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COMIX 22



ARTS 25



IT'S NEW TO YOU! 14

Now, it's time to get serious...

Tyler McNeil
Campus News

Changing campuses is like moving in a new neighborhood; passing by strangers is normal, it can take going broke to discover affordable dining and you might end up on your way out once you manage to learn your way in.

New beginnings invite old habits to get in the way of success. Thinking ahead

is crucial while looking ahead at the next step furthering your education. As students across the Northeast look to transfer away from home for the spring semester, it's important to prepare for every obstacle ahead, from nutrition to safety.

Learn your department

Knowing what classes are like is helpful before you enter the classroom. Although it's hard to determine your schedule in the midst of transferring, it's important to know who you could be dealing with before you inhabit a new campus.

Check out Rate-MyProfessors.com to see how other students have



judged faculty members at your future college. Browsing through comments provides a better understanding of what teaching styles exist

ahead in the classroom.

Faculty information can be easily accessed on a college's directory. Ask multi-

continued on page 13

MAKE YOUR CREDITS COUNT

Lauren Sears '15, Communications
Concentration in Journalism,
Minor in Business
Producer, Time Warner Cable News

Transferring to Saint Rose was the best decision I have ever made. My academic experience was demanding in the greatest way possible, and my professors pushed me to be the best journalist I could be.

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Holiday gift guide inside!

As we do every year, this holiday season we put out a query to Corporate America for ideas for our annual gift guide for college students.

We get about 100 responses from PR folks and then whittle down the list to about a dozen or so. We actually try out and review the

items, keeping in mind the audience – college stu-

dents in the Northeast. Items have to have the right mix of usefulness, affordability, practicality and trendiness.

If you see the "Gift Guide ~ College Edition" icon to the left next to an article, it is a review. These articles are sprinkled throughout the paper.

Now, the reviews here

continued on page 21





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Should professors have ‘trigger warnings’?

Laura LaVacca
Campus News

Warning! What you read may offend you.

This may be the new first statement across everything you encounter in life from the classes you choose to enroll in to the seminars you choose to attend. This may not be far off from what is happening to America’s campuses. These “trigger warnings” as they are called refer to sensitive material that may “trigger” unsavory responses in students who have dealt with such topics or are simply sensitive to them. This alert warns of distressing material in any video, picture, novel, etc. These many warnings are now calling into question free speech and the PC culture that’s starting to emerge.

Comedian Jerry Seinfeld recently stated that he will no longer perform on college campuses: “I don’t play colleges, but I hear a lot of people tell me, ‘Don’t go near colleges. They’re so PC.’ I’ll give you an example: My daughter’s 14. My wife says to her, ‘Well, you know, in the next couple years, I think maybe you’re going to want to be hanging around the city more on the weekends, so you can see boys.’ You know what my daughter says? She says, ‘That’s sexist.’ They just want to use these words: ‘That’s racist’; ‘That’s sexist’; ‘That’s prejudice.’ They don’t know what they’re talking about.”

Comedian Chris Rock has also followed suit.

Many may question why, and it seems to be the increased culture of political correctness or perhaps, as Seinfeld suggests, a misunderstanding overall. Comedy shows such as these would have to come with trigger warnings—and really what is the point of comedy then? What really is

the point of college then? No free-thought? No profound discussions about hot button issues? What would be the significance of any discussions?

These questions and more are explored in a recent piece *The Atlantic* ran, entitled, “The Coddling of the American Mind.”

The article notes that these trigger warnings are mis-guided and “disastrous for education—and mental health.” The article asserts that “In the name of emotional well-being, college students are increasingly demanding protection from words and ideas they don’t like.”

The piece details the movement that is arising where campuses are “scrubbing” themselves clean of works, ideas and subjects that may cause discomfort. The author cautions against “the dangers” that this movement could pose “to scholarship and to the quality of American

universities.”

In addition, President Barack Obama publicly defended the

importance of free speech on campus in an interview with ABC News’ George Stephanopoulos. President Obama has addressed this issue for the second time this year. He explains that “Being a good citizen, being an activist, involves hearing the other side and making sure that you are engaging in a dialogue because that’s also how change happens.”

President Obama continues to name notable instances where free



speech brought about revolution like the civil rights movement:

“And so when I hear, for example, folks on college campuses saying, ‘We’re not going to allow somebody to speak on our campus because we disagree with their ideas or we feel threatened by their ideas,’ I think that’s a recipe for dogmatism and I think you’re not going to be as effective.”

The article was published by The Foundation for Individual Rights in Education (FIRE). They are a nonprofit educational foundation that strives to unite “civil rights and civil liberties leaders, scholars, journalists, and public intellectuals from across the political and ideological spectrum on behalf of individual rights, freedom of expression, academic freedom, due process, and rights of conscience at our nation’s colleges and universities.” FIRE’s main mission is to preserve liberty across American campuses.

Obama’s words came on the heels of the turmoil that is plaguing Missouri.

Kate Manne, assistant professor at Cornell University, gives her explanation for the use of trigger warnings in her aptly named New York Times article, “Why I Use Trigger Warnings.” Manne explains how

she’s been employing these warnings since the beginning of her lecture career and that they are not an invitation to simply skip class or homework assignments when students feel uneasy. “It is to allow those who are sensitive to these subjects to prepare themselves for reading about them and better manage their reactions.”

Manne argues that these warnings are simply to help students cope with their reactions and prepare themselves beforehand so as not to get “triggered” in class. She draws a parallel between these warnings and those given before movies or TV shows. “It’s not about coddling anyone. It’s about enabling everyone’s rational engagement.”

Maybe we should simply just take President Obama’s advice and understand the point of discussion and living in a democracy, “The purpose of that kind of free speech is to make sure that we are forced to use argument and reason and words in making our democracy work. And, you know, you don’t have to be fearful of somebody spouting bad ideas. Just out-argue them. Beat ’em. Make the case as to why they’re wrong. Win over adherents. That’s how things work in a democracy.”

Should students be warned of potentially unsavory content?

Some stress-busting ideas for students

Today's college students are finding new ways to cope with the stressors of classes, exams, being away from home and finding work post-graduation. Universities, like Niagara University in upstate New York, are being creative in finding ways to help relieve anxiety.

At the university's Lewiston, New York campus near Buffalo, a number of innovative programs have

been employed. The campus library, where students often spend hours on end studying and writing papers, now contains a "stress-busting station" equipped with the following during peak times:

- A coloring area where students can release their inner child and free their minds. Crayons and adult coloring books are there for undergrads to use at any time.

- Video games to help students distract themselves and let off steam.

- Puzzles to both relax and make the brain more nimble.

- Healthy snacks, like popcorn, to feed the body and mind.

- A putting green to help break up the many hours of physical inactivity.

- A Lego creation station for art therapy.

There was also music, coffee, hot cocoa and hot cider.



Popcorn, coloring books and puzzles.



Drone program

Mohawk Valley Community College announced that its Unmanned Aerial Systems community education programming was awarded the James C. Hall Jr. Exemplary Non-Credit Program Development Award by the Continuing Education Association of New York (CEANY) on Oct. 25. The award recognizes innovative, high-quality and effective programming activities that make a contribution to the field of adult and continuing education.

This recognition was awarded for the extensive Unmanned Aerial Systems (UAS) programming developed by MVCC's Center for Corporate and Community Education. These new classes at the College include summer camps and afterschool programs for children and teens, training courses for MVCC's faculty and staff, and a community education program that instructs adults in important concepts and how to fly unmanned systems.

To support the recent growth of the UAS sector in Oneida County, MVCC launched its intensive series of UAS training courses in 2015. Courses are offered for all age levels from children and teens to adults. All UAS pro-



grams at the college are designed to increase community awareness of the employment opportunities moving to the region, increase workforce preparation to enable residents to take advantage of these new jobs, and to create a pipeline of children and older youth who are familiar with unmanned aerial systems technologies and may pursue those careers.

"Unmanned Aerial Systems are forecasted to bring thousands of jobs to our state in the next few years," said Franca Armstrong, associate vice president of Workforce Development and dean of the Rome Campus at MVCC.

For more information about MVCC's Unmanned Aerial Systems programming or with questions, call 315-792-5300 or visit mvcc.edu/cced.

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In defense of the English major

Emily Smith
Campus News

Pursuing a degree in English has long been considered a useless pursuit for a profitless career. But, as employers begin to value new skills and the atmosphere of the modern office evolves, it appears English majors are making strides toward becoming the superstar employees of the future.

According to Steven Rothberg, President and Founder of College Recruiter, employers prefer problem-solving candidates with strong critical thinking skills and information filters – that is, employees who question data and double-check the facts. Luckily, these are the exact skills English majors are taught; not so luckily, only 12 percent of graduates with an English major find a job within six months of graduation. So why the divide?

“Employers may value the ability to think critically, but need to weigh that skill against another such as a demonstrated ability by a salesperson to make 60 outbound calls a day,” Rothberg explained. “In a perfect world, that employer may be able to hire someone with both attributes, but may need to settle for someone with just one of the two skills.”

Since qualitative skills are harder to measure than quantitative ones, graduates with the latter skill almost always win out.

Nancy A. Shenker, one time Vice President of both CitiBank and MasterCard International, argued that her English degree has been invaluable during the course of her career. Although her major seemed “fluffy” at the time – she wrote plays and analyzed novels – her storytelling abilities and eye for detail landed her a job at several Fortune 500 companies. Now, Shenker is the Founder and CEO of marketing company theONswitch and a blogger for The Huffington Post.

“A marketing major probably would have sucked all the life out of me. I’ve come to realize that while analytics are critical to the marketing process, creative thinking, writing, storytelling, and visualization of data are

really what engages readers and helps sell services and products,” Shenker wrote. “I’ve taken courses over the years to strengthen my business skills and learned a lot about marketing theory from colleagues and reading, but the skills I learned as an English major are equally important.”

It seems like Shenker’s statement is becoming increasingly true in the workplace.

The sudden desire for English majors may be reflecting the change in contemporary work environments. Many of the job openings at BuzzFeed, for example, require the same qualifications: emotional intelligence and the ability to consider the perspective of others are equally as important for editors as they are for interns. These qualities are rampant in English majors, since those who read fiction have higher levels of cognitive empathy. In several studies, empathy has been associated with increased

The problem is not too few, but too many options.’

sales, top performing managers of product development and greater efficiency.

Some workplaces even physically support these qualities. Face-to-face interactions, which encourage empathy between coworkers, are incredibly important in the workplace and improve performance. That’s why Facebook settled its employees into a single, mile-long room and why Yahoo revoked mobile phone privileges on campus. Indeed, the greatest ideas don’t occur in front of a blank computer screen, but during interactions and collaborations with other people.

The English major can also look to the rethinking of STEM (Science, Technology, Engineering and Math) education in America as a promise of better career prospects in the future. As explained by the U.S. Department of Education, STEM is the curriculum

used to improve competitiveness in science and technology development – in other words, it’s the education plan that aids America in global leadership. Recently, academics have discussed incorporating a fifth letter into the acronym: A for arts, which includes the English department.

“STEAM will make things happen,” Nicholas Dirks, Chancellor of University of California-Berkeley, said. “It suggests combustion, it suggests the transformation of elements from one stage to another.”

And it’s true. The arts, including English, are as essential to global leadership as they are to the human condition. And business owners would be well advised to hire English majors to compete in the global marketplace.

So, what exactly are English majors qualified to do? The problem isn’t that there aren’t any options – it’s that there are too many. While graduates of an English program can pursue jobs in publishing, academia or journalism, the flexibility of the degree also allows for non-traditional paths to alternative careers. Anticipating the value in a liberal-arts education, some schools have revamped their programs to attract English majors and students with similar degrees to pursue higher education.

According to the University of Arizona, philosophy and English are common undergraduate majors for physicians. The value of that foundation is certainly not lost on the Icahn School of Medicine at Mount Sinai in

New York City, where admissions requirements have changed in order to lure more English majors to the school. The humanities-oriented program, known as HuMed, encourages students to study anything from English to medieval studies, then guarantees admission into the medical program by a student’s sophomore year. The program, founded by Dr. Nathan Kase, is rooted in the belief that science is the foundation for a medical education, but a well-wounded humanist is best suited to take advantage of that education.

HuMed, which will soon expand its doors to other schools and majors, acts as an anecdote for “pre-med syndrome,” an industry term for students striving for straight-As and high test scores. What the school and the greater medical community found was that the “syndrome” made applicants, and therefore physicians, too single-minded. In short, they made bad doctors. Similarly, certain students who struggled to take courses like organic chemistry during their traditional pre-med tracks found the struggle toward medical school less of an obstacle when given the opportunity to take another route. When Kase was asked what he would have pursued in college had his track not been quite so traditional, he replied in the vein of HuMed.

“Literature – English lit,” Kase said. “I read voraciously as a kid, and that almost came to a complete standstill in college because there was just no time to breathe.”



Stocking stuffers, gadgets and more

Also in Campus News' gift bag were the following stocking stuffers:

SanDisk seems to make our list most years. This year, they let us test the **16GB Connect Wireless Stick**. These type devices have come down incredibly in price in recent years. This one is just \$25. So why get one? Well, you no longer will need to use the USB port to transfer files – this does it all wirelessly. You can connect three devices at a time and it fits in a pocket. You can access it from Android or Apple. Put a bunch of movies and music files on it for a long road trip. Three people in the car will be able to access their individual preferences and watch/listen at their own speed.

At \$50, the **Swingline NFL 747** stapler is amazing. Everyone should have a decent stapler. A high-quality stapler like this won't jam and will last a decade or



SanDisk stick



NFL 747



TurtleCell



more! We tested a New York Giants blue and red model – it was colorful and classy looking and way better than the \$5 and \$10 staplers we had sitting around.

Getting a new iPhone? Well, this case is the best we've ever seen, and we've tested a lot of cases over the years. The **TurtleCell Case** has an integrated retractable headphones and microphone for the iPhone 6. The built-in, magnetic headphones make them less likely to be lost or left behind; ideal for students, the gym and anyone who uses a cellphone and has an active lifestyle. The microphone does an excellent job and makes hands-free calling easy. The sound, incoming and outgoing, tested crystal clear. It also has a kickstand. The feel of the case is perfect, not too hard or soft, and has a sleek look. Cases are available for \$59.95 in black, silver, red and gold, online at www.turtlecell.com and at major retailers

Nixplay is bringing back the photo frame with its **Seed**. Other digital frames were popular about a decade ago, but mostly fell out of use as they required memory cards and hard wire hookups. For \$90 and up, Nixplay has simplified and modernized the photo frame via apps and wi-fi. You can easily change the display from afar, for whatever occasion.

You can even send new photos to the frame to parents and family in another country! They can be surprised every day with new photos from you. You can add captions, too. The frames come in 7, 8 and 10 inches and cool colors. The look is classy and the product durable. Find out more on

nixplay.com.

BigMouth Inc. also sent us a variety of hysterical novelty items that will bring laughter to any student with a great sense of humor. Their products have been seen in the hands of Justin Timberlake, Jay Leno, Reese Witherspoon, Justin Bieber, Khloe Kardashian - just to name a few! You can find BigMouth Inc. items in nationwide retailers and Amazon.com.

Another company, **PAPYRUS**, carries an amazing selection of art, journals, stationery, desk supplies, notebooks and small gifts for every stylish scholar! Not to mention tons of fun desk accessories that are perfect for stocking stuffers! PAPYRUS even offers non-denominational holiday cards and greeting cards as well as wrap, ribbons, bows and bags to adorn your gifts. Their products can be found at PAPYRUSonline.com.

We have included photos of BigMouth and Papyrus products that we tested and enjoyed. Mostly, we found the Barry the Boxer mask fun to surprise people with. The Kate Spade New York Journal insulated tumbler was also a hit with us fans of print journalism!



Nixplay Seed



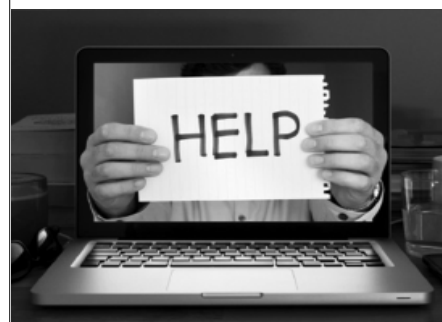
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Changing attitudes: Yes, a woman can run for president, and more

Takara Lawrence
Campus News

T.I.P., a rapper from Atlanta, recently did an interview where he stated that he could not see himself voting for a woman President. Once this interview began to circulate he retracted his statement and changed it to, “My comments about women running for President were unequivocally insensitive and wrong, I sincerely apologize to anyone I offended.”

He may have offended some but he most likely did not offend most. This is an ongoing trend when it comes to women in politics, actually this is a common trend when it comes to women and anything associated with competing in a male dominated field. Politics, Corporate America, and even in the household women are not looked at as equal but to some solely as a filler. We must know by now that not all men feel the same ways as T.I.P,

there are men who speak on this issue and who want to help women succeed in all ways possible.

I had a conversation with a male I go to Nassau Community College with and he said he felt emasculated whenever he spoke to his male friends about how women are not looked at as equal. As a woman this struck a nerve with me. Why would it emasculate a man just because he wants to help a different sex, why would this make him less of a man? I had to take a second to realize that the people I go to College with are still growing; they still look at the world from a young person’s point of view. A lot of the people who go to community college are right out of High School and thinking about the outside world is not a major focus for some of them right now. This made me think, could a man be identified as a feminist?

I asked several of my male classmates and people I associate with who are also in College if they knew what it meant to be a feminist. For myself, I define a feminist as someone who wants all women to be able to achieve the same goals as their male counterparts socially, economically, and politically. When I asked some of my male classmates what they thought being a feminist meant I pretty much came across the same response: Feminist hate men, do not wear bras, and they never shave. These are stereotypes, these are some of the stereotypes that are associated with being a feminist. Yes, there is a misconception that at the 1968 Miss

America Pageant women burned their bras to call attention to their cause; this is false. During that time women used tactics to imprint their message on the public. It was done by staging dramatic and sometimes provocative demonstrations to bring attention to women’s needs for liberation. There was no fire and no women taking off their bras; what they did do was toss girdles, make-up, high heels, and bras into a trash can they named the “Freedom Trash Can.” From this came the false memory that bras were burned but they never were.

I decided to define what a feminist was just so people would have a better understanding of the word. The best definition I found was: A feminist is someone who advocates or supports the rights and equality of women. If a man wants to stand up and advocate or show support for women, let him do so. A woman just like everyone else wants to feel as though the work they do is appreciated and respected. I had a family member who resigned from her job because she was passed over for a promotion. Working for the company for over five years the position was given to a male who was less qualified than her. After the fact she was told that the person who received the job was in a fraternity with the hiring manager. Women are passed over all the time compared to their male counterparts.

Presidential hopeful Bernie Sanders speaks on the rights of women frequently in his Presidential campaign. He stated in one of his speeches, “We are not going back. Not only are we not going to retreat on women’s rights, we are going to expand them. We are going forward not backwards.” This is a promising statement to make for all women. Even with the gender pay gap women still make 81 cents for every dollar a man earns. Yes, this is up compared to when women were only making 70 cents to every dollar but unfortunately it is still not equal.

Closing the gap between the genders will be an ongoing battle. It will take time to do so but time is on our side. We are behind the days where women are looked at as weak and fragile or even as a damsel in distress. Just like a man a woman can be strong and can be her own protector. We are all

‘Why is a man seen supporting a woman “emasculated”?’

strong; to be exact we just have to stop looking at each other as male and female and look at each other as human beings. We all have souls and feelings and we must all care that not everyone is treated as equal within a society. If more men continue to speak on the rights of women, that can open the eyes and ears of the younger generation. Think about the mothers, sisters, and daughters that want to be able to succeed economically and how much harder they have to work in order to succeed at this. As a future college graduate when I begin to compete for a job in my field of study, I hope the decision to hire me will be based on my degree and work experience and not based on my gender. I hope by the time the next generation graduates from college they can compete in a market place with equal pay for all. All it takes is for one person to stand up and say all the words a community needs to hear.

Takara Lawrence is a Marketing Major at Nassau Community College, She hopes to one day act, write, and produce her own television show.



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Op-ed: Do prisoners need Pell Grants?

Lloyd Bentsen IV
Special to Campus News

States are looking for a way to reduce their prison costs, and rightly so. According to the National Association of State Budget Officers, the states collectively spent \$52 billion on prisons in fiscal year 2012. In a new pilot program, the Department of Education has recently made Pell Grants available for students in federal or state prisons – but this move could induce higher costs and fewer results than traditional vocational training programs.

It's no secret that increasing access to education reduces recidivism rates. According to a 2013 RAND study, every dollar spent on correctional education for inmates saved taxpayers five dollars that would have otherwise been used towards reincarceration costs. With 9.3 million students already receiving \$35.7 billion in Pell Grants – and the Congressional Budget Office already recommending tightening eligibility – perhaps opening up Pell Grants to

larger amounts of applicants and higher expenses isn't the way to go. Instead, we should look at a program with similar intentions and proven success: vocational education programs.

Vocational education programs are actually far more effective in producing employment for formerly incarcerated individuals:

- Vocational training prepares individuals for jobs by giving them specific training relevant to that job, and often results in a certification.

- In many cases, vocational education programs continue to help individuals after release through employment identification assistance.

- According to a 2013 RAND meta-analysis, individuals who participated in vocational programs were 28 percent more likely to get a job than those who did not, whereas individuals who participated in purely academic programs were only 8 percent more

likely to obtain post-release employment.

Vocational education programs are particularly effective when they emphasize occupations that are in high demand. In Indiana, the state works with the Indiana Department of Workforce to find and emphasize occupations that are classified as “low supply and high

Vocational programs are effective.'

demand.” Targeting and providing training for these jobs allow inmates to find employment quickly after release.

Despite the proven effectiveness of vocational education programs, only 27 percent of state prison inmates and 31 percent of federal prison inmates have participated in vocational or job train-

ing programs. Institutions should focus on providing incentives for inmates to participate in these programs, like reducing sentence times for every program completed.

Though academic education also reduces recidivism, vocational students have a higher success rate. Because inmates already have access to some form of academic training or vocational training, Pell Grants are an unnecessary added cost to taxpayers. Instead, inmates should receive funds for targeted vocational training in order to use tax dollars in the most effective and efficient way.

Lloyd Bentsen IV is a senior research fellow at the National Center for Policy Analysis.



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Online freedom has declined since 2010

Kelvin Suddason

Scripps Howard Foundation Wire

This year's Freedom on the Net report is out and carries a bleak conclusion: Online freedom has declined for the fifth consecutive year.

"Out of 65 countries that we assessed in the past 12 months, 32 have experience overall declines since June 2014," Sanja Kelly, project director at Freedom House, said at the Google offices for the report release in November.

"While Internet use is on the rise, so too is the censorship and political surveillance," Sen.

Brian Schatz, D-Hawaii, said.

This year's Freedom on the Net report is out and carries a bleak conclusion: Online freedom has declined for the fifth consecutive year.

"Out of 65 countries that we assessed in the past 12 months, 32 have experience overall declines since June 2014," Sanja Kelly, project director at Freedom House, said at the Google offices for the report release Wednesday.

"While Internet use is on the rise, so too is the censorship and political surveillance," Sen. Brian Schatz, D-Hawaii, said.

Governments are making it harder for users to disguise their per-

sonal data, such as location, thus undermining user anonymity. Governments can then monitor online activity of opposition activists and sanction them.

For example, Syrian blogger, journalist and human rights activist Assad Hanna was stabbed in his Istanbul apartment for his criticism of Syria's ruling regime. He said that the attack could not have been a coincident, especially after receiving multiple threats from political groups.

Of the 3 billion people on the Internet, 61 percent are censored.

Kelly also brought up the right to be forgotten as one of the emerging areas in the field of online freedom. The Court of Justice of the European Union, ruling in May 2014, gave individuals the right to request that information that is irrelevant or no longer accurate about them be hidden by search engines.

While this ruling applies to people living in the EU, its application in other countries with notably less transparent and accountable system could cause prejudice to millions. For instance, Russia allows public officials to exercise this right. For

Kelly, this means that corrupt officials could wipe out past criminal charges from online searches.

There are now more people living in countries classified as "Not Free" than there are in "Free" countries, Kelly said.

Out of the 3 billion people that are connected to the Internet, 61 percent live in countries where criticism of the government, military or ruling family has been subject to censorship. Nearly half of them live in countries where individuals have been attacked or killed for online activities since June 2014. Nearly a third of these 3 billion people live under governments that sometimes

disconnected Internet or mobile phone access in the past year.

Despite the bleak figures, the report noted that digital activism has been and remains a vital driver of change around the world, particularly in societies that lack political rights and press freedom.

"People everywhere ought to enjoy freedoms expression, assembly and association, online and offline," Schatz said.

Countries	Rank	SUM (Score)
Iceland	1st	6
Estonia	2nd	7
Canada	3rd	17
Germany	4th	18
USA	5th	19
Australia	5th	19
Cuba	60th	81
Ethiopia	62nd	82
Syria	63rd	87
Iran	63rd	87
China	65th	88



Sanja Kelly Photo by Author



New adults face challenges in housing market

Maren Machles
Scripps Howard Foundation Wire

Millennials made up 27 percent of the U.S. population and 32 percent of all home buyers in the last year, the largest percent of all home purchasers.

That's according a survey by the National Association of Realtors.

This may come as a shock due to the stereotype that millennials are a transient generation with a dim economic future. In reality, millennials are the most optimistic demographic when it comes to the economy and the housing market.

Despite their positive outlook, millennials still face a number of challenges.

U.S. Housing and Urban Development Secretary Julián Castro and Chief Economist for Realtor.com Jonathan Smoke spoke last month at George Washington University about changes that would make it easier to own a home and the difficulties prospective homeowners face.

"This year we've monitored where somewhere between 65 and 70 percent of millennials looked at real estate online," Smoke said. "Our survey data indicates that the number one reason millennials got into the housing market this year did so because they had an increase in income – about 35 percent of them."

In May 2014, the Federal Housing Administration created the "Blueprint for Access," an outline of steps that would expand access to credit.

"At FHA, the concern has been to learn the lessons that were the past so that we don't slide back to where we were before, but at the same time ensure that we offer great opportunity for responsible folks to be able to own homes," Castro said.

Castro was referring to the housing bubble that caused the recession in 2007 and 2008. Lenders were giving loans to people who shouldn't have qualified for them. While some blame the government for imposing

affordable-housing and fair-lending policies that would encourage more lending, others blame the excessive demand for housing and lowered standards for lending. As a result of the bubble, the number of houses sold annually was cut in half to in two years.

In January, the FHA reduced mortgage insurance premiums, or the premium people have to pay when their loan is insured by the FHA, by half a percent, saving those who qualified and applied to be FHA homeowners an average of \$900 per month.

"The impact almost immediately changed the market this year," Smoke said. "We are in the era of big data and research, and we saw an almost overnight a 30 percent change in share of folks that were using FHA."

While these changes have created an impact, one of the issues both Castro and Smoke brought up was the crippling student debt this generation, more than any other, faces.

Smoke said the debt hurts millennials, specifically, because it makes it hard for them to build a good credit history. The younger generation is less likely to build credit when they use the sharing economy and technologies such as Uber and Airbnb instead of buying a car and making monthly payments. Because of the record wealth gap in the U.S., younger people own less. The credit system is dated – it doesn't consider that younger people are making on-time payments for new technologies, including cell phones.

"We talk a lot about income in-



equality right now, and that is a significant issue that people on both sides of the political aisle are proposing policies to address," Castro said.

Castro said the real evidence of this issue lies in the wealth gap. The issues with the economy can be derived from the housing market. Despite the effects of housing bubble, the number

of houses sold in 2014 crept up to 437,000 from 376,000 in 2009, the low point in the recession.

"Generation after generation, the primary vehicle to create wealth in this country is through homeownership. And today we've had the lowest homeownership rate that we've had in 48 years," Castro said.

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Be sure to stay active during winter

Jonathan Lopes
Campus News

College life can be fun, but it is also very constant and quite stressful. Students attempt to balance classes with studying, activities, and/or friends. It is organized chaos and a wild ride for those who become proactive. Below is a description of various paths to consider in having fun, learning and remaining active during the upcoming winter session and college break.

Potentially enrolling in a winter course to boost GPA and remain active in keeping your mind fresh is a smart choice. If you want to stay home for break but are interested a few extra credits, consider an intersession class at a local college. The class pace is faster, but you receive more attention for the professor. However, check with the institution prior to be sure credits will transfer. Certain schools may have winter trips or field experiences, short term study abroad opportunities as well. This

is an avenue to explore which is shorter and more cost effective.

Being able to return to a previous summer/winter job for a few weeks to make some extra money or finding a new seasonal job as well as the option of applying for a short term internship or shadowing experience can be vital in blending theory of class with practice of the real world. Keeping in touch with professors with holiday notes and possible reference letters, reading or writing/journaling casually, applying to scholarships and internships are things to consider. Check with his Internship or Career Services office before coming home to explore options for internships and externships.

Exercise is brutal when winter comes, but don't use snowy weather as an excuse. Instead, work out at home with a workout DVD, buy a few pieces of equipment such as dumb bells, and pull up bar, jump rope and/or elastic bands to stretch. The best part about working out from home is possibly

watching TV or listening to music and the overall privacy of being alone.

Volunteering at local churches and shelters during break is great to serve a just cause and can assist in helping your resume. Especially during the holiday season, agencies can always use college students.

There's nothing like signing up for a new class or joining an indoor sports league to get you active. Martial arts, intermural sports and/or even a book club at your local library can be fun and worthwhile. It is a fantastic way to stay active and you may make some new friends or learn some new skills in the process.

Setting a smart goal that you then break down into smaller, more achiev-



able action steps is a key way to start. This type of goal-setting allows you to focus on the bigger picture of your immediate future and dreams.

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Surveillance cameras under \$200

Here is a new type of item for the Gift Guide. When we put out our query for holiday gift ideas for college students we didn't think about this one – personal dorm security. This can also work in a small house or apartment.

Reportedly, there are an average of 11,000 burglaries a year on campuses. With these devices, while you may not prevent the burglary, you may gather evidence to help campus security recover your item.

Two companies let us try out their

products, and both are priced about the same: The Samsung SmartCam HD

Pro's MSRP is \$189 and the Canary is \$199. Both can be operated by Android or iPhone apps.

The Samsung SmartCam HD Pro introduces advanced features, such as 128 degree ultra-wide angle security coverage, mechanical IR

Cut filter for night surveillance and up to 64 GB of video storage, to “ensure students can virtually monitor their dorms and campus apartments in peace,” according to a Samsung spokesperson.

“Canary's night-vision, bevy of sensors that detect motion, temperature, air quality, and night vision may capture more than Santa making his way into your room,” noted a Canary representative. Canary “auto-arms” when you leave your home and auto-disarms when you return, monitoring your

space and sending alerts with the option to watch live via mobile when any unusual activity occurs.

One Canary user actually caught a robbery in progress on the Upper East Side of Manhattan. He posted the footage after on YouTube in a video titled “Break in NYC UES.” In it, you can see that the fish-eye style lens captures the whole scene. We clearly see a robber climb through his window, get scared off by a neighbor and a chirping siren goes off.

Both products offer very vivid video with a 1080p wide-angle lens. This isn't the grainy surveillance video you see on the nightly news police reports. You can just set these up on a table. Both were intuitive to use and use your normal wi-fi.

The Samsung product allows you to talk to the intruder or whomever is in your space. The Canary also lets you monitor temperature, humidity and air quality in your room. You can even have it hooked up to contact the police. Canary gives you the past 12 hours of surveillance for free. You can get more hours for a low monthly monitoring fee.

The Samsung SmartCam HD comes in white while the Canary comes in black, white or silver.

The SmartCam also allows you just to select a particular part of the room for motion detection – say you have a pet dog; you can set the camera only to warn you of movement higher than three feet, for example. It also seems good at ignoring minor movements, such as curtains blowing, which could result in annoying false alarms.

We like the look of the Canary a bit more, and also its uniqueness as a small business that was crowd-funded at one point in time.

Both products are a good idea and work well for video monitoring, with some differences in other features. Know what is going on in your room when you are not there, and be alerted if there is some major movement.



Smart Outlet

One of the most useful items we'd gotten to review this holiday season is the new Smart Outlet from ConnectSense. Via your Apple device, you can tell Siri to close the garage door, start the washer or turn off the lights when your tradi-

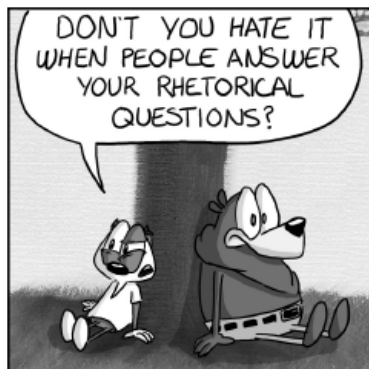
tional appliances are plugged into a Smart Outlet from ConnectSense. Built on the Apple Homekit platform and leveraging traditional Wi-Fi, the outlet turns any traditional appliance into a Smart one letting you operate them re-

motely via voice or text from your iPhone, iPad or iPod. It's small, durably built, white, attractive and just hit in November for \$79.95. We tested one and were wowed. It is one of those products that you did not know you'd need until you actually have it. For example, turn on a crockpot from the road, so that when you get home, dinner is served. Turn on a wall-unit heater or air condi-

tioner for a pet. Or, if you are like us, you may worry if you turned off a problematic appliance – just check the app, and you'll feel better knowing. This was extremely simple to set up and get going. Find out more on www.connectsense.com.



Filbert by LA Bonté



By: L. A. Bonté



For more comics and animations visit FilbertCartoons.com

7 tips to prep you for transfer (cont. from cover)

ple professors with courses required in your program to send you a syllabus through email. Developing a positive relationship with faculty early is a great way to get your name out there for opportunities awaiting such as internships.

Make a budget

Moving to a new college comes with a price. The transition from a two-year to four-year college tuition bill may seem outrageous. Starting a budget plan before transferring makes it easier to adapt to incoming financial restraints.

Type out a daily budget plan for the next day every night at a standard time to get into a routine. This should take as much as ten minutes. In the plan, it's important to categorize expenses such as food, gas and insurance. Sometimes setting reasonable daily limits can seem challenging, but worthwhile.

One to two weeks after becoming familiar with daily expenses, set a separate plan for weekly, monthly and semesterly expenses. Exceeding or falling behind spending allowances helps to determine where

to allocate expenses in the future. Not only will budget planning recognize areas of weakness but also identify areas of improvement over time.

Know the community

College brochures will market vibrant green quads with diverse, smiling students draped in college attire. They might emphasize the words “opportunity” and “experience” in sharp, bold font. But, will they show decrepit, struggling neighborhoods surrounding some of these campuses? Of course not.

Don't avoid the opportunity to visit the college of your dreams because it rests around the community of your nightmares but, stay wary of the local economy before heading to a new campus.

It's important to not only visit the campus but look outside the campus. Make an effort to look at crime statistics near the college to have a general understanding of where to avoid.

Develop a healthy, affordable diet plan

It may not help you sleep at

night, but a 2008 study by the University of Alberta found that students who consumed a balanced diet (fruit, vegetables, protein and fiber, with less calorie intake from fat) did better on literacy tests than students with diets high in sodium and saturated fat.

Buying healthier foods such as nuts and legumes in bulk saves money and can improve alertness. Phytonutrients and antioxidants, which improve blood flow can be found in berries and grapes without having to splurge.

Instead of buying sandwiches from Subway, buy the ingredients from a local grocery store during the holiday season. Remember, when purchasing bread, gravitate towards whole grain breads have been found to improve memory function.

Contact clubs

Leaving campus doesn't always mean leaving everything behind. Campus clubs are always in need of new recruits, regardless of their matriculation stage. Getting to know a campus organization before having direct involvement makes fitting in more comfortable.

Although club officer information is difficult to access due to the Family Educational Rights and Privacy Act, receiving advisor contact information is readily accessible through the college. Contacting club advisors is a great way to catch up with a student organization's recent objectives and develop a better understanding for its mission.

Outside of the college site, many clubs have contact information listed on Facebook groups and event pages. It's important to scout out independent web domains for student governments, campus media and other independently operated organizations. These sites provide a better understanding for how a campus organization operates and other, more exclusive information.

Fill up, the right way

Get in the routine of filling

reusable mugs with tap water. According to National Geographic, bottled water is not healthier than tap water. Not only is tap water more rigorously regulated than bottled water in the United States, but reused plastic bottles can come with contamination threats from carcinogens and hormone distributors.

Limiting your caffeine intake also saves money and is friendly towards your health. According to the Mayo Clinic, no more than 400 milligrams of caffeine should be con-

‘Don’t be afraid
to visit your
dream college.’

sumed on a daily basis. Drinking over four cups of fresh brewed coffee can cause side effects ranging from insomnia to muscle tremors.

If you're over 21, start limiting bar trips as much as possible. Excessive bar tabs are not only a budgetary nightmare, but can also interfere with an adequate sleep schedule.

Stay fit without falling flat

Prioritize fitness around academics instead of academics around fitness. The two most execrable decisions a full-time student can make with personal fitness are: getting rid of exercise or crunching crunches between study-time.

Incorporating fitness into daily tasks like avoiding elevators and walking to classes across campus makes it easier to stay in shape throughout the day. This can start on and off campus.

Getting up early provides an open window of time to study and work out before heading out prepared for an 8 a.m. class. For transfer students, try getting up earlier, even over the holiday season to go for a quick run. Regardless of any unbearable schedule, any exercise is more beneficial than falling into sedentary lifestyle.

JUMBLE

THAT CRAWLED WORD GAME
by Mike Argirion and Jeff Knurek

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

USSOE


NAISE

PYTSHU

POURRA

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

A:THE

Answers

UPROAR ANISE Jumbles: SOUSE

confronted by the reporter — STOP THE PRESSES

Answer: What the counterfeiter said when he was

confronted by the reporter — STOP THE PRESSES

Answer: What the counterfeiter said when he was

Welcome back, Phil Collins (and bands that no longer seem so bad, in retrospect)

Darren Johnson
Campus News

With the recent announcement that Phil Collins was “un-retiring,” I got to thinking: My hatred of the guy back in the day was a bit unfair. In recent years, I’ve found myself singing some of his songs. They actually are quite catchy. And there are other acts like him, who people, like me – who were snobby about their music back in the day – used to berate. But, really, maybe we were jealous, or we had a fear of success?

Then I saw the recent John Denver documentary, “John Denver, Country Boy,” now on Netflix, and realized that these artists really struggled against the way they were slickly marketed, and were hurt by the criticism they faced. Another documentary, “Supermensch: The Legend of



www.nu2u.info

Shep Gordon,” also on Netflix, changed my mind about Anne Murray, as she plays a role in it, and it is noted how uncool she was compared to bands of the era. Her agent, Gordon, who is the subject of the documentary, wisely got her to pose in the photo below with more rebellious artists (l-r) John Lennon, Harry Nilsson, Alice Cooper and Mickey Dolenz, to help her image.

Maybe we didn’t like these bands because they were overplayed, and we wanted to hear other bands get air time, instead. Maybe because we heard their music in elevators and shopping malls. Maybe because they played their music on channels our parents had in their presets. These overplayed bands were popular,

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mainstream, and, thus, automatically uncool.

But they aren’t overplayed now, and, in this digital age, we can acquire all of their music, not just the A-sides. Doing so, we reveal that these artists were deeper and their music richer than what was marketed back when.

Here are the top four bands I’ve changed my mind on. They aren’t bad, after all. In fact, more often, they are quite good.

Phil Collins

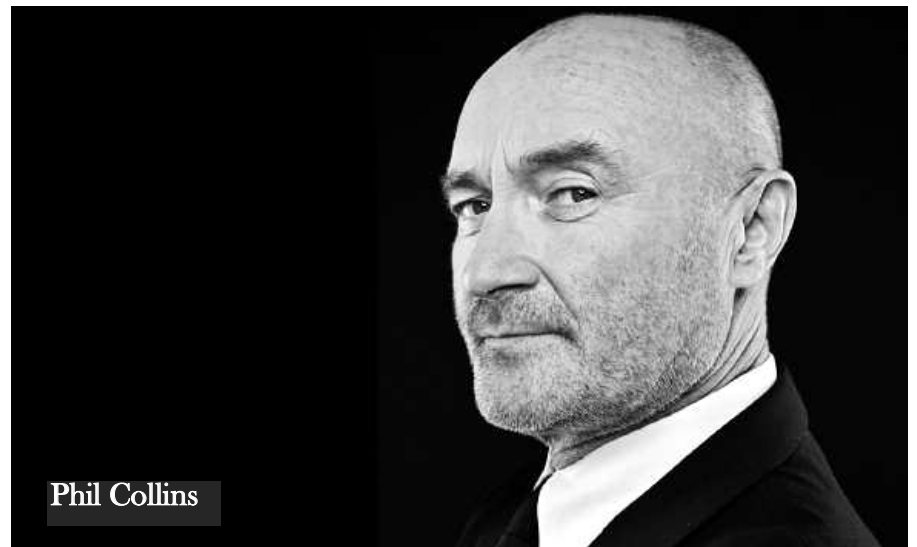
Why we didn’t respect him back in the day: He was the drummer for the band Genesis and replaced the much more avant-garde Peter Gabriel as lead once Gabriel went solo. For a while, Collins had a solo effort going, as well, and that and the Genesis effort were constantly on the

radio. It was hard to tell the difference between Collins’ solo work and Genesis work, as they sounded alike – very mainstream, as well. Collins didn’t have

a fine singing voice, and sometimes he was goofy, such as releasing the song, “Sussudio,” which is just baby talk, because he couldn’t think of better lyrics. Also, he was just the drummer, after all. No one respects the drummer!



Anne Murray with Monkee Mickey Dolenz, far right



Phil Collins

Why he may be worth a listen now: As we get older, our lives are more complicated. This guy just gives us fun songs that aren’t all that elaborate with a little story in them, clearly stated, and sometimes witty. They can help us de-stress a bit.

The truth about how I feel now: I’m not running out to buy “No Jacket Required,” but I don’t flip the dial as fast as I did in the 1980s when this guy’s voice comes on. “Like China,” off of the “Hello, I Must Be Going” album, is really cool, and in one of my mp3 directories.

Anne Murray

Why we didn’t respect her back in the day: Our mothers liked her. She was kind of cutesy, at first, and then quickly became kind of frumpy. She was a staple guest on corny variety shows. Too many love songs.

Why she may be worth a listen now: Her voice is rich and crystal clear; I tend to like the earlier stuff, like “Snowbird” and “Danny’s Song,” which I can play over and over. “Snowbird” is particularly complicated; it has an upbeat tempo, but is about some unrequited affair a woman can’t take to the next level, so she suffers in silence. Thus, the soccer mom look she sported makes sense now, as I’m older and wiser to the secrets of the world.

The truth about how I feel now: While in the car, I roll up the windows when listening to her songs, for fear of being found out. But, as Christmas is approaching, look for the 1979 “A Johnny Cash Christmas” on YouTube. It stars three of my favorites – Cash, Murray and comedian Andy Kaufman. What a lineup! It may be the best Christmas special ever, that you’d likely never heard about.

The Monkees

Why we didn’t respect them back in the day: A lot of reasons. First, they had that stupid TV show. Second, in an era where authenticity was prized, they were tagged as “manufactured,” meaning they

continued on page 23



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Battle of the K-cup brewers

An interesting thing happened since our last holiday review. Keurig, the company that changed coffee consumption with its creation of the K-cup brewer, switched to a new model, the 2.0, which resulted in some backlash among fans because it only will take official K-cups. This annoyed some loyalists, who had



Keurig 2.0

figured out ways to use the 1.0 units to brew any old coffee. This blip allowed other com-

panies to try to move in, and steal some of Keurig's caffeinated thunder. Campus News got to review the 2.0, which comes in a variety of colors and varieties, as well as an unofficial clone model, the iCoffee Opus. Both can handle K-cups, but the Opus can also handle the 1.0 style K-cups still found in some stores, as well as similar pods made for other types of coffee makers. The Opus has what the company called "Spin Brew technology," where the needle that dispenses the water creates motion in the pod, allegedly giving a better taste to the coffee.

The MSRP for the **Keurig 2.0** is \$120 to \$200, depending on the model. For the **iCoffee Opus**, it is \$140.

We tested both with various K-cup

pods and were not able to discern any real difference in quality. Both seemed to brew at equal speeds without much fuss. The Keurig 2.0 also can handle a carafe, and one is included. The 2.0 also includes several sample pods, including one for the carafe.

You can simply brew hot water, for instant hot chocolate or soups, which can be a nice bonus for life as a student living in small spaces.

The Opus had many more buttons and settings, to vary the strength of the brew. It also included a reusable filter for people who prefer to use their own coffee.

Both products were durable and attractive and did not misfire during any trials. They were about the same size.



Opus

What the decision would come down to, if picking one over the other, would be the extra settings for the Opus vs. the brand-trust of Keurig. As well, if one prefers using the reusable filter that comes with the Opus to use cheaper, bagged/canned coffee vs. being limited to official K-cups, or if one would like to brew the occasional carafe, which comes with the Keurig 2.0. Last, the Keurig comes in a standard black, but also can be purchased in other colors, such as orange, white, turquoise or purple.



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December exhibits

“Not A...” is a portrait photo series taken by LaGuardia Community College alum Ricardo Aca. He is a graduate of LaGuardia’s highly-regarded commercial photography program.

Aca’s work began as a reaction to Donald Trump’s statements about Mexican immigrants. Aca photographed people attending an outdoor soccer game, the Gold Cup finals in Philadelphia, holding banners: “Not a Killer,” “Not a Rapist,” “Not a Drug Dealer,” as counterpoints to Trump’s statements.

The photos sparked a YouTube video, which drew worldwide attention and led to interviews for Aca in The New York Times, Los Angeles Times, CNN, Univision, and other outlets. Many of the articles noted that Aca works at a restaurant in the Trump SoHo Building.

This exposure led to an invitation to speak at Harvard College’s Act on a Dream group, a student-led group focused on supporting student immigrants. During his visit, Aca took photos of Har-

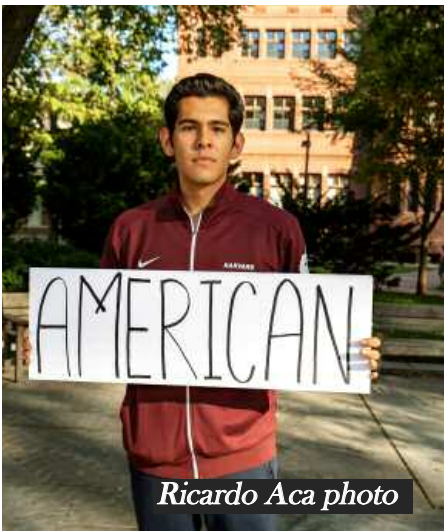
vard students from many different backgrounds, holding signs that reflected their self-descriptions, e.g., “Leader,” “Dreamer,” and “American.” The “Not

A...” exhibit is on display at the LaGuardia Gallery of Photographic Arts through Dec. 31, 2015. Viewing hours are 9 a.m. to 10 p.m. Monday through Friday, 9 a.m. to 3 p.m. Saturday, and closed on Sunday.

AIDS Quilt

Sections of the internationally celebrated AIDS Memorial Quilt – the 54-ton, handmade tapestry that stands as a memorial to more than 94,000 individuals lost to AIDS – will be on view Tuesday, Dec. 1, through Monday, Dec. 7, at Mohawk Valley Community College in the lobby of Payne Hall on the Utica Campus. This free display of The AIDS Memorial Quilt is being hosted by MVCC’s LGBTQ Committee and is sponsored by MVCC Student Activities. The committee will be selling red AIDS awareness ribbons as a fundraiser for the AIDS Hike for Life from 9 a.m.-4 p.m. Dec. 1 in Payne Hall lobby.

Established in 1987, The NAMES Project Foundation is the international organization that is the custodian of The AIDS Memorial Quilt. The Quilt began



Ricardo Aca photo

with a single 3 x 6 foot panel created in San Francisco in 1987. Today, The Quilt is composed of more than 48,000 individual 3 x 6 foot panels, each one commemorating the life of someone who has died of AIDS. These panels come from every state in the nation, every corner of the globe, and have been sewn by hundreds of thousands of friends, lovers, and family members into this epic memorial, the largest piece of ongoing community art in the world.



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Polished Apples: a new idea in NYC

Polished Apples is a great new idea that hopes to catch on and expand regionally, if not nationally and beyond.

Considering that Apple really hit its stride in recent years with its iPhones, iPads, MacBooks and more, these durable products still keep ticking even after their first owners are done with them.

In comes Polished Apples, which thoroughly tests them, refurbishes them (if needed) and certifies them for resale. But these aren't old electronics — the store even has products that were released in 2015, such as the iPhone 6 series.

As Apple now has 70 percent of the phone market as well as significant parts of the tablet and notebook markets, more and more of its best items are becoming available for resale.

So far, Polished Apples has its flagship store, at 600 6th Ave. in the Chelsea section of Manhattan (phone: 646-895-9677). People can buy, sell and trade relatively new Apple products there. They also repair all types of de-

velop a brand; for it to be recognized as the safe place to buy/sell/trade. We are taking the sleaze out of the second-hand industry."

These products are far from obsolete, too. "People don't realize that the exact same components are in the iMac desktop computer in 2012 as in 2015, and we upgrade them with the latest OS and more memory."

This reporter was able to test a 21.5" iMac that had been refurbished by the store and it blows away the PC normally used as far as speed, clarity/brightness of display, sound quality and more. It works perfectly and is just plain fun! The one tested was priced at \$899. The college student price would be just under \$810. Forget upgrading to Windows 10. Just get an iMac all-in-one.

Second Chances

Polished Apples is not just a place for iPhones and iPads to get a second chance. Friends for almost 30 years, Lake and Safa were born salesmen who also were given a second chance.

In the 1990s, Lake had opened a bunch of Sprint Stores in and around the City. Safa managed Manhattan locations. As well, they each had airport kiosk businesses.

Then, 9-11 happened. Not only did traffic in the City diminish, but airports also saw a dramatic decrease in business.

They went from \$11M in sales in 2001 to just \$3M in 2002, with lots of overhead.

"We ran out of reserves," Lake said with a deep sigh, pausing. "It was devastating."

The two parted ways.

Lake went into construction for a decade while the younger Safa continued sales in some kiosks. He also was an exclusive seller of Beats headphones, but, when Apple bought the company, they restricted independent sales and Safa was out of luck.

But the two are reunited again.

Like the Apple company, that at one time teetered on bankruptcy, they are back and re-energized.

"Travis is like a big brother to me," Safa said. "He's always been my mentor since I was young. If I had not worked for him, I would not be this successful."

What Safa learned as a businessman is this: "Focus on one thing at a time and just focus on that one thing and do it right. Don't get sidetracked."

Safa believes Polished Apples is that thing, and takes a lot of pride in talking about its exceptional quality and service. "Drop off your broken phone and in the time it takes you to get a cup of coffee, we'll have it fixed and good as new," he added.

While taking photos, this reporter noticed a local trades worker on lunch break come in from the rain, eyeing an iPad Mini. Safa warmed him up with conversation, but the tradesman did not want to commit and left. Minutes later, he came back in and put down a cash deposit to hold the Mini until payday. Safa seemed to have genuine joy in having made the deal.

As Campus News is a



Travis Lake



MacBook, \$799.

vices, including cracked screens.

Co-owners are Travis Lake, Jose Safa and Hassan Muyir. They are also building a web site, www.polishedapples.com. College students: Ask for a 10% discount.

Polished Apples is the first business of its kind, devoted wholly to relatively new Apple products, but, because it's independent, it's not beholden to Apple for its pricing. They can and do undercut corporate pricing for refurbished products.

"Each week is better and better as far as business is going," Lake said. "We are trying to make Polished Ap-

paper for college students, Lake offered this advice for readers who may consider starting their own businesses:

"Once you know what you want to do, take a job in a similar business and take all of their knowledge, and then go on and do it all for yourself. It will save you tens of thousands of dollars and gallons of tears."



The store at 600 6th Ave., NYC.

Experts: global warming and strong hurricanes

Maren Machles

Scripps Howard Foundation Wire

It was an early morning in July 2014, and a team from the Woods Hole Oceanographic Institution was preparing to brave the rough oceans off the coast of the Northeast. Hurricane Arthur was fast approaching, and satellite observations showed that it would be devastating.

The group wanted to capture data from the water in the storm's predicted path by deploying equipment on the continental shelf. The continental shelf is the edge of a continent that lies beneath the ocean and eventually drops off into deeper ocean.

Gliders, storm buoys and floats are used to measure temperature and currents in the water so scientists can better predict the intensity of the storm. When the water is too hot, the storm gains strength and can be more destructive – an issue, according to experts, that is caused by global warming.

Over the last 13 years, water temperatures along the continental shelf have increased.

While many factors could be playing a role in this trend – global warming is one – oceanographer Glen Gawarkiewicz, said these warmer temperatures are causing increasing severity in storms.

Gawarkiewicz, who works at Woods Hole and specializes in coastal waters, is working with a team

in the North Atlantic analyzing the temperature and current of water in the continental shelf to better forecast hurricanes. He is using something called the cold pool to predict weather.

“During the summertime in the Northeast, there is a cold body of water underneath the warm surface,” Gawarkiewicz said. “When that mixes up, it removes energy from the storm. Getting the ocean mixing right is a very important part of improving hurricane forecasts.”

Hurricane Irene in August 2011 dropped from a category 1 hurricane to a tropical storm when it hit land in the U.S., although it caused 45 deaths and \$7.3 billion in damage.

During the storm, surface water mixed with the deep water. The surface temperature of the water in the North Atlantic was 75 degrees, and the water below the surface was 50 degrees. After the storm passed, the surface temperature was 64 degrees.

The 11 degree drop weakened the storm.

This is why New England rarely has coastal storms – the water is too cold to foster damaging weather

condition.

Woods Hole, in Cape Cod, Mass., a nonprofit ocean research institution, is most famous for Bob Ballard's discovery of the Titanic in the 1980s. Last year, the institute found something that would have a big impact on storm responses.

Gawarkiewicz's research is revolutionary.



Michael McDonald and Steve Jayne. Photo by author.

tionary. His team, the Cooperative Institute for the North Atlantic Region, or CINAR Tempest, has been studying the coastal ocean through something called rapid response.

Rapid response allows the team to situate equipment hours before a storm hits and get information immediately about the ocean.

Prior to his team's research, all other data collections concerning the ocean during storms were done by looking at the deep ocean.

“This is a real game-changer,” Gawarkiewicz said. “This is absolutely transformative in that we are taking a regional approach to this rapid response. We are tracing the storm right after it forms to its journey to the beach.”

The data collection is done through the robotics revolution that has gained momentum over the last five years. The technology allows researchers to essentially see straight into the core of the storm and study how the water is mixing, without being there.

“I've been out when typhoons are around, having 21 foot seas, and having the two scientists say to you,

‘Uh, they are about to close the harbor because a container ship nearly overturned.’ That's not a fun thing when you are on the ship,” he said.

The team is made up of researchers from five institutes: Woods Hole, the University of Maine, the University of Maryland, the Gulf of Maine Research Institute and Rutgers University. The group received \$5.5 million of the \$309 million disaster assistance fund given to the National Oceanographic and Atmospheric Administration after Hurricane Sandy for research and development in hurricane forecasting.

The research has found significant results, and Gawarkiewicz said he expects to find more in the coming years. All the team needs is more storms to study.

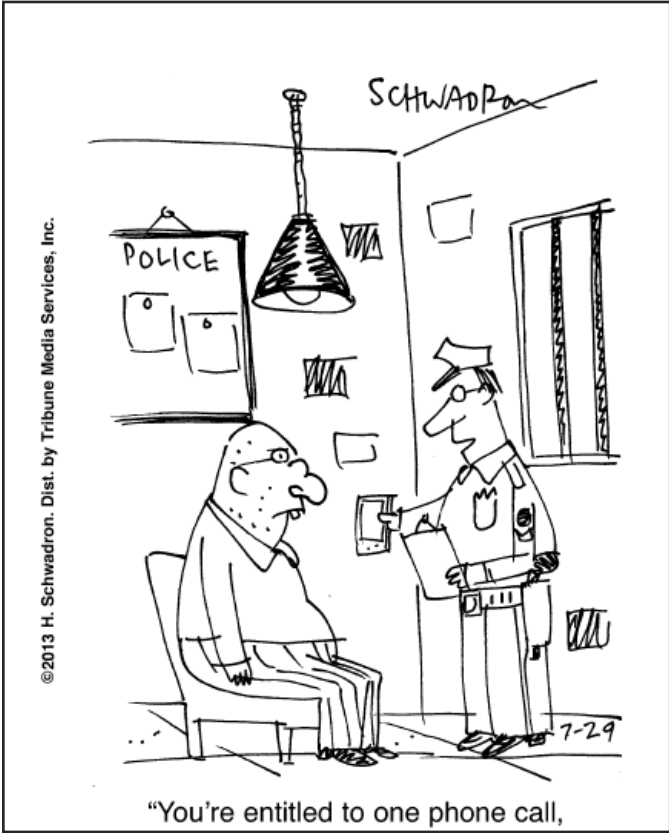
“I've worked on a lot of projects throughout my career, but I have to say I have never really worked on a project that is going to end up affecting so many people,” he said. “If we can improve the forecasts, then we can affect everybody along the coasts and the whole Northeast. I am more used to writing papers that 10 people read.”

‘Colder water in the Northeast used to lessen storms.’

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By David L. Hoyt and Jeff Knurek



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MVCC show of 'Force'

The Force was with Mohawk Valley Community College on Nov. 10, when Darth Vader's legions descend upon the Utica Campus for an evening of Star Wars festivities.

MVCC hosted a showing of the acclaimed "Empire of Dreams: The Story of the 'Star Wars' Trilogy," an in-depth documentary about the original Star Wars trilogy, covering the productions of the three films and their impact on popular culture.

The festivities began with Sci-Fi fans registering for the costume contest. Fans had opportunity to meet Luke Skywalker's sidekick R2D2 and have their photograph taken with members of the 501st Legion, re-enactors who dressed in authentic Storm Trooper costumes. MVCC Assistant Professor Robert Huyck discussed the business and marketing aspects of the original "Star Wars" film.

FMCC nabs \$8M

Fulton-Montgomery Community College has secured three new grant funded outreach and retention programs this year; adding to the current four already in place, these seven programs will bring close to \$8 million in funding to support student success and completion. According to FM President Dr. Dustin Swanger, this is a very significant enhancement to the College's student support services.

"There is a lot of emphasis on student retention and completion. We [college personnel] know that when students utilize these grant funded services, it allows them to connect with faculty which increases retention significantly. To be successful in college, students need these wrap-around services," said Swanger.

Jean Karutis, Associate Dean for Student Retention and Success, says that the four grant funded programs already in place, Trio Student Support

Services, Educational Opportunity Program (EOP), Science Technology Entry Program (STEP), and Liberty Partnership Program (LPP), will provide a total of \$740,000 for the 2015-2016 academic year. The new programs, TRiO (Quest), Collegiate Science and Technology Entry Program (C-STEP), and Health Profession Opportunity Grants (HPOG 2.0), will provide an additional \$796,000, for a total opportunity program fund of \$1.5 million for 2015-2016. All programs have secured appropriated funds for five years, which will bring a total of \$7.6 million to the College through 2020.

Breaking each program down, Karutis explains, "Trio Student Support Services is a program of the Federal United States Department of Education with an annual budget of \$231,103, serving 160 low-income, first generation and disabled students each year.

Gift guide (cont.)

will mostly be positive – not because we are easy to impress, just that we weeded out the lousy items. Space is limited, so why waste it on items we can't recommend?

Hopefully you find these reviews useful. Have a great holiday season!

The Dream Bed

One of the best ideas we'd gotten for our gift guide is the Dream Bed.

They range in price from an "Original" standard twin (which we tried) at \$699 to \$1199 for a "Cool Dream" California king model. Shipping is free, and ours included a free selfy stick.

For each bed sold, the company provides a similar bed for a needy family somewhere.

Essentially, it is not a bed, though. It is a mattress that is rolled tightly and shipped in a narrow box about four feet high. Our twin weighed about 50 pounds.

Once you free the mattress, it expands in a few hours on your box spring or flat surface.

So why is this a good idea for a college gift guide?

If you go to a college and live in a dorm, or move into a furnished apartment off campus, who knows where that mattress has been? This mattress is clean and new and very comfortable.

Surely, if you have a romantic guest over, having a clean and tidy mattress is a big

plus. The twin version of this should easily replace the standard twin mattress the college or a landlord may give you.

This mattress was firm but also had a type of memory foam that adapted to our use. The quality was as good as a traditional, store-bought mattress. Plus, the fact that you can have it delivered in a tight box is a big plus for move-in day.

We did not try the "Cool Dream" model, but it is reported to have a "cool gel layer" for people who prefer that.

For students who live at home, this mattress could be a good replacement for

what you are currently using, but do keep the box spring or platform your current mattress is on. You will need it.

To order the Dream Bed, go to www.dreambed.com or call 1-855-708-8555.



CAMPUS News

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New to you! (cont.)

didn't legitimately come together and instead had been cast for parts (Stephen Stills, later of Crosby, Stills and Nash, didn't make the audition cut because he alleged he wasn't good looking enough). Third, the sugary sweet Brit Davey Jones, who only could play the tambourine, obviously was just added for commercial appeal because of the British Invasion. He even appeared on a "Brady Bunch" episode. Last, their early work largely was performed in studio by more serious musicians, now known as the Wrecking Crew.

Why they may be worth a listen now: The band actually did gel and go beyond their Screen Gems casting call, and played their own instruments. They recorded tons of songs, not just the overplayed A-sides, like "Daydream Believer." Their later work is actually quite experimental. And the musicians – other than the late Jones – really could play. Michael Nesmith (the tall one, with the hat, heir to the White Out (or is it Liquid Paper?) fortune) has an excellent voice and really pulls together "What Am I Doing Hangin' 'Round?," where, at the song's climax, he actually does resemble the train whistle he is singing about. Peter Tork is a real talent, as well, and Mickey Dolenz is a great all-purpose player and the most relatable singer. As far as having been "manufactured," by today's standards, where it seems that every note is separately tracked and put together via computer, with musicians sending in various bits via email worldwide and never really meeting each

other, the Monkees are quite genuine in comparison. And, it turns out, as seen in "The Wrecking Crew" documentary, a lot of top musicians of that era had used the same studio help.

The truth about how I feel now: I never really disliked the Monkees or believed the negative hype. I was happy to hear the Dolenz-led "Going Down" in my favorite TV series, "Breaking Bad." That was the B-side to "Daydream Believer," which, unfortunately, gets about 1000 times the air time, even now. Avoid the greatest hits, which seem so far removed from their deeper tracks, as far as style goes.

'Maybe your mom's music wasn't so bad.'

John Denver

Why we didn't respect him back in the day: Those circular glasses, and the wild popularity of his songs with people of all ages. That, and his corny persona that he used on variety shows – and nothing was worse than a 1970s variety show! Plus, it was just him on a guitar with relatively simple songs. Meanwhile, bands like the Talking Heads and Ramones were just emerging – much better choices for the young spirit.

Why he may be worth a listen now: But this writer isn't young anymore, and there's something to the clarity of his recordings that does resonate with the older soul. That, and the documentary referenced above did make the late Denver seem much more three-dimensional than I'd recalled. He really was as honest as his songs made him out to be; no weird skeletons in the closet, like we seem to have found with other former 1970s stars.

The truth about how I feel now: I finally listened to him again – after 30 years of radio silence – after re-

Schenectady wins grant to help high schoolers

Dr. Steady H. Moono, SCCC President, announced in November that The Schenectady Foundation has awarded a \$135,000 grant to support the Schenectady Smart Scholars Early College High School Program at the College. This award will support the summer college credit program held at SCCC by helping to pay for tuition, books, transportation and covering the entire cost of scientific calculators for each student.

"We are grateful to The Schenectady Foundation for recognizing the importance of this program and making such a generous contribution to help support it," said Dr. Moono. "We are very proud of our Smart Scholars Early College High School Program and of everything we do to help high school students get a head start on higher education. It's important to give young people exposure to higher education and the options they have, especially first-generation college students. This grant is another testament to the value of the program and will go far to foster continued success."

500 students, including 150 freshmen, are currently enrolled in the Schenectady Smart Scholars Early College High School Program. This is the sixth year that the Smart Scholars program has accepted incoming freshmen. About half of the students in the program take summer classes, dedicating several weeks of their summer vacation from high school to take advantage of these courses. "The Smart

Scholars summer courses are held at the College and are very costly," said Dr. Martha J. Asselin, Vice President of Student Affairs at SCCC. "Without this help from The Schenectady Foundation, we might not be able to afford to host these students, and they would miss out on the vital experience of being on a college campus. We thank The Schenectady Foundation for this generous grant and all of their help."

In order to get in to the Smart Scholars program, students must have average grades between 65% and 85% and be first-generation college-bound students. In 2014, the College's Smart Scholars had a graduation rate of 92%. In 2015, the Smart Scholars graduation rate rose to 97%. By the time of graduation, the Smart Scholars students earn 22 college credits at no cost to them. A large number of graduates from the program are going on to attend college, many of them at SCCC.

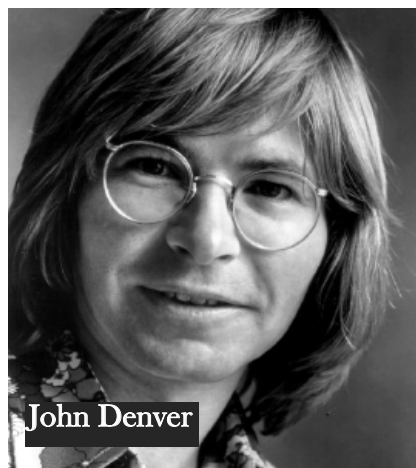
"The results of SCCC's Early College High School Program are truly impressive," said Robert A. Carreau, Executive Director of The Schenectady Foundation, which has been involved with the program since its inception. "When we see young people from our community thriving, and advancing their education and future career opportunities, it's clearly an investment worth making and sustaining. We are hopeful that we can continue to build on the tremendous outcomes achieved thus far."

ceiving a record player as a novelty and finding one of his old albums in a dollar bin at a flea market. While it is cringe-worthy when he has kids singing the chorus on at least one of his songs, this guy for sure was earnest and real. Compared to today, where all the music we are fed is highly overproduced and digitally manufactured, Denver's honesty and

acoustic authenticity are refreshing.

Anyway, you get my drift. Times change. Maybe the mainstream was right about a few of these folks back when. Give them another try – and, welcome back, Phil!

It's New to You! was established in 2010 and finds hidden gems on Netflix.



John Denver

Stocking stuffers

Want to dress up a drab room? WallPops has just launched a brand new line of peel-and-stick wallpaper called **NuWallpaper**. Like WallPops, NuWallpaper is removable, repositionable and always damage-free. It goes up and minutes and comes down in seconds, without leaving any sticky residue behind – perfect for college students in dorms or apartments. Even better, NuWallpaper is an affordable way to make your dreary



Royal Silk Scarf

dorm room or apartment unique. Each roll measures 18' long by 20.35" wide and retails for \$49.99. These prod-

ucts do hang well and look to be worth the price. We still have some WallPops from previous years on the wall. Find out more on wallpops.com.

For fun, we also tried a retro-looking **Post-it Pop-Up Note Camera Dispenser**. The Post-it Pop-Up Note Camera Dispenser is a fun yet convenient and functional tool that allows students to personalize their study space in style. This cute camera-shaped dispenser keeps your favorite Post-it Notes at your fingertips and makes homework and study time fun! You can find it on Office Depot's web site for \$10.

Do you like items that give back? **The Royal Silk Scarf** (\$95) is woven by villagers in Vietnam to help keep a sustainable income. This smooth, silk scarf is an excellent addition to any fashionista's wardrobe. Be stylish while also helping a family in need. The scarf can

be purchased on World Vision's web site, <http://donate.worldvision.org/ways-to-give/gift-catalog?campaign=1136161>.

One thing we get every year is **Just Dance**, and **Just Dance 2016** still works with all the usual platforms. Along with Netflix, Just Dance is why we keep the old Wii around. It is updated with the newest hits and you can dance alone or vs. up to eight people. Kick butt with your dance moves vs. users in other states and countries, even! It's one of the best video game experiences when you disco better than some people in Omaha or wherever and get the victory flag, as you fall over, sweating and exhausted! The price is \$40 to \$60, depending on the platform, available at major retailers.

Know an angler? **Postfly** sends out a curated box of fishing flies and other fly fishing accessories each month to thousands of fishermen and women around the world. Just check off preference - be it trout, tarpon, bass or steelhead – and the company will use seasonal and geo-

graphic data to select the perfect flies for the gift recipient. Users can also add additional

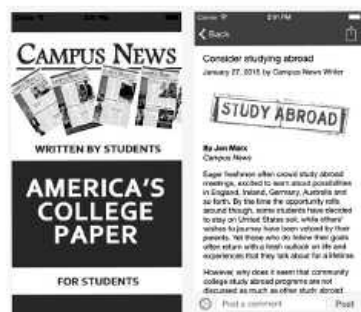
products to their shipments, like floatant, tippet and leader, to make sure they are stocked up and ready to go for their next fishing trip. The company has 3-, 6- and 12-month plans. Prices are \$15 a month, with free shipping and discounts if you pay for multiple months. Go to postfly-box.com to get started.



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Theater: ‘Dunces,’ the play, is worthy of the novel

Darren Johnson
Campus News

Finally – one of my favorite books, “A Confederacy of Dunces,” has been adapted in script form, with a major comedic actor playing the lead character – and it’s very well done.

Nick Offerman (“Parks and Recreation”) dons a fat suit and assumes one of literature’s most singular characters, Ignatius J. Reilly, on stage at Boston University’s Huntington Theatre Company Avenue of the Arts through December 20.

Nick Offerman as Ignatius J. Reilly and Phillip James Brannon as Burma Jones.

This is big news, considering the very rocky history of the book. It took forever for the book to reach the mainstream – in 1980, 11 years after author John Kennedy Toole’s suicide – and has been caught in a further quagmire as far as its adaptation goes. Ultimately, this should be a movie, or, better, a TV mini-series, but finally getting even a play is a major step.

The book, which eventually won the Pulitzer, has, let’s estimate, 100 hilarious premises in it. It’s so chock-full of fun, I had to read every page at half speed, and it took me two joyous months to finish.

Obviously, a two-and-a-half-hour play can’t do all that. The adaptation by Jeffrey Hatcher perhaps pulls out 20 of these funny premises, which is fine. This stage version helps celebrate the highlights of the book’s craziness. It’s a “best of” compilation of stunts from the book.

For those familiar with the book, my favorite aspects were Ignatius’s working with Levy Pants and then the hot dog cart, along with his views on the arts, academia and pop culture, the costume party and the dynamic with his frazzled mother,

Irene (played excitedly by Anita Gillette in this play).

The play uses his relationship with his mother as the thread that ties all the mayhem together. Most prominent to the plot is the seedy New Orleans bar/strip club Night of Joy, which better lends itself to being recreated on stage. Phillip James Brannon

as Burma Jones, the underpaid, discriminated-against custodian, also is important to keeping the plot tied together and does an exceptional job.

Ultimately, the show rides on Offerman, who plays the obnoxious 30-year-old man-child, lives with a closet-drinking mom, is afraid to leave the city limits, has a master’s degree, adheres to the teachings of Boethius, and is pretty much unemployable. And Offerman is hilarious; he is worthy of one of literature’s hardest-to-cast roles. Many top comic actors have been proposed over the years to play this part, but the role is said to be cursed. Offerman has broken the curse, and Boston surely just is the start of something bigger for this role.

David Esbjornson’s fluid direction doesn’t use props and nicely transitions from scene to scene. Segues are performed by David L. Harris on trombone, reminding us, after all, that we are in a city of sin, despite Ignatius’s prudish protests.

One does not need to have read the book to attend this play. I attended this with people who had not



read the book, and they both seemed to enjoy it just as well as I did. It’s a ridiculous spectacle with a dour lead surrounded by tons of life in colorful New Orleans. We all know someone horrible like Ignatius, and to make us cheer for him by end of this is a wonderful feat accomplished by the troupe.

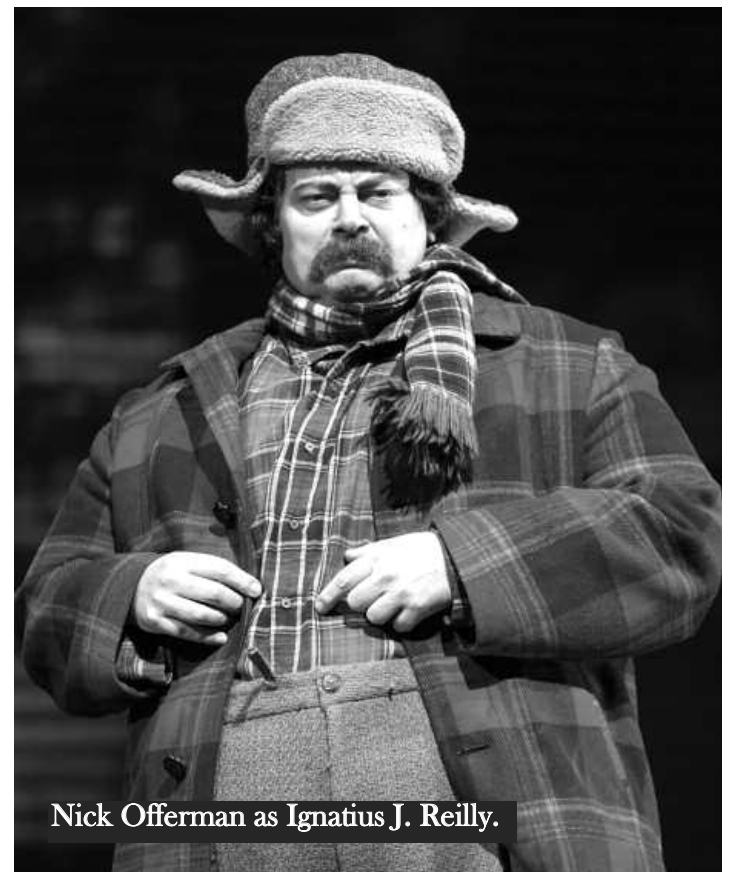
So, if you can, take the trek to Boston. Tickets are \$25-99 (full-time college students under 25 qualify for special \$20 tickets). There is parking a block away and restaurants in the area, including an Uno’s right next door.

Considering how long it has been for this story to finally see a stage and a serious theatrical effort, and considering “the curse,” who knows?

Maybe the Wheel of Fortuna will spin the other way and this will never be seen again after the 20th. So this may be your only chance to see this bizarre character come to life. Like Ignatius, your pyloric valve will spasm with excitement.

For more information, visit huntingtontheatre.org.

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Sports: Fall for Region XV winds down

Peter Briguglio
Campus News

The month of November saw the end of the fall Region XV sports season and the beginning of the winter season. Numerous teams and individuals advanced out of the Region to compete at NJCAA nationals, and the successes were highlighted by the Nassau Lions capturing the 2015 Division III NJCAA Men's Soccer National Championship and Suffolk Sharks grabbing the 2015 Division III NJCAA Women's Cross Country Championship.

Men's Soccer

Division III - The Nassau Lions (21-2-1) steamrolled their way through the Region XV Men's Soccer Championship throughout late October and carried the success through to nationals. In the end, the school captured its first National title in 17 years as they defeated Bunker Hill 4-0 in the Final.

As the #3 seed in the tournament was led by a balanced effort on both sides of the field. Four different Lions scored in the clincher while the team only yielded two shots on goal in the game.

Reece Dalton got the scoring started in the 36th minute. After leading 1-0 at the half, Nassau committed to adding insurance goals. They received just that from Benjamin Alonge (63'), Marvin Eveillard (78') and Franky Villegas (89').

Head coach Dan Fisher earned

Coach of the Tournament honors while Alonge was named Tournament MVP.

This was the first National Championship in men's soccer for Nassau since 1998, and their third in school history.

Division I - After beating last year's National Runner-up and #3 nationally ranked Monroe Mustangs in the Region XV Championship, ASA College shocked everyone once again by upsetting #2 nationally ranked Mercer County in the District Tournament to earn themselves their second NJCAA berth in three years. Seeded eleventh, ASA failed to advance out of Pool B at the NJCAA tournament, losing a close 1-0 decision to #2 Tyler (TX), the team that ultimately lost in the Championship game. Tyler defeated Schoolcraft in Pool Play to advance and end ASA's season.

Women's Cross Country

Suffolk claimed their program's second ever national title and first since 2007 in the 2015 NJCAA Division III Women's Cross Country Championship. A pair of Sharks placed in the top 10 nationally and



Suffolk cross country

three team members finished in the top 15 to earn All-American recognition.

Freshman Ryleigh Donegan, who earned a pair of National Athlete of the Week honors during the season, was the first Suffolk student-athlete to cross the finish line, cracking the top five with a time of 19:26.7. Sophomore Leana Wiebelt finished just behind Donegan in sixth place with a time of

19:35.9. Kayla Clements just finished outside of the top 10. Her time of 20:06.3 earned her an eleventh place finish. Additionally,

FIT's Sara Lucas earned a top 10 finish, placing seventh overall by completing the five kilometer race in 19:44.2.

The Sharks claimed the national championship with 64 points, leading

second-place Harper by 23 points overall.

Men's Cross Country
The Sharks' male

counterparts also performed admirably at Nationals. Two Suffolk runners earned All-American honors by finishing in the top 15. Christopher Swenson placed 4th with a time of 27:19.2 in the 8k race, and Ryan Evans earned a 13th place finish with a time of 28:27.7. As a team, Suffolk finished fifth out of the field of 20 teams.

Women's Soccer

Division III - Suffolk's women's soccer team advanced out of Region XV as the tournament's top seed. They began by defeating their Long

continued on next page



Nassau soccer

Region XV sports (cont.)

Island rivals Nassau 3-0 on the Championship before moving on to the District G Championship. There, they dominated Holyoke 4-1 to earn a NJCAA berth. Their run was short-lived, as the #7 Sharks matched up against eventual National Champion Brookdale. They played a tight game but ultimately lost 1-0.

Division I - Monroe made a run at repeating as National Champions after emerging out of their pool over heavily favored Tyler. The Mustangs couldn't knock off top-seeded Eastern Florida State in the semi-finals, however. A 2-1 loss ended Monroe's National Championship bid.

Football

Globe finished their regular season 8-2 and earned a Bowl bid as the #19 ranked team in the country. They're set to face Ellsworth Community College on December 6th at 11AM in the Graphic Edge Bowl, which will be held in Cedar Falls, Iowa.

"We are so proud of our players," said Head Coach and Globe AD Cameron

Chadwick. "They have worked so hard to get this bowl bid. The coaching staff knew that we had a chance at a great season after our first practice. Every player has committed themselves to making this season a historic one. I know the players and coaching staff are up for the challenge that awaits us."

Globe's Darius Webb ranks first in the nation in rushing yards per game with 172.3. Webb is also ranked second in the nation with 18 total touchdowns.

Tennis

FIT and Suffolk both made bids to become National Champions at the NJCAA DIII Women's Tennis Championships, but fell just short. The teams placed second and third, respectively, as Oxford Emory scored 35.5 points to grab the team title. FIT, who trailed the

Champions with 28 points, earned two individual national titles as Kiana Brooks won #5 singles and Maia Sepulveda took the crown at #6 singles. This performance marks the fifth straight season the Tigers have placed in the top three at Nationals without capturing the overall team championship.

Volleyball

Nassau ran through the bracket at the Region XV Tournament as the #1 seed, ousting the #3 Queensborough Tigers in the Final in straight sets. Coach of the Year Kristine Abrams saw her squad earn the #8 seed in the NJCAA tournament and drew #1 Madison in the quarterfinals but couldn't pull off the upset.

Basketball

Region XV Basketball teams kicked off their seasons in the late part of October and early part of November. Early on, Sullivan appears to be the class of the Region in

LaGuardia starts hoops season 5-1.

Division III on the men's side. Ranked 10th in the nation in the preseason poll, the Generals have started their season 8-0, including 6-0 in regional play as of November 24th. Bronx, Nassau and LaGuardia are also off to hot 5-1 starts. Last year's national contenders BMCC have started slow at 5-3, while Hostos, who made the NJCAA Final Four last year, is scuffling at 2-9.

On the women's side, Sullivan garnered the #13 spot in the preseason polls and began their season 3-0 in Regional play. LaGuardia is also starting out hot, winning five of their first six games and losing only to Division II Howard.

Division I ASA ranked #15 in the nation in the pre-season and has come out of the gate winning their first six contests, scoring an average of 86.7 points per game in those victories.



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Nassau volleyball coach brings team into focus

Anastacia Hodge
Campus News

Kristen Abrams has been coaching the Nassau Community College women's volleyball team for last ten years; this season has been Abrams most highlighted team in her career so far.

The women's volleyball team was nationally ranked No. 10, as of this writing, with an overall 27-9 record for the whole season.

Abrams has been a well decorated athlete and as well as coach. Abrams got her start playing sports such as volleyball and basketball since she was a young girl. Having a passion for playing the game Abrams continued to play sports all throughout her high school and college career. She played volleyball and basketball for SUNY New Paltz, where she later got her degrees.

After graduating SUNY New Paltz, Abrams started to work for Nassau Community College as the head volleyball coach for the women's team. Abrams had a successful winning streak of three consecutive regional wins for years 2008, 2009 and 2010. Some may say that is how Coach Abrams' 2015 team is doing better than her previous winning teams in that "there is more of a sense of unity," Abrams states.

Abrams states that previous players on her teams weren't focused as they should be due to NCC being a commuter college and with many students working as well as attending school; it became hard to keep players on the team. Another difficulty Coach Abrams faced is that NCC is a two year school unlike many others that are four year which makes it difficult to have the same successful players from the previous season.

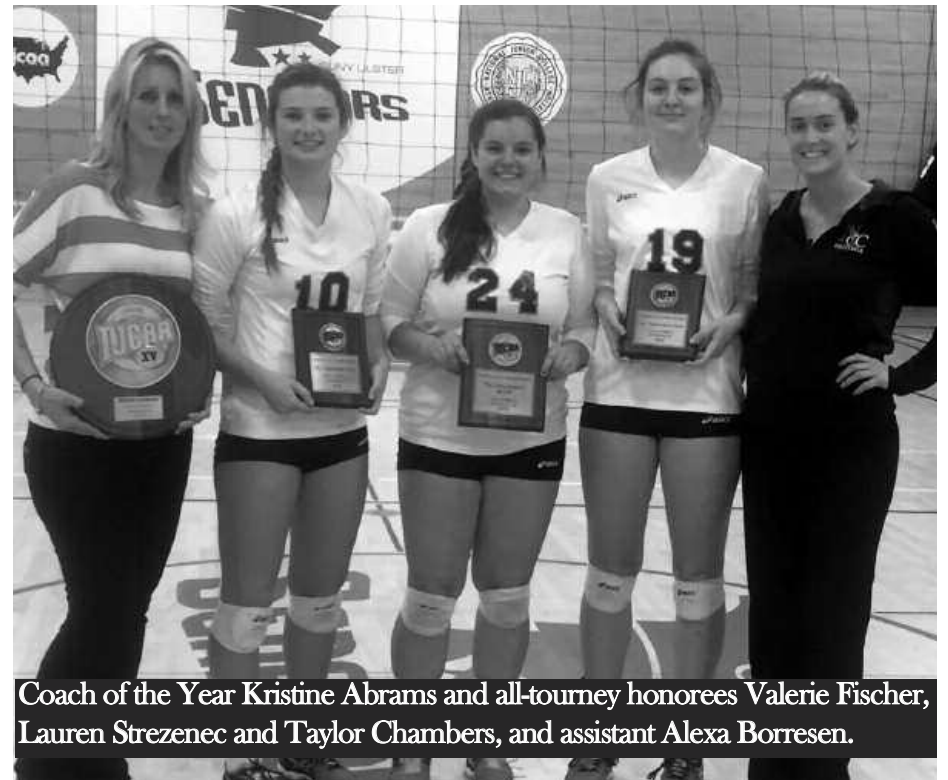
As a typical coach Abrams expects her players to work hard. "I expect 100% commitment. I expect them to also be good students. I expect them to build a family unit with this team so they learn to respect each other and rely on each other fully. I expect them to

build a trust between each other and the coaches. My biggest two goals are hard work and 100% commitment."

All athletes follow a certain regimen that are established by their coaches. Coach Abrams has also established one as well; Abrams states, "All of the players are full time students, some play two sports. They have a busy day. We started practice in August with long practices to work on conditioning and also to work on our game. Once school began we shortened practices so the ladies can focus on their schoolwork and volleyball. Some of the young ladies work during the day before practice or after practice. These ladies are very busy. But they find a good balance to get it all done."

In order to have a successful team, coaches practice strategies to strengthen the cohesiveness of the team. Abrams states, "Our strategies are to work on our strengths to make them stronger and our weaknesses to make them stronger. We work hard, we stay conditioned and we focus on working as a team. In between we sprinkle in some fun to keep perspective and enjoyment of the game as our main focus. But we have goals and we work towards them on a daily basis."

All coaches try to motivate their players to strive for more, Abrams states, "I do my best to show them a different level of commitment than they may have been used to, but I try daily to push them past what they thought they were capable of. If they see they are capable of more, then they can begin to set some self-goals. I try to make them understand the direct correlation with hard work and achievement. When an athlete achieves, it is exciting. For



Coach of the Year Kristine Abrams and all-tourney honorees Valerie Fischer, Lauren Strezenec and Taylor Chambers, and assistant Alexa Borresen.

'I do my best to show them a different level of commitment.'

everybody, we try to build that atmosphere daily. These ladies work so very hard all through August that when games begin and they see the fruits of their labor, it becomes very easy to motivate them to strive as a team. But we also work on making them strive to be a better athlete and human being individually. Be a self-thinker, be responsible for your actions. Set goals and work to achieve them."

All teams have players that display exceptional talent and passion for the sport. The NCC team is no different; Coach Abrams talks about three particular players that stand out to her. The first player is Lauren Strezenec, the Setter on the team. "The entire offense runs through her. She was awarded Region XV All Region First Team Honors, as well as Region XV Tournament MVP. She is a solid player, hustles ALL of the time. She is a freshman player, but a sophomore student graduating in December 2015 with a 4.0."

The other two players are Val Fischer and Deja Hooks, who "are also two contributors on the team. Val also got on the All Region First Team and Deja made the All Region Second Team. They have really been helpful at the net, but on the team so many of the ladies play an important role."

Nassau Community College women's volleyball team has three captains. They are Grace Staudt, Val Fischer, and Gloria Rossini. Grace and Val are sophomores and Gloria is a freshman returning next year.

But the 2015 team has something different that the other previous teams didn't not possess, which is that "everyone has something to bring to the table and every single player on the team holds their own weight," stated Coach Abrams.

This year's team is very talented and obviously has great passion for the game. With the guidance of Coach Abrams, the 2015 volleyball team would bring back home another stellar season.

How student debt can weigh on you

David L. Podos
Campus News

In the volume 12 issue 2 of Campus News, Jaelynn Grisso's article, "Student loan debt weighs more on dropouts," brings to light a very important and growing problem, student debt. Ms. Grisso's focus on the debt problem for those who never graduate is spot on. Those students (as mentioned in her article) are four times as likely to default on college loans because of low income jobs and overall higher unemployment rates compared to those who finish their degree. Because this is such a huge problem (college loan debt has surpassed credit card debt in this country), I would like to expand on what she had to say.

From the Hechinger Report, June 8, 2015, and titled, "Heaviest Debt Burdens Fall On Three Types of Students," Sandy Baum states, "It's really important to understand exactly which are the people who are borrowing unmanageable amounts of money." She identifies three categories of student debtors who deserve attention.

Graduate Students. "The reason that the "average" student debt is so high, almost \$23,000, is because the figure includes the loans of graduate students, who are permitted to borrow unlimited amounts from the federal government up to the cost of attendance. Sixty-five percent of 2012 graduates who borrowed \$ 50,000 or more were graduate students." Keep in mind, Baum states this is an average. I happen to know personally of faculty who are over \$100,000 in student loan debt, and

students (undergrads) who will be close to \$50,000 in debt.

For-profit colleges. "At first glance, there's been an alarming increase in the number of four-year college graduates with very large debt. Back in 2004, only 1% of students who earned a bachelor's degree that year had borrowed \$ 50,000 or more, adjusted for inflation. That grew to 10% in 2012."

Dropouts. Baum states, "People who didn't complete their degrees account for 59 % of the student debt. Baum further goes on to say, "Those without college degrees are less likely to pay back their student loan."

(also noted in Grisso's article.) Baum mentions that on average the debts for these dropouts are between \$1 and \$10,000.

While this figure certainly is nowhere near the crushing debt of a student who may owe in the tens or hundreds of thousands of dollars, never the less this is real debt and each person's situation (economically speaking) may or may not make it possible for that debt to be re-paid.

Of course there are other considerations as well. Students coming out of school with debt face many obstacles; however, if they are able to re-pay, it will create a debt history for them — one that will be rewarded with a high

credit rating, which lenders (banks) love. Obviously this is something every student should strive for. Having a history of paying your debt and paying on time offers you so much; loans for a house, car loans, personal loans, etc., and at competitive interest rates. That being said it is a very different story for those coming out of school with debt and (for any number of reasons) are unable to pay back that debt and or have sporadic payments, paying on time for a few months then missing entire payments for just as many months.

That burden can be daunting for any young adult that is trying to "make it" in the world. Defaulting on your loans will create havoc for you in the long run. You may not be able to get other loans as easily as the student who has re-paid, your interest rates

(providing you are able to get a loan in the first place) will be high, and you may not be able to borrow the amount you need as lending organizations will see you as a financial risk and severely limit the amount of money they will lend you. Then there are the health factors that come into play. Over the years I have talked to hundreds of students facing financial burdens due to college loans. They sleep less, eat poorly, they tell me their stress levels are high, they are depressed and anxious. Student debt is not a pretty thing. Yet, we are told that college is our way to a better standard of living, and truth be told, the statistics (so far) do point that out. Overall, college students do make more than those without a college degree, but (forgive the pun) there is a price to pay.

So what to do? I certainly would not discourage anyone who wants to attend college, nor would I discourage my students from "going on" and complete at minimum their bachelor's degree, (most professional jobs require at least this level of education today if not a master's). But, use a little common sense, and give yourself some options. First, do you have to attend a private school? Maybe, but maybe not. While there are many top notch private

schools that draw some of the best brilliant minds, both faculty as well as students, there are as equally many top notch public schools that do the same thing.

Check your school out for any and all scholarships that they offer. Both private and public schools have many types of scholarships, and they can significantly lower your tuition cost. Many state and federal government employers offer a college loan forgiveness benefit to their employees after working for them for a number of years, usually ten. The employer will pay off any remaining college loans you have, (up to a certain cap) but it's a great benefit particularly for those students who have very large loans to pay off.

Finally, don't think that colleges, both private as well as public, are not aware of the ever increasing debt load that students are facing, and the anxiety that many students are experiencing. These students are their customers, and if they want to see their enrollment rates go north not south, they have to get into the mix and try and find and offer solutions to this growing problem.

A great example is in my own home town in Utica, New York, where we have one of the best private colleges in the country, Utica College. Utica College (started by Syracuse University in 1946 and in 2008 became a totally independent college), announced last month that it would be cutting its tuition costs by 42 percent from just under \$34,000 per year to just under \$20,000 per year. I applaud this bold move, and look to see if other schools follow suit. I am hopeful that will take place and that our political leaders will work closely with our colleges and universities to come up with realistic viable solutions — we owe it to our current and future generations of students.

David L. Podos is an adjunct instructor for the Center for Social Sciences, Business and Information Sciences at MVCC.



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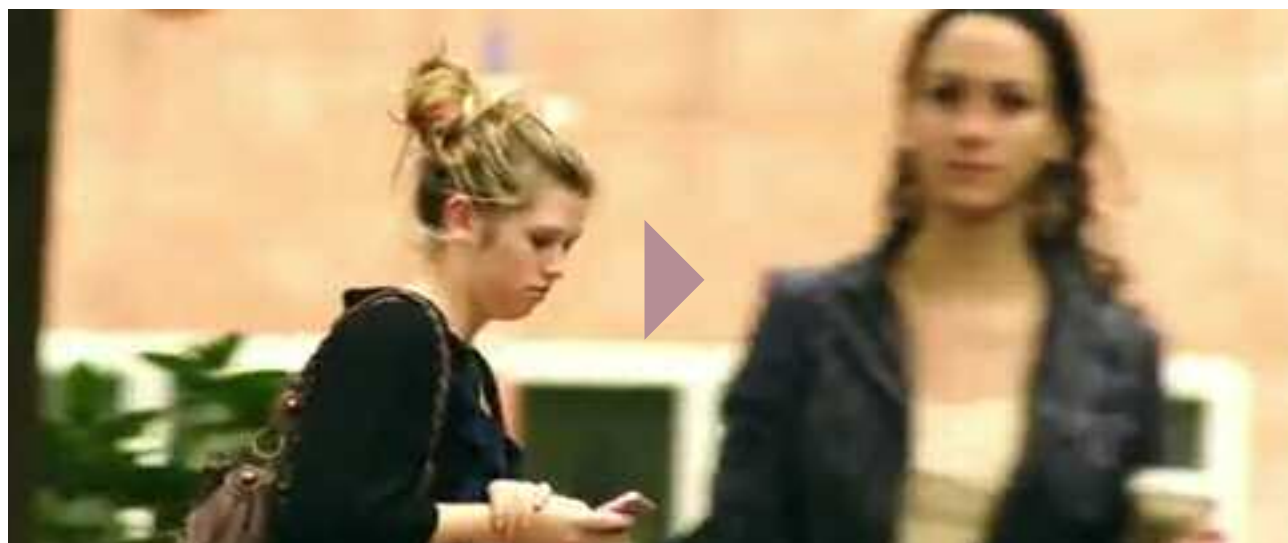
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