date-rape drugs and how to combat them

Kristina Bostley

Campus News

After a few rounds of drinks, it's often difficult for young adults to keep track of their drinks — and their inhibitions. The incidence of date rape has climbed steadily throughout the years, and despite the staggering statistics surrounding the touchy subject, they continue to rise. In addition to informing women and men about date rape, researchers around the globe have been developing ways to target and combat drugs commonly used by rapists.

According to the U.S. Department of Justice, someone in the United States is sexually assaulted every 2 minutes; 73% of those assaults are committed by someone with whom the victim is familiar. The National Institute of Justice and Centers for Disease Control & Prevention reports that of every six women, one of them will experience rape or attempted rape in their lifetime. The University of the Sciences claims that females from 16 to 24 years of age are four times more likely to be date raped compared with women of other ages. There are three major drugs used by rapists to diminish their ability to make rational decisions.

Rohypnol is a benzodiazepine, a class of drugs that affects the central nervous system most often as a sedative or muscle relaxant. Rohypnol was originally prescribed as a sedative to help treat insomnia, help with anxiety, and prevent convulsions. The onset of side effects after taking Rohypnol is approximately 30 minutes and includes struggling with muscle control and motor movements such as walking, and seeing; feeling drunk, dizzy, or nauseated; amnesia; loss of consciousness; and death.

Known commonly as “roofies,” they come in a pill form that can be ground up into a powder. Older pills were round and white, but in recent years the formulation of Rohypnol changed and the pills are now manufactured as oval, greenish-gray colored pills.

The second common date rape drug is often referred to GHB, which stands for gamma hydroxybutyrate, a naturally-occurring metabolite in the brain that helps



to regulate the central nervous system. The manufactured drug contains significantly higher levels of the metabolite, thus taxing the central nervous system even further and making it a viable date rape drug. The effects of GHB are experienced within 15 minutes of consumption and typically last three to four hours. The most common side effect experienced by 69% of people who have ingested GHB is a loss of consciousness. Other side effects include feelings of euphoria, drowsiness, dizziness, or nausea; problems seeing and breathing; increased sex drive; amnesia; experiencing seizures, tremors,

sweating, or vomiting; coma; and death. GHB, known as “liquid ecstasy,” exists in a few different forms: an odorless and colorless liquid, a white powder, and a pill.

Ketamine is an anesthetic often used before surgery because it is metabolized in the brain to prevent pain. Ketamine distorts the user's sense of reality, including sight, sound, time, and who they are. The dream-like feeling it induces can make the user feel as though they are having an out-of-body experience in which they have lost control — and they have. The drug's other side effects include a decrease in basic motor functions including coordination, speech, and breathing; alter-

ations in behavior, often resulting in aggressive or violent actions; depression; numbness; convulsions; vomiting; and amnesia. Referred to as “Special K,” the drug comes in both a powder and liquid form and can be highly addictive.

Several companies have begun to develop technologies to detect these drugs in drinks. Drink Safe Technologies has come up with an innovative way to check drinks for GHB and Ketamine using coasters. Built with testing strips, placing a drop of the drink in question on the coaster will reveal within a few minutes whether the drink has been tampered with if either spot turns dark blue. The coasters and additional test strips are sold on their website.

Another company, DrinkSavvy, has developed both a glass and a straw, which change color when they detect the presence of date rape drugs. The idea for these technologies was born when the company's founder, Mike Abramson, was slipped a drug while celebrating a friend's birthday. Abramson hopes to convince bars to use these products to aid in protecting the safety of customers.

By far the most technologically advanced device used to test for date rape drugs is the pd.id, a revolutionary new gadget about the size of a USB flash drive. It's reusable and has a simple interface:



‘A company has developed a glass and a straw that detect Rohypnol and GHB.’

continued on next page

Drugs (cont.)

when dipped into a drink, it tests the liquid and indicates by red and green LED lights whether or not the drink is safe to consume. It is also programmed to communicate with smartphones, sending alerts if a drink has been drugged. The project has been proposed online and is collecting donations to move ahead with creating and distributing the technology. According to their website, the creators of the pd.id are hoping to sell each device for about \$75.

It could be argued that these new inventions have the potential to be relied on too heavily, that substituting technology for awareness could be disastrous. However, these new innovations take a step toward helping to raise awareness simply by existing. By bringing any one of these technologies to a bar or a party, the user is already thinking about the possibility and prevention of date rape.

There is one other date rape drug worth noting, and it is the

one most commonly used in date rape. It is legal and easy to obtain. In fact, almost every food and drink establishment offers it to their patrons, so long as they have obtained a liquor license. That's right: alcohol is the number one date rape drug available, classified as such because it affects judgment and behavior and can imitate some of the effects produced by Rophynol, GHB, and Ketamine. The University of the Sciences claims about 90% of date rape happens when alcohol is involved. Studies estimate that anywhere from 34% to 74% of sexual assaults involve alcohol.

But because date rape is frequently unreported, it is hard for studies to evaluate what percentage of date rape is attributed to alcohol.

New technology is a step in the right direction toward preventing date rape. But nothing will reinforce the dangers of date rape more than creating awareness and instilling knowledge in all individuals. Using the buddy system, buying and protecting drinks, and knowing drinking limits and surroundings are the best way to thwart date rape.

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Softball Camp

Mohawk Valley Community College is hosting a Softball All-Skills Day Camp this summer for students ages 8 to 18.

The camp will take place from 9 a.m. to 3 p.m. Monday through Thursday, July 23 to 26, in the softball fields and Jorgensen Center Field House at the College's Utica Campus, 1101 Sherman Drive. Check-in begins 30 minutes prior to Monday's session in the lobby of the Jorgensen Center Field House.

The cost for the camp is \$120 and includes a Softball Camp T-shirt. A \$10 discount will be given to families with multiple attendees. Those who sign up before July 1 will get a 10 percent discount. Contact: 315-717-9000 or bmexico@mvcc.edu.

Jefferson Healthy

On Thursday, May 17, 2018, Jefferson Community College was announced as a winner of the 2018 Active Minds Healthy Campus Award and recognized as one of the healthiest college campuses in the nation. The prestigious award celebrates U.S. colleges and universities

that demonstrate excellence in prioritizing and promoting the health and well-being of their students. Jefferson is the only community college to receive the designation.

"At Jefferson, we are firm believers that healthy students build strong communities and enjoy brighter futures," says Ty Stone, President. "Through its campus activities and events, community partnership and leadership, Jefferson's Health and Wellness Center fulfills that mission each and every day."

SCCC Track

The U.S. Track & Field and Cross Country Coaches Association has awarded Suffolk County Community College's George Gonatas from Fort Salonga the NJCAA Division III 2018 Outdoor Track and Field Men's Field Athlete of the Year Award for the Northeast Region.

Gonatas is ranked first nationally in the shot put and second nationally in both the discus and hammer. His mark of 13.70m (44'-11½") in the shot put leaves him on top of the Descending Order List by more than one foot.

And that's not all!

Matthew French, in his seventh year as Suffolk's Track Coach has been named Northeast Coach of the Year by the USTFCCA. Coach French has had athletes hit 30 qualifying marks for the NJCAA Division III Outdoor Track & Field Championships this year and his team has sat in first place in the Northeast Region throughout the entire season.

Carter Honored

Mohawk Valley Community College student and basketball player Rian Carter was named a recipient of the SUNY Chancellor's Scholar Athlete Award, which recognizes outstanding academic excellence and athletic achievement.

Rian Carter, a Coaching certificate major from Rochester, has earned many honors during his time at MVCC. In addition to being named to the President's List, Carter has been named the top 2018 Male Athlete at MVCC by the Kiwanis Club. He also was named to the All-Mountain Valley Conference Team and a First Team All-Conference performer, and the 2017

Torchia Classic Tournament MVP. MVCC has 19 teams. The Hawks are national champions with 24 national team championships and 169 individual national champions.



Rian Carter



George Gonatas

Peace Poetry contest winners

“Circle is the shape of love, and if you split it in thirds, it’s the symbol of peace and, when peace and love come together it becomes indestructible,” read Nathan Lagueux, a third-grader from the River Valley Charter School in Newburyport, during Northern Essex Community College’s 10th Peace Poetry Contest & Reading.

The annual event was held May 4 in the Hartleb Technology Center on the Haverhill campus, 100 Elliott St.

Dozens of students from area public and private schools, kindergarten through high school read their original peace poems in front of hundreds of fam-

ily members and friends.

Over the past 10 years, more than 10,000 poems on the subject of peace have been submitted. This year alone, more

800 poems were written by students representing 27 schools from Haverhill to Hudson, NH.

Dr. Paul Saint-Amand, an NECC English professor and founder of the contest gave the keynote before introducing the six finalists.

“Find out what puts you at peace and what keeps you



from it,” he offered. “Change yourself and you change the world.”

Pictured: Dr. Paul Saint-Amand (rear center) is surrounded by the Peace Poetry winners. (front l to r) Julia Hutchinson, Malika Meskine, Nate Reily, Esra Cetin. (rear l to r) Jonathan Lovett, Saint-Amand, and Michelle Howard.

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Should college students cruise?

Kaylee Johnson
Campus News

I just got back from a seven-night Caribbean cruise aboard the Norwegian Gem, the perfect way to end a semester. Every time I go on all-inclusive type vacations like cruises, I think of the students who read Campus News and how perfect the itineraries are for busy college students. After you pay for your cruise, you don't have to worry about additional charges, like food or show tickets, and it is completely up to you if you want to buy the unlimited alcohol package. Best of all, I boarded my cruise ship in the middle of Manhattan, only two short hours from my house. Not many people realize there are cruise ports across the Northeast in places like New York, New Jersey and Boston. With itineraries ranging from three days to multiple months, cruises aim to accommodate all audiences and incomes. But don't blindly book a trip, for every cruise line has different rules and regulations that may negate the very reason you planned it in the first place.

I have been on three different cruise lines, each one having different rules about gambling and drinking. While most of them allow eighteen year olds to gamble and drink while at sea, it is important to read the fine print to avoid disappointment. Also, don't think that you can get away with underage drunkenness; most cruise lines will call security on you. On the other hand, the heaping majority of the Caribbean islands that cruise lines dock at allow eighteen year olds to drink. But don't let the stereotypes fool you, there is a lot more to do on cruise ships than sipping cosmos, including high quality entertainment, unique dining experiences, pools, spas, and outdoor sporting activities. So if

you are not a drinker, there are a wide variety of other activities that you may fancy.

These compact getaways are so perfect for college students because they expose them to new, exotic countries without making them stress about the logistics that they would have to have to plan if they booked a hotel instead of cruise. For instance, my latest cruise itinerary included a day at a private island in the Bahamas, therefore food, beach chairs, drinks, and transportation were included for free; the only thing I had to worry about was if I was applying enough sunscreen. Plus, these trips don't require much planning; you get onboard and everything is taken care of for you. And even if you do not



have a lot of disposable income, cruises are sometimes as cheap as a few hundred dollars, so make sure you shop around for great deals!

Every time I board a cruise ship I think I will dread the week without Wi-Fi, but after a short withdrawal period I find harmony in not knowing if anybody texted me. Alone with my books in the middle of the wavy ocean, there is peace. Even if you consider yourself an Internet addict, don't write a cruise off. Be willing to unlock the creative part of your psyche that has too often been silenced by social media. Even though most cruise ships appear somewhat newer, there is an old fashioned



essence aboard them. It may just be because I am obsessed with the movie "Titanic," but I like to think it is because of the lack of Internet and increase of socialization, reading, attendance of theatre productions, and people living in the moment. It is refreshing to see unlikely people talking to each other, instead of swiping their news feed and avoiding eye contact. I consider the week a detox from negativity and stress in my life, and more often than not social media promotes unhealthy messages. And when you are looking up from your phone, you may find inspiration that you would have otherwise overlooked.

So if you are craving adventure and tranquility, research cruises. They are like floating all-inclusive resorts that stop at a variety of different countries throughout the course of your vacation. So many people believe travel is unattainable, because they live paycheck to paycheck, but cruises don't discriminate. You will benefit from the same luxuries as somebody in a totally different income bracket and people will not question it. Everybody is equal

on a cruise ship, for all passengers are seeking relaxation and a short escape from reality. The seven-night Bahamas and Florida cruise itinerary I experienced costs \$779 dollars on Expedia, but there are even cheaper options available, especially if you bunk with family and friends. Remember that travel may seem frivolous at times, especially if you are a frugal person, but seeing the cultures of countries other than your own helps you blossom into a multi-dimensional person, and a better student. Cruises always remind me of all of the delectable simplicity that I overlook, because I am so distracted by life's minuscule trials or jobs I have to complete. Here's my advice for the summer: look up and watch the sunset. And if you can, escape your town for a while and breathe the air of someplace new and exciting.

Kaylee Johnson is an Education major with an English concentration.



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Auto program picks GM, Honda (cont.)

“The amount of phone calls we get and the amount of feedback that we get from the industry looking for people is huge,” said Macholz. With the US Bureau of Labor Statistics projecting a five percent increase in automotive technology jobs by 2024, now is an opportune time to enter into an A.A.S. degree track.

To meet the growing demand for technicians, colleges need to increase enrollment into the automotive programs. Macholz added that the interest in the automotive field needs to start at home and in primary education. “If the parents’ perception is that our industry is not a good fit, why would the students’ perception be anything different? It starts with

talking to your friends, family, and relatives about what this industry is, what it has become.”

In addition to the automotive service specialist track, Suffolk County Community College offers a Toyota manufacturer-specific program that is a two-year curriculum designed to prepare

**See more photos on
www.cccn.us**

students for careers in Toyota or Lexus dealerships. SCCC also offers the Honda Professional Automotive Career Training (PACT) program and the General Motors Automotive Service Educational Program (ASEP).

—Leanne Costantino

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Going to Disney's Epcot 'Flower and Garden'

Kaylee Johnson
Campus News

Recently, I took a bus from Port Canaveral to Epcot to experience the immersive, Instagram worthy beauty of the Epcot International Flower and Garden Festival. As a self-proclaimed Disney connoisseur, I researched how to make the most of the four short hours I was allotted by the cruise ship, and created a strict schedule that I planned on following closely. But then it started downpouring; the kind of rain that tears umbrellas apart. Disappointment was smeared across the faces of hundreds of cruisers. At this point, my straightened hair was frizzy from the humid Florida rain, and my plans were wrecked, but I was still determined to see the pictur-

esque topiaries I had been dreaming about for months.

When I arrived at Epcot, I remembered the reason why I keep coming back to Disney parks; the magical feeling it produces. The very sight of Spaceship Earth and the ornate topiaries lifted my mood. Disney parks are immensely nostalgic for me and so many other people, because they encourage guests to reminisce on old memories from our early days in the parks, and create new ones. As a terrible pessimist, it has been hard for me to see the sweetness in sour situations, but my day in Epcot taught me how to dance in the rain. I savored every vibrant colored blossom, graceful but-

terfly, and yes, even the violent raindrops that nourished the hungry beds of alluring flowers. They made my experience, and the photos much more memorable and interesting. And I was too high on Disney

**TRAVEL
WITH
KAYLEE**



euphoria to care about my messy hair or dripping makeup. The pouring rain prevented me from taking as many pictures as I had wanted, but looking back on the day, I

am glad my phone was tucked away. It is so easy to get absorbed in tourist photo mode when I travel, because all of the scenery is gorgeous, and I often think that I can capture

the moment with my smartphone. But I have found that the real way to capture a emotions of a moment is to remain present.

Embrace somber gray skies, vicious thunderstorms, and unforgiving winds, don't let them cripple your trip. Sometimes plans are meant to be thrown out, even if you put a lot of time into them. The best trips are built on spontaneity, not schedules and expectations. Unfortunately the Epcot International Flower and Garden Festival ended May 28th, but don't worry – it's annual! And there will be plenty of other magical openings, attractions, and shows in the other parks this year, so stay tuned to campus-news.org for more Disney Parks updates!

BLM advocate to keynote

Shaun King, a Black Lives Matter advocate, eminent writer, journalist, and humanitarian will give the keynote address at LaGuardia Community College's 46th Commencement on June 5, 2018 at Barclays Center.

Shaun King gained attention for his activism involving police cruelty and justice. He has led a number of social media campaigns in movements for social justice. He has described how seeing video of Eric Garner's death on YouTube as the "breaking point" which motivated him to begin speaking out publicly against police brutality and advocating for the Black Lives Matter movement. He worked for the New York Daily News as senior justice writer from

2015 to 2017, and is currently a columnist for The Intercept and writer-in-residence at the Harvard University-based Fair Punishment Project. He is also the political commentator for the legendary Tom Joyner Morning Show. In 2017, he received the Samuel Peabody Award for Journalism from the Citizen's Committee for Children in New York — an award given annually to one journalist who uses their platform and position to improve the lives of children.

Bronx Borough President Ruben Diaz Jr., a 1998 graduate of LaGuardia Community College, will give the alumni speech.



The Commencement will be led by LaGuardia Community College President Gail O. Mellow. For more information about LaGuardia's 46th Annual Commencement, visit: laguardia.edu/commencement/.

Child center

A groundbreaking event on May 30 marked the ceremonial start of the latest construction project at Tompkins Cortland Community College – the Arthur Kuckes Childcare Center. College officials were joined by Arthur and Martha Kuckes, members of the Tompkins Cortland Community College Foundation board, local government officials, a representative from Senator James Seward's office, and other community members in celebrating the milestone. Construction work on the new center is underway with an expected completion by the end of 2018. The Arthur Kuckes Childcare Center will replace the College's current childcare center and greatly enhance the capabilities to serve students and the community.

Stay in shape this summer (cont.)

college gym for your regular workout, but with the summer break comes a new routine. Do bring along some dumbbells and resistance bands to get in some strength training and cardio at the beach.”

Take a summer course

You may want to get your physical education credits done, or just take a regular 3- or 4-credit course at your local community college. The plus of this is, most colleges have gyms with weights and aerobic machines – even if you’re just a temporary student, you can use this gym for free. See iFit trainer John Peel’s College Exercise Circuit, which he wrote for Campus News, at the end of this piece.

Ask your local gym about

iFit trainer John Peel’s College Exercise Circuit:

Upper Body

Start with a 10-minute cardio warmup. Do 10–15 reps of each exercise. There are no rests, just keep cycling through until you’ve done 6 sets.

1. Lat Pull
2. Push-ups
3. Seated Row
4. Side Lateral Shoulder Raises

Lower Body

These are some core moves to give your legs a rest before burning again. There are no rests, just keep cycling through until you’ve done 6 sets.

1. Wide Leg Squats
2. Straight Leg Deadlifts
3. V-Up Abs
4. Reverse Lunges
5. Single Leg Squat
6. Plank Hold (as long as you can)

summer-only memberships

Many gyms have special plans for college students home on summer break – or any college students, really. You don’t need to sign up for the year. Ask if they have an unadvertised deal. Kelley suggests, “Even if the gym doesn’t have all the amenities you’re used to having at college, it doesn’t take much to get the job done. A few standard weights, treadmills, bikes is all it takes.”

Find a 5K (or more)

Asha Shajahan, M.D., Director of Community Health at the Oakland University William Beaumont School of Medicine, says to look for a local road race that’s happening at the end of the summer – either a marathon, a 5K or something in between, and start training for that now. “Running for a cause is a great way to give back and using the summer months to train for a run that supports a cause is a great way to get in shape and give back to the community,” she adds.

Find a squad

Shajahan suggests, “Sports team, dance class, swim lessons, bike group... This is also a great way to meet people with similar interests and stay active.”

Vacation hard

“When planning travel, think of fun, active vacations: hiking, camping, canoeing, biking, walking,” she adds.

Eat right

Michelle Alley, a nu-

tritionist at iFit, says, “Let’s be real. We can’t tell you to cut out the late-night pizza. Instead, make healthier replacements throughout the day. For breakfast, select the egg and veggie omelet. For lunch – a giant, leafy salad mixed in with your protein of choice, and filled to the brim with veggies. If you make healthier choices throughout the day, you can partake in the pizza session with no regrets.”

30 minutes

Vanessa Duren-Winfield, Clinical Associate Professor of Healthcare Management, and Director of Research for the School of Health Sciences at Winston-Salem State University, advises to exercise 30 minutes a day, always stretching first. “Exercise is not only for losing weight. It boosts energy. It speeds up your metabolism. You will feel more confident. It can relieve stress. It can strengthen your immune system.”

You can make it fun or useful, she adds. For example, take your bike to perform errands, or join an intramural team.

Water!

All of the experts say it’s best to drink water – and never drink soda. Kelley says: “Drinking your calories is a way people really add weight because you’re not normally thinking about how many calories are in one Coke. And it’s not only the calories; it’s the worst enemy of anyone trying to live healthier and that is *sugar*. Sugar, when it is consumed and not burned off immediately is converted to fat by the body. So try to save those ice cream cones and Oreos for after a hard workout. They will be less destructive on the body than when you ingest that kind of sugar while you’re sitting around.”



Find exercise buddies

McDaniels says: “Stay in touch with friends during the break by creating a summer workout team. You can set exercise goals and even meet up to work out together. This can help you maintain your commitment to work out over the summer and help maintain your social connections — you’ll be all set for the fall semester both physically and socially.”

Get enough sleep

Angelo Zegarelli, the head athletic trainer at SUNY Geneseo, suggests: “You probably beat your body up pretty good keeping up with the rigors of an academic year, so rest up! You’ll be pulling coffee-fueled all-nighters in the library again before you know it.”

Seize the day

He also says to take advantage of your summer situations: “Mornings are usually the perfect time to get up and go for a bike ride or a brisk walk before the heat of the day hits. And don’t be afraid to actually swim a bit when visiting your friend’s pool – instead of just floating around on his inflatable sea horse.”

Have a summer exercise or diet tip? Send it to us at fitness@cccn.us and we’ll add it to our story online!

Aerospace finals

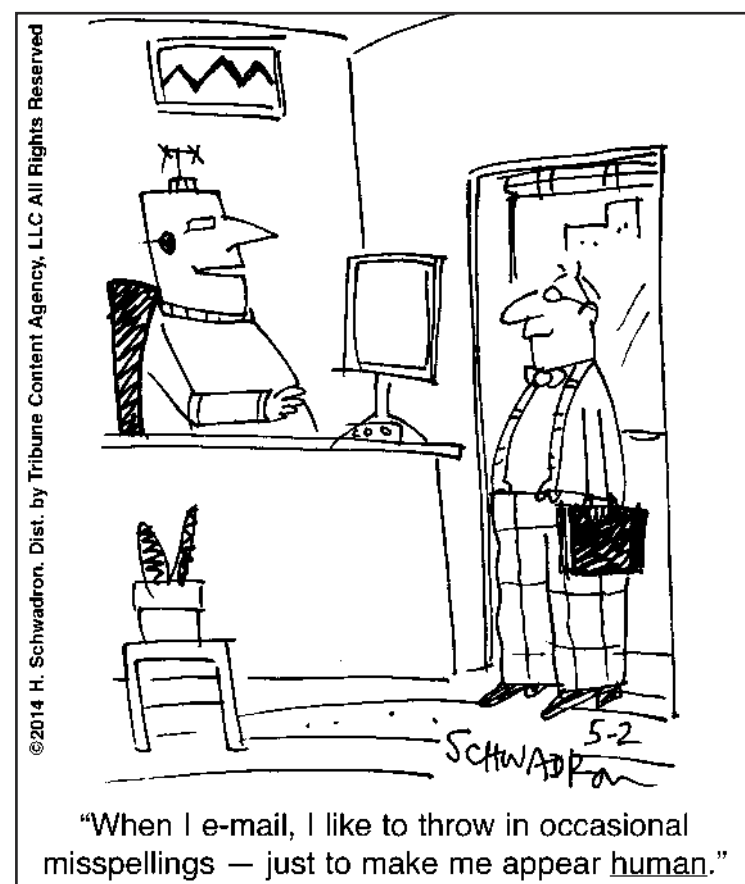
Five students from Mohawk Valley Community College's Airframe and Powerplant program – Erik Forys, Jacob Edwards, Joziah Underwood, Matthew Carney, and Noah Kohuth – competed in an international aerospace maintenance competition during the MRO Americas conference in April in Orlando, Fla., and placed 13th. The competition hosted 72 teams, 25 of which were from Airframe and Powerplant schools.



sional maintenance engineers, technicians, and students from the United States military, commercial aviation, aircraft manufacturer industries, and many of the most prestigious schools in the country, including Utah State University and Broward College. The event was streamed live online in 37 countries. Each team was required to compete in all events including removing and installing wheel and brake assemblies and doing internal inspections of state-of-the-art turbine engines.

MVCC's students, only eight months into their twelve-month program at the time of the event, competed against students from other colleges with more than two years of aviation maintenance training, including some that already earned FAA Airframe and Powerplant certificates. Teams included profes-

9 to 5 by Harley Schwadron



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U ₁	I ₁	L ₁	W ₄	F ₄	H ₄	S ₁	Triple Word Score	_____	RACK 1
O ₁	A ₁	C ₃	D ₂	K ₃	L ₁	P ₃		_____	RACK 2
E ₁	O ₁	I ₁	D ₂	T ₁	T ₁	P ₃		_____	RACK 3
E ₁	I ₁	B ₃	H ₄	R ₁	S ₁	P ₃	1st Letter Double	_____	RACK 4
I ₁	E ₁	U ₁	C ₃	M ₃	R ₁	N ₁		_____	RACK 5

PAR SCORE 210-220
BEST SCORE 299

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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03-22

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By: L. A. Bonté

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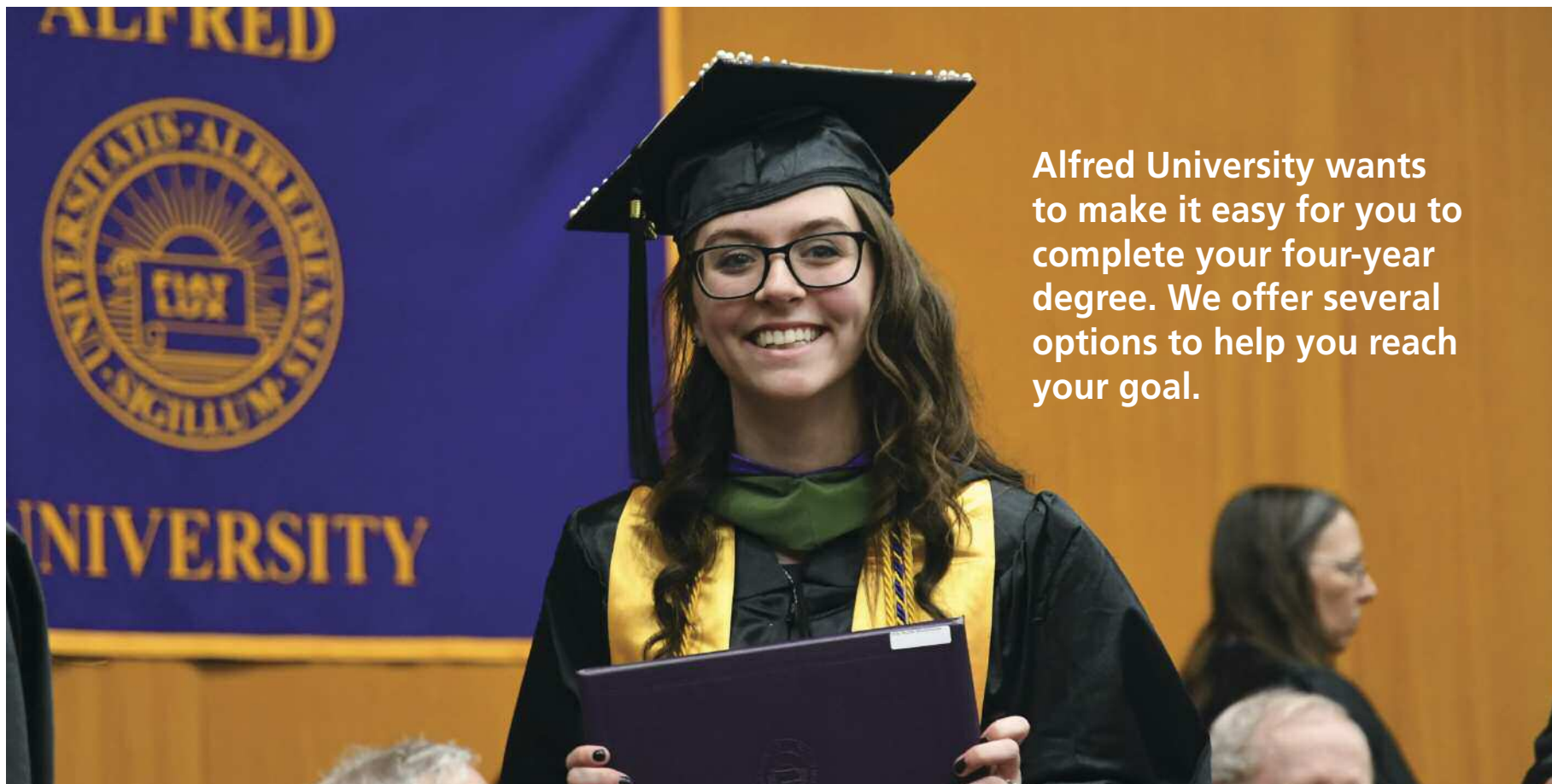


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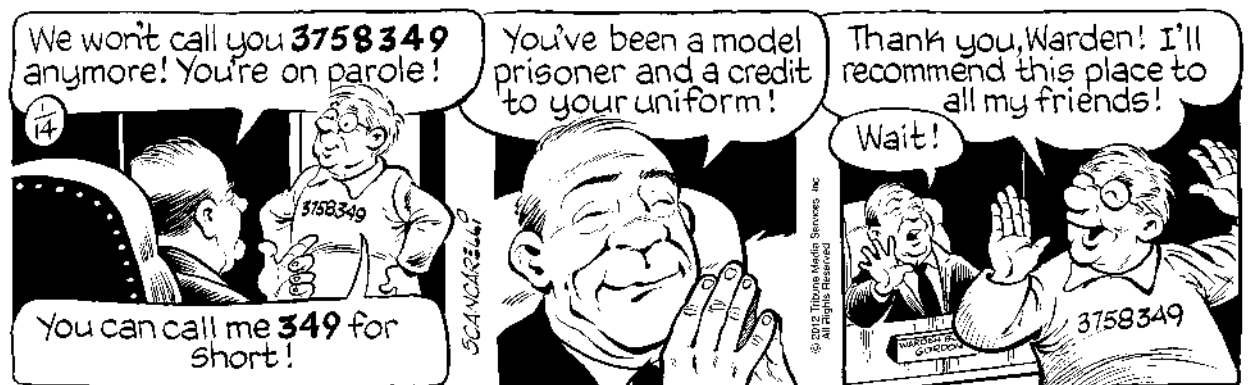
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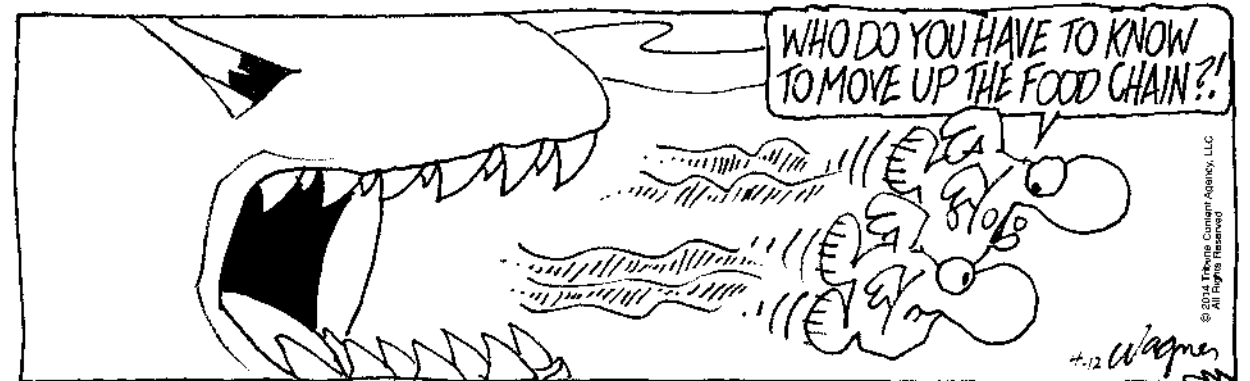
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Braun named to SUNY board

State University of New York Chancellor Kristina M. Johnson announced the swearing in of one new Board member, Michael A. Braun, who was recently elected by his peers as president of the SUNY Student Assembly.

“Our students have made a sound decision in electing Trustee Braun as President of the SUNY Student Assembly,” said SUNY Board Chairman H. Carl McCall. “While our Board continually upholds our system’s mission of providing a high quality education to individuals from all backgrounds, having a student perspective within our ranks further informs our decisions for the benefit of our students. I look forward to working with Trustee Braun this coming

year.”

“The swearing in of a new student trustee is an exciting moment, as we welcome a new voice to the Board, a voice elected by the students to represent them on critical decisions, and they have made an excellent choice in electing Trustee Braun,” said SUNY Chancellor Johnson. “It is my pleasure to welcome Trustee Braun to the SUNY leadership family, and we thank him for making this commitment to SUNY and its students.”

“I am truly humbled that the incredible students of The State University of New York have placed their trust in me to serve as Student Assembly President and Student Trustee this coming year,” said Student Assembly Presi-

dent-elect Michael Braun. “Working alongside Chancellor Johnson, Chairman McCall, and the rest of the SUNY Board of Trustees, I have every confidence that incredible results can be achieved in the year to come. Now more than ever, we need to ensure our students have the resources they need to thrive in a complex world. SUNY has been—and will continue to be—a key vehicle for social progress for New York State. I am determined and excited to become a part of this legacy.”

Michael A. Braun, a Long Island native from Elmont, NY, graduated Magna Cum Laude with a degree in political science from SUNY Cortland in the spring of 2017. He is currently pursuing his mas-



ter’s in Public Administration and Public Policy at the University at Albany’s Rockefeller College. Prior to being elected as president of the SUNY Student Assembly, Braun was treasurer for the organization. During his time as an undergrad, he was active in SUNY Cortland’s Student Government Association (SGA).

SUNY, CUNY students support free press

The Student Assembly of the State University of New York and the University Student Senate of the City University of New York- which together represent over 1.3 Million New York Students- are announcing joint support for Bill A-9801/ S-7721 (Lupardo/O’Mara)- the Student Journalist Free Speech Act.

This legislation- if enacted- would offer greater protections for student publications at all New York public educational institutions. While school administrations would maintain the ability to intervene in the cases of grievance abuses, this bill would protect the right of students to write about, and offer opinions on, controversial issues.

“Student reporters are the next generation of journalists,” said Assemblywoman Donna Lupardo, Assembly sponsor of the Student Journalism Free Speech Act. “Having more control over what they publish will support the integrity and independence expected of professional journalists. Freedom of the press is central to our democracy; it’s important that we give students that opportunity.”

“The role and the responsibility of a free press in American democracy is one of the most timely and serious examinations taking place in our society today,” said Senator Tom O’Mara, Senate sponsor of the bill. “I’m hopeful that the introduction of this legislation will

help constructively and in-structively contribute to the discussion and, especially for aspiring journalists and their instructors and mentors, help heighten their appreciation and understanding of the First Amendment, the working press, and the protection and preservation of this ideal moving forward into the 21st century.”

“Student publications should be free from undue censorship and interference from school administrations- and students should be allowed to honestly critique school policy when necessary,” said Michael Braun, President-Elect of the SUNY Student Assembly. “New York’s educational institutions should model the first amend-

ment values we teach our students are so essential to the exercise of our democracy.”

“At a time when thinly veiled attacks on student voices are often coupled with claims of support for freedom of expression, it is important we lend support to initiatives that amplify student voices. Today, we can start right here, by supporting this bill to protect the rights of student journalists,” said John Aderounmu, Chairperson of the CUNY University Student Senate.

The SUNY Student Assembly and CUNY University Student Senate urge the state legislature to pass the Student Journalist Free Speech Act before this session adjourns in June.

On legalization: pot, pros and pyrotechnics

Darren Johnson
Publisher, Campus News

Everything's going so fast.

With the legalization of pot happening in the Northeast – and soon sports betting will largely be available, what with all of these casinos springing up everywhere – it now seems kind of quaint that fireworks were legalized in most of the counties of New York state a couple of years ago.

And more than the freedom to blaze up a doobie without fear of the cops busting down the door, or to bet on the lowly Jets and curse at the TV each week, my childhood fantasy was to be able to buy all the pyrotechnics I'd wanted.

And now it's the season where you can buy some, too.

Somehow as a kid, I did get my hands on some fireworks. Maybe an uncle would bring some back from Pennsylvania. Maybe some friendless rich kid would use a brick of Black Cats to entice me to spend some time with him. That ploy worked.

And, now, being able to walk into a local Walmart and see a wall of fireworks has made me feel like a kid again.

However, the thing is, you can only buy really low-level fireworks in New York state – fountains and sparklers and pretty weak stuff overall.

But, here's the silver lining: now that the low-level stuff is

legal, people are supplementing that with a trip to a state with looser laws. Have you ever been to South of the Border in South Carolina? Bonanza!

OK, you fill up the trunk with some *real* fireworks and bring them back to New York and now the police mostly let it go. By the time you've spent all that gunpowder, all that's left are burnt shells, and the cops aren't going to do a whole CSI to determine if your fireworks were bought here or elsewhere.

Legalizing sparklers has proven to be the gateway to whistling bottle rockets and cherry bombs.

(My lifelong goal has been to tie a few dozen exploding bottle rockets to the end of an arrow, light them and shoot the arrow into a "Rambo" standee, as one of those movies featured exploding arrows. This would myth-bust if such weaponry is even possible. I'm thinking not.)

I was on the West Coast last year and took the picture at the top of this page. Pot is mostly legal out there. You can go into a store and buy doobies or edibles or whatever. They only take cash. I checked out one of the places, but it didn't seem as fun as South of the Border. Massachusetts very soon will have such pot stores, and other Northeast states are poised to follow.

The pols figure they can tax it and make money for state coffers, but I have a feeling we're all just recycling the same dollars. So many casinos have popped up in just the past couple of years, but they have failed to bring in the money they had originally projected. People are maxed out. There are lottery ticket machines in

every other store. I mean, how much more can we donate?

So now sports gambling is getting quickly legalized. All the casino owners think this will save them, and the municipalities will finally get the tax dollars they'd expected. Yep, there's so much money to be made betting on 18-year-olds playing football for Rutgers or whatever. Maybe, instead, we should pay these kids who likely are taking years off of their bodies for our entertainment?



the back of a closet. The novelty has worn off.

And apparently, so has the novelty of casino gambling, and the same will likely happen after pot legalization and sports betting (we can do that now on the Internet, anyway – big deal). Thus none of this will really help the states' tax coffers long-term.

You know it's desperate times when we're betting on vice to cure a state budget deficit.

Anyway, stay safe this summer fireworks season. Maybe it's better to just sit back and let the pros put on a fireworks show for you. It costs nothing, and looks so much better.

And that's the last word ... for now.

Darren Johnson operates one of America's last print newspapers! Volunteer by visiting cccn.us and contacting us.



As a kid, I never could have imagined all this stuff would be legalized.

Someday, soon, I will be able to blaze up a fat one and use that to light the wick of a pyrotechnic fountain and then place a legal bet on tonight's game via an app on my smart phone – all at the same time.

The thing is, though, when fireworks were first legalized a couple of years ago, I bought a couple of boxes of the stuff, lit a few of them up, had a laugh, and the rest of the items now sit in

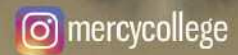
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