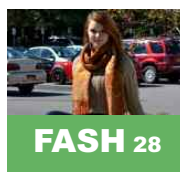


Community College CAMPUS NEWS



Volume 14, Issue 2 FREE!

Autumn 2016



How to vote and what to know

Like most of us, you've seen the debates – or at least the highlights (lowlights?) online – and are in a state of shock. What did we just watch?

This madness is going to continue through Election Day, which is November 8, and you, at least, are in the fortunate position to be able to vote and have your say in a presidential year; whether there's one candidate you kind of like, or none at all.

Little kids will read about this wild election some day in their textbooks, and you'll be able to say you played a role in the outcome! (Or, maybe you wouldn't want to admit that.)

In any case, voting is a private thing, and you should do it. It's a part of being an

adult.

Yeah, we know, the Electoral College ... blah, blah, blah. Don't listen to the naysayers. You will be glad you casted a ballot after, win or lose. Trust us on this.

Am I Registered?

If you are picking up this newspaper in early October – good news! You still have time to register to vote. Your form just has to be postmarked by October 14 in New York State, October 18 in New Jersey, October 19 in Massachusetts and November 1 in Connecticut. You can go to any post office in the county in which you live and quickly fill out a form. If they don't have them in the lobby, just ask the postal clerk. You can also find the forms online, but



Presidential candidates Hillary Clinton, Donald Trump, Gary Johnson and Jill Stein. *Photos via Scripps Howard Foundation Wire.*

you still may have to print them out and mail them in, so you may as well just use the

post office forms. (You can register fully online in most

continued on page 12

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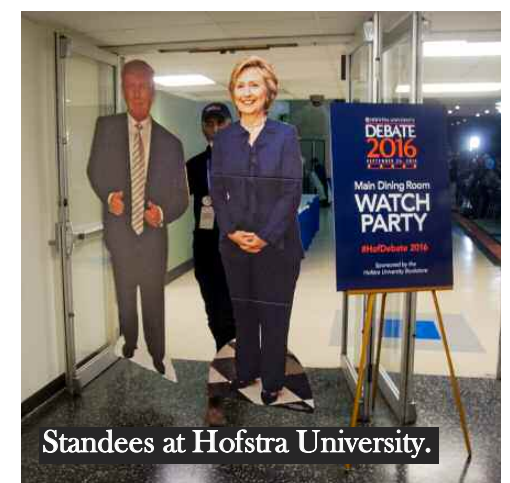
cccnews.info/football

Prez debate is 'collegial'

The recent presidential debate at Hofstra University on Long Island allowed in press – even Campus News! So we sent our award-winning writer David Paone in to scope out the action and get college student perspectives on the presidential race. He took several photos, too. Inside, find his two-page spread and gain some insight on this historic election.

How do you feel about the presidential race? Send us your thoughts and we may print them in the November edition. Write to us at president@campus-news.org now!

See full coverage on pages 4-5



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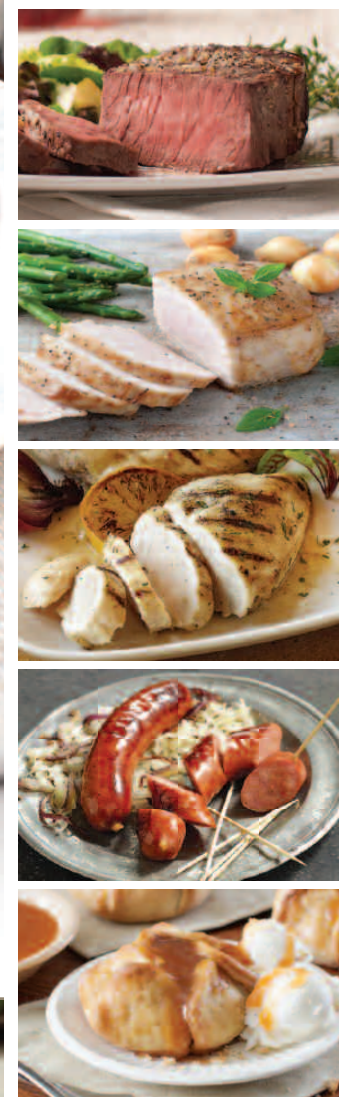
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When community college students go hungry

Laura LaVacca
Campus News

Food pantries have been springing up on college campuses across the nation. The New York Times ran a piece in June noting the more than 300 colleges that are addressing what the Agriculture Department calls “food insecurity” on campuses. The article explains that as tuition prices are increasing and more low-income students are attending college, making ends meet is harder than ever. Previous research has shown that lack of food affects cognition, energy levels and ability to focus — all of which contribute to academic success. These food pantries, as well as other meal options, offer a reprieve for students.

There are many national organi-

‘Students can simply gather their items.’

zations backing these initiatives to address the hunger crisis among students. National organization The College and University Food Bank Alliance is a professional group consisting of campus-based programs that focus on helping students with poverty, putting food on the table for their families and keeping students fed and focused on school. The alliance was co-founded by the Michigan State Student Food Bank and the Oregon State University Food Pantry. They explain that food insecurity has increasingly become an issue on college and university campuses and “can pose a significant barrier to student success.” The organization understands that education is necessary to help students succeed and get out of poverty, and therefore they need support with everyday essentials to make that dream a reality. Part of their mission is to provide support and training to campus food banks.

Likewise the The New York City Food Policy Center at Hunter

College is another organization that “develops intersectoral, innovative and evidence-based solutions to preventing diet-related diseases and promoting food security in New York and other cities.” The Center works with government officials, the community, and the public to help create food security. They use their research, policymakers and expertise with the goal of making “New York a model for smart, fair food policy.”

There are a plethora of other organizations that are fighting hunger on college campuses. They include MSU Student Food Bank, Oregon State University’s Human Services Resource Center Food Pantry, Presidents United to Solve Hunger (PUSH) and UC Berkeley Food Pantry.

On college campuses, many pantries are springing up in the form of rooms stocked with free goods that students can simply walk into and gather their items. Most recently on Long Island, The NEST, as it is referred to on Nassau Community College’s campus, is a food pantry that opened just last fall. The pantry is a non-profit organization supported by the campus as well as Long Island food banks. All money donated to the NEST goes directly to the purchase of food and the operation of the pantry. It is fully run by volunteers. The Nassau community basically shops at the pantry as they would any other store. It is also open to faculty and staff members.

“We want to encourage people to not worry about food prices because they have to pay their school bills. We want them to know we have their backs,” food pantry volunteer at the NEST, Chris Vento, explains.

“It’s fully stocked with all packaged foods like cans of soups, pasta, veggies. It gets very busy,” Vento continues. “During Thanksgiving Turkeys are donated to the pantry and we give them out for a Thanksgiving dinner along with bags of vegetables.

“The pantry is really to help as many people in the Nassau Community College family as possible.”

Vento’s description is not unlike



A pantry at Columbia-Greene CC.

many of the other goals of campuses nationwide that are trying to find ways to help students cope with sustenance. The New York Times article also notes how colleges are adapting meal plans and voucher programs to help students. John H. Beckman, a New York University spokesman, explained that the institution is starting a food voucher program that would allow students to use meal vouchers up to six times for free if they run out of money or are simply hungry. Some other colleges instituted another program where students can donate their own meal plans to other students who cannot afford to eat.

Stony Brook University recent graduate and site

manager, Teresa Tagliaferri, stated that students often show up in larger numbers towards the end of the semester due to meal plans running low. Donations of “swipes” or meal vouchers would help these students feel less stressed about where their next meal will come from — especially during finals week.

There is no doubt in this day and age that education is a necessary key to attaining most good jobs. These food pantries and organizations recognize that students need a lot of support while on their academic journeys. Completion of degrees is linked to student’s personal life just as much as their academic performance on campus.

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College students at debate: It was *huuuge*!

David Paone
Campus News

It was huge, indeed.

Hofstra University on Long Island was an epicenter of activity on the last Monday in September when it hosted the first of three presidential debates for 2016. And plenty of students were involved.

For starters, there were 515 lucky students who won a lottery to attend. Out of the roughly 1,000 people who packed the debate hall, about half of them were Hofstra students.

One such student was Manmeet Nijjer, an 18 year-old criminology freshman from Lawrence, Long Island.

"I'm actually undecided; I don't know who I'm voting for yet," she said. She added immigration is "a really big issue" for her. Her parents immigrated to the US from India but her uncle has been waiting for his visa to come through for 12 years.

In addition to immigration, the other issues she wants to hear the candidates debate are international affairs and ISIS.

Another such student was Ariana Farajollah, an 18 year-old freshman in the physician's assistant program from Great Neck, Long Island. She entered the lottery because, she said, "This [is] an historical moment and it's happening at our school, so how could I pass up the opportunity to send in my name?"

Ariana anticipated a lively debate. "Tonight is definitely going to be a show... because of its crazy candidates." She said she's "not in love with either candidate," but added, the debate "will sway my decision."

Seven thousand, four hundred, eighty-one students entered the drawing. The requirements were students had to be registered at Hofstra for at least six credits as well as registered to vote.

There was no preference given

to anyone, and the winners were picked using a computer. It was "fully randomized," said Gary Miller, executive director of the Career Center.

The exception to the voter registration requirement was international students. Mateusz Lakomski (whose American friends call him Matthew) is a 19 year-old freshman and finance major from Poland.

"When I was in Poland, I always dreamt about the United States," he said. He feels "it's my privilege" to attend Hofstra and to witness the debate.

'We have two candidates who are so different.'

He anticipated "a really interesting battle" because "we have two candidates who are so different from one another."

Then there were the volunteers, who had various duties throughout the campus, some of which were on the days leading up to debate day.

Maria Galletta, a freshman and marketing major from New Milford, Connecticut, worked the days prior to and including the debate. One of her duties was to help with issuing credentials to the media.

Out of the roughly 300 student volunteers, 20 of them hit the jackpot with an assignment inside the debate hall. Isabella Falkovitch, a sophomore and public relations major from West Hartford, Connecticut, landed a job as an usher, who showed attendees to their assigned seats.

During the debate she was stationed in the front of the balcony with a clear view of the action. To make this even more special, this is Isabella's first election in which she's old enough to vote.

In addition to the lottery winners



Ariana Farajollah tweets her ticket. Below: students (l-r) Manmeet Nijjer, Melissa Soliz, Franklin Diaz, Nuran Mirdha and Farajollah. -dp photos.



and the volunteers, students could get into the act through their extracurricular activities, such as the cheerleading team, the dance team and the pep band. All three groups performed throughout the day at various locations on campus.

The dance team has 16 members, but for debate day, they worked in four shifts of four girls each, so they'd have a constant presence without anyone getting too tired to perform. "We've been up since three

a.m.," said Marissa Speciale, a senior from Smithtown, Long Island, with a major in education and a minor in speech pathology.

Also on the dance team is Danielle Bradle, a graduate student and marketing major from Commack, Long Island. She was a student at Hofstra when it hosted a debate in 2012. (Hofstra hosted a presidential debate in 2008 and then again in 2012, making it the only university to host three consecutive

(cont.)

presidential debates.)

“The 2012 one was a great experience, but it doesn’t compare to the 2016 debate. There’s just so much more going on; so much more enthusiasm among the students,” she said.

Some people view Millennials as pie-in-the-sky Pollyannas who want Bernie Sanders to give them everything for free, or, on the other hand, are completely apathetic.

Sophomore Joanna Rosen, who’s an English literature major from Marblehead, Massachusetts, and plays trumpet for the pep band, said, “I think in a lot of ways for some people that’s true. I’ve noticed that with kids who are a little bit younger than us. But I think for us, we’re fairly involved. I’m registered to vote. I know a couple of people who aren’t, but most of my friends are.”

She has a friend at another school who volunteered at one of the Republican debates this year and has friends at Hofstra who won the lottery.

She added, “Honestly, I think I had a couple of friends who were very, very Bernie and then a lot of them went for Hillary.”

Not everyone on campus was so excited and proud to be part of the election process. Hempstead Turnpike is a major thoroughfare that runs through the Hofstra campus. The debate and its peripheral events took place north of the turnpike, while south of it there was a “free speech zone” set up for protesters, who took advantage of the offer.

Additionally, a group of students marched through the north campus with signs and chanted, “No justice, no peace!” Then there were a handful of individual protesters with handmade signs bashing one candidate or the other.

If a student didn’t win the lottery, volunteer or perform, he could still partake in the event by attending a “student viewing party.”

There were four of them at various locations on campus and the only requirement to attend was to be a current Hofstra University student. Each location could hold up to 350 people and each had a live feed on a large screen for easy viewing.

After the debate, Manmeet was pleased that both candidates were “very specific” in their responses and spoke about immigration and ISIS.

Before the debate, she wasn’t leaning towards either candidate, but afterward she said, “I’m kind of leaning!” However, she would not say to which side of the aisle because there are still two more debates to follow, which will help her make her final decision.

Immediately following the debate several people on campus concluded that there was no clear victor; it was a 50-50 split.



‘Hillary Clinton did a great job. I was very impressed.’

Lottery winner Abby Normandin, a sophomore and psychology and global studies major from Massachusetts, had different numbers.

“I would say more like 70-30 [in favor of Hillary]. I think she did a great job. I was very impressed,” she said.

However, she went into the debate already leaning towards the Democrat and admitted, “There could be a little bias as well but I think she did a better job than I expected her to do. I’m mostly pro-Hillary because I’m against Trump.”

The consensus among the students was that they were all very fortunate to be attending the university where national history was being made.

Ariana said, “This is an amazing piece of history, and I’m so happy and proud to be a part of it.”

Isabella said she and her friends spoke about how they will tell their future children about their day at the debate.

Without being “braggadocios” (to borrow a word used that night by The Donald), Isabella said, “I guess I got really lucky.”

They all got really lucky, indeed.



For Halloween: Haunted campuses!

Colleen Gibbons-Brown
Campus News

A window slams shut. The floor of an empty hall creaks. There is a tapping, but no one there. We've all experienced it; the late night phenomenon that raises goosebumps on our arms and makes our neck hair stand on end. Most of the time these occurrences can be explained away as loose floorboards, unnoticed drafts or mice in the walls. But sometimes it is not so easy to identify the source and in these cases, we often look for a paranormal cause.

Pat Kibby, cofounder of Paranormal Consulting & Investigations of New Jersey explains that when the "normal" causes for a strange phenomenon have been exhausted, it might be time to look into the historical background of a place. If there is a haunting going on then it most often occurs because of a tragic event that happened in the past, according to Kibby.

With the rich and varied histories of college campuses, it is no wonder that they seem to be a breeding ground for ghost stories. Whether it is the friendly theater ghost who helps out backstage or the civil war soldier who wanders the former battleground, almost every campus has the necessary historical fodder and a whole slew of lores too.

"There were always a few ghost stories told around the SUNY Geneseo campus," said alumnus Chris DiCesare, "but I never believed in ghosts until one showed up in my dorm room." DiCesare, who graduated from SUNY Geneseo with a bachelor's degree in 1986, endured perhaps the most famous haunting in New York State history: "My view of life was forever changed by a series of horrifying events in and around my dorm room: C2D1 of Erie Hall."

In February of 1985, DiCesare began to hear whispers and notice the movement of objects, like chairs, around the room. The incidents escalated to include apparitions and even

physical attacks, one of which was so vicious it left him with three slashes on his back, he says.

DiCesare, from a family with strong scientific beliefs, at first found it difficult to accept an explanation that involved the paranormal. He considered that it might be a prank or even some form of hallucination. "I didn't believe in ghosts myself...it took me weeks to finally understand what was going on there" he says.

Once it sunk in that he was being haunted, DiCesare still tried to keep it quiet. He feared the judgment of his level-headed friends and family. And with constant shadows and whispering at all hours, and a Resident Director who would not let him switch rooms, DiCesare had to choose between dropping out of college and suffering through. "I dug my heels in," he explains.

Like DiCesare, Marist College graduate Russ Voss had trouble believing what was happening before his eyes. "I'd been a skeptic about the supernatural for as long as I can remember," Voss says, "but I attracted ghosts in college like nobody's

business." Voss experienced disappearing scripts and violently shaking ceiling tiles around the college theater. But his most vivid experience came when he was leading a tour of potential freshmen around the Sheehan dormitory.

Voss was familiar with the stories of Shelly Sperling who was tragically killed by her boyfriend during her freshman year at the Poughkeepsie, New York, college. He had heard the tales of students returning to find their unfolded laundry neatly folded and stacked on their bed. But he had previously had no personal experiences with Shelly until he relayed the stories to his tour group. "I was telling some incoming freshmen about her, and a girl in the group asked me to stop. She was really bothered by ghosts...instantly one of the lobby doors began to rattle vi-



ciously against the magnetic lock that held it shut." The rattling stopped after a few moments and Voss continued with the tour.

Kibby finds in her investigations that this sort of harmless encounter is most common. However, there are cases where the ghost goes too far and becomes not only a nuisance but unbearable. It can cause inhabitants to become fed-up with constant knocking and whispers or too terrified by them to stay in their homes. That is when Kibby advises occupants look into a good paranormal investigative group to help out.

Five University of Maine football players were driven out of their house in Old Town when they saw shadows and moving furniture, and repeatedly heard their names whispered. They called in the organization Paranormal Research in Maine. Founder Nomar Slevik says the investigation verified the athletes' claims. Investigators experienced whispered names and footsteps.

In situations like these where someone is forced out of their home by the paranormal activity, Slevik explains it is the role of Paranormal Research in Maine to help clients feel empowered. "We will tell them to take back their home," Slevik says, by having them stand in the middle of the

house and tell the ghost "it is time for you to go."

This was the strategy that finally allowed DiCesare some relief from the months of torment he suffered at the hands of the spirit he came to know as Tommy, the name of a boy who supposedly hung himself in room C2D1.

After an attempted cleansing by a priest resulted in physical attacks against his friends, DiCesare decided to confront Tommy outright. He went into the dorm room and came face-to-face with a full physical presence of a boy. He explained, "You are hurting people," and "it seemed to understand." It was finally after this confrontation that the haunting came to an end and DiCesare was able to find some peace.

The haunting, now referred to as "The C2D1 Haunting," has become the inspiration for two films, "Please, Talk With Me" and the upcoming "Surviving Evidence" and a feature on the SyFy show "School Spirits."

While DiCesare only wanted his encounter to end, others are eager for a less vicious opportunity to interact with the paranormal forces on their campuses.

Most students, and faculty, at Dutchess Community College are familiar with the stories of the haunted

Who to vote for? Who knows?

Takara Lawrence
Campus News

On September 17, I had a very busy day. I had to work, but afterwards I was going to my friend's house because her parents went away for the weekend. I got to the house and everything was fine until another friend told everyone there was a bomb that went off in New York City. I thought my friend was lying; there was no way a bomb went off in the City. I immedi-

ately checked my phone and had several missed calls from my grandmother and texts as well.

I knew at this point it had to be real because my grandmother watches the news all the time. The reason she was checking up on me was because this past fall I began school at the Fashion Institute of Technology in the City. The explosion was fairly close to my school, and she wanted to make sure I was safe and if I was at home.

The only thing on my mind was the

fact that I never once thought I was in danger when I went to school. I know in this day and age anything is possible, and you have to be careful; I just never thought I would have to worry. The next day, after more information came out, I grew curious as to what the two major presidential candidates had to say. Both had to make a statement.

I first checked what Republican candidate Donald Trump said, because he is known for making outlandish and hurtful comments. Mr. Trump stated, "We're allowing these people to come into our country and destroy our country, and make it unsafe for people. We don't want to do any profiling. If somebody looks like he's got a massive bomb on his back, we won't go up to that person, because, if he looks like he comes from that part of the world, we're not allowed to profile. Give me a break."

To profile a person solely based on the way they look is the reason this country has so many problems right now. No one knew who did it at the time Mr. Trump made the statement. So why even accuse anyone? When you make these assumptions, it does more harm than good for everyone, possibly igniting a fight when we the Americans will be the ones affected the most. Like many people, I still cannot believe he is in the running for President.

On the other hand, we have Democratic nominee Hillary Clinton. She took a more subtle approach stating, "Obviously we need to do everything we can to support our first responders, and to pray for the victims. We have to let this investigation unfold. I will have more to say about it when we have some facts." Before accusing anyone, she took a step back and comforted the American people and let the authorities do their jobs. She did not try to scare anyone and make people feel more unsafe.

Both candidates are vying for the people's vote, and more people need to start listening to what each has to say. Not on just this issue, but on all issues. People also need to pay atten-

tion to each candidate's actions and when they backtrack. Mr. Trump is currently backtracking on a lot of things he once said. For example, he recently backtracked on the idea of a "wall" between the US and Mexico. It makes it harder for people to have trust in Mr. Trump when he is not being truthful. I guess he really is a politician.

Mrs. Clinton is being looked at as weak and fragile because of her health. She recently fainted at a 9/11 ceremony. People want to know if she is capable of running the country when her health is not great.

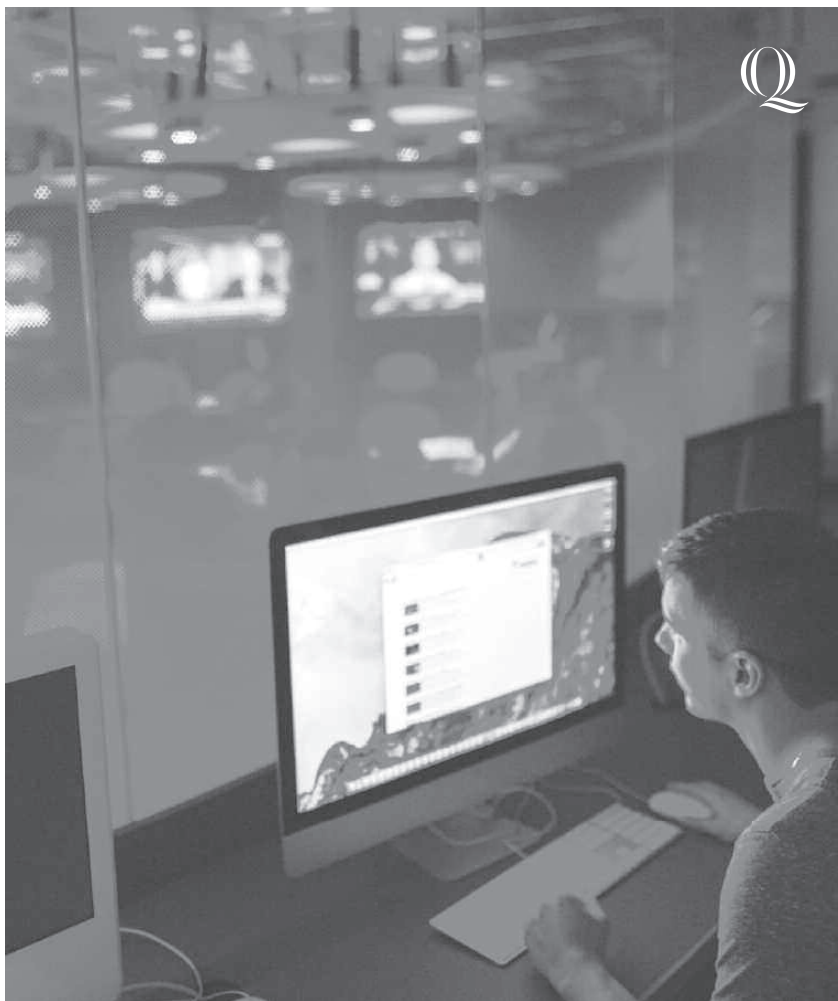
Honestly, both candidates scare me. I know a social no-no is to talk about politics, but I believe more people need to. A lot of people are confused and do not know who to listen to, what TV shows share the same views as them, and where to find the real facts.

My grandmother is the person I normally talk politics with. She makes me understand what I have trouble grasping. She has a way of making sense of everyday issues. I encourage everyone to find that person, TV show or radio broadcast that will help them understand.

We are approaching an election that will forever define the world we live in today. Just like with President Obama, we will always remember this election. Hillary Clinton could be the first woman president and Donald Trump the first reality star. Elections after this one will never be the same. I feel as though this is going to open the gates for anyone to run for President.

We as a country need to open our eyes and really start to take this election more seriously. We need to make sure the right person is sworn into office. The only way we will accomplish this is by voting in the person who has all of our best interests at heart. Unfortunately this is hard to figure out.

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



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Op-Ed: Training doctors to talk about death

Dr. Jerry Balentine
Special to Campus News

When Kara Tippetts, a 38-year-old mother of four, died of breast cancer last year, more than 17,000 people live-streamed her funeral. Tippetts gained national prominence through her blog, where she confronted her impending death with a refreshingly frank take on living with a terminal disease.

Unfortunately, Tippetts' openness is usually missing where it's needed most: hospitals. Medical caregivers are often reluctant to discuss end-of-life plans with terminal patients. Death is considered a taboo topic, until after a patient has passed. This lack of communication frequently leads to degraded care and needless suffering.

One recent survey of patients with advanced cancers found that only 5 percent knew their projected life expectancy was just a few more months. Another found that only half of patients with renal and pulmonary conditions had been offered consultations on palliative care.

Denied understanding their situation, patients often seek invasive treatments with torturous side effects. Over 70 percent of patients with incurable colorectal, breast, lung, pancreatic and prostate cancers pursue aggressive care in their final months.

This collective denial of death can actually harm patients. A JAMA Internal Medicine study found that since 2010, nearly 70 percent of cancer drugs were approved without proof that they extended or improved life.

While cost should never factor into treatment recommendations, the collective denial of death is financially burdensome for patients and their families. Families with cancer patients declare bankruptcy three times more often than other households.

There is no "right" response to a terminal illness. The decision is personal and based on spiritual, social, financial and emotional needs.

Some patients fight until the end. Others prefer to ease up on care -- or even die on their own terms -- to focus on quality of life or family time.

Take Jerika Bolen -- a 14-year-old with Type 2 spinal muscular atrophy, a terminal genetic condition that causes constant pain.

After her 38th surgery -- and spending 12 hours per day connected to a ventilator -- the Wisconsin teen decided to end her life. Her final wish? A prom. So this July, friends and family danced the night away in a ballroom.

Bolen was named prom queen.

Terminal patients can only make these tough choices if their doctors are able to have hard conversations. Yet fewer than a third of primary care physicians receive instruction in end-of-life treatment.

Fortunately, some medical schools have noticed this training gap and are working to fill it. Stanford's medical school orientation requires a

'Medical students role-play "breaking bad news" scenarios.'

discussion of the ethics of death. George Washington University Medical School teaches a course about dying.

Johns Hopkins actually assigns students to write instructions for their own end-of-life care, which forces them to confront the decisions terminal patients face.

Here at New York Institute of Technology, our Gold Humanism Honor Society rewards osteopathic medical students and faculty for tackling challenging patient care with compassion and tact. Medical lectures include information on ethics, end-of-life issues and care. Our physician assistant studies program also includes a "breaking bad news" scenario in which students encounter actors role-playing as patients with a terminal illness.

If properly informed, many terminal patients may want to forgo painful and expensive treatment, choosing quality over quantity for their remaining days with their doctors and caregivers as compassionate collaborators. Silencing such discussions fails our terminal patients in their final need.

*Jerry Balentine, D.O.,
is vice president for medical
affairs and global health
at New York Institute of
Technology.*



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SUNY forms student life committee

The State University of New York Board of Trustees last month established a Student Life Committee, which will hold its first official meeting when the Board meets again in November.

The Committee will be co-chaired by the president of the SUNY Student Assembly, who also serves as a voting member of the SUNY Board, and Trustee Eunice A. Lewin.

“The Student Life Committee of the SUNY Board of Trustees will strengthen our connection to our most important audience — SUNY students,” said SUNY Board Chairman H. Carl McCall. “Co-chaired by a new

SUNY student every year, the committee will provide oversight and policy direction on issues directly related to the student experience, including safety and security, health and wellness, child care, financial aid, athletics, and much more. I look forward to hearing from the

‘Students have a seat at the table in perpetuity.’

committee.”

“Shared governance is a must in higher education and there is no voice that carries further than that of our students,” said SUNY Chan-

cellor Nancy L. Zimpher. “I commend Chairman McCall and the SUNY trustees for re-establishing the Student Life Committee, which will renew our commitment to excellence in the programs and services that affect our students most.”

“The creation of this committee is indicative of a growing trend in the SUNY system, one that gives students a seat at the table,” said current President of the SUNY Student Assembly Marc J. Cohen. “SUNY students now have a board committee that is wholly dedicated to improving their education and college experience. More than just a feel good initiative, this committee will be led by students in perpetuity. We have a very real opportunity to advance a strong student agenda and improve the way that SUNY does



business. I’m looking forward to working with all of our student governments to continue our work from this new platform”

Cohen serves as a voting member of the SUNY Board of Trustees by virtue of his role as president of the SUNY Student Assembly. He was democratically elected by his peers at the Student Assembly’s bi-annual conference, which brings together student government representatives from across all of SUNY’s 64 campuses.



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Editorial: Million-dollar admins need scrutiny

The arrests last month of SUNY Poly CEO Alain Kaloyeros, 60, on corruption charges, and Syracuse University business dean Kenneth Kavajecz, 51, for allegedly soliciting a prostitute were sensational enough, but add to that some of the details of the stories: Kaloyeros was legally paid nearly \$1 million a year for pretty much separating the Polytechnic College from SUNY Albany and re-branding the Utica SUNY campus as “SUNY Poly,” and Kavajecz is paid about \$500,000 a year to run the 23rd best undergraduate business program in the country.

So, in other words, give or take, there are probably 22 undergraduate business deans who earn as much or more than this guy in the U.S. As well, it also means that most to admins at Syracuse at his rank or higher are also grossly overpaid.

As for Kaloyeros, he was well-known as a womanizing, politically incorrect jerk. He has as many selfies on the Internet as Anthony Weiner, but, for some reason, SUNY was willing to look the other way on this guy. Or

maybe they had no choice but to humor him, considering he has pals in Albany.

And you wonder why college tuition at four-year colleges is so expensive? Tuition, room and board is over \$61,000 per year at Syracuse. At SUNY, tuition is much less, but it is funded by the taxpayers – in other words, the Albany political machine controls the purse.

Once Kaloyeros took over unsung SUNY IT and rebranded it SUNY Poly, press releases from the institution became odd, awkwardly name-dropping the governor over and over. They would often lead off: “Supporting Governor Andrew M. Cuomo’s innovative educational blueprint and career pipeline for New York State’s college students, SUNY Polytechnic Institute (SUNY Poly), in collaboration with ...”

In every release, Kaloyeros would be quoted lauding Cuomo. Here is a recent example from a SUNY Poly press release: “Today’s announcement is a significant next step ... and has been made possible by Governor Andrew Cuomo and his leadership in building

upon Albany’s nanotechnology-based public-private partnership model, which is luring new innovation-based industries to our state and driving unparalleled economic development opportunities,” said SUNY Poly President and CEO Dr. Alain E. Kaloyeros.”

If Kaloyeros is corrupt, does that mean the governor is, too? Why did he feel the need to laud the governor in every single communique? This guy was earning a mil a year – on the books. How much did he make on the side?

Meanwhile, at community colleges, the *presidents* often make less than \$200,000 a year.

College credits are supposed to be equal, but the difference between the two- and four-year schools is “separate and unequal.”

Four-year colleges are rife with administrators and some “all-star” faculty who earn immense salaries. The colleges grow more and more bloated, because when prima donnas are hired, they also have to have assistants, secretaries, office space, company cars, etc., etc.

And it would be hard to argue that colleges are actually better than they were before all of this corruption.

If these administrators and faculty are so talented, why can’t they earn such pay as a side gig? Why get rich on the students’ dime?

Higher education is the next bubble to burst in America. We already saw bubbles burst with the Internet and the stock market and real estate. We are now starting to see mediocre colleges calling it quits – most recently Dowling College and ITT Tech. More and better

colleges will falter.

Many people are starting to question the value of expensive colleges vs. lesser-priced private colleges and state schools – vs. not going to college at all.

At the very least, administrators who earn the big salaries should realize they have a good thing going and not screw

‘These admins earn up to 50 times more than the lowest faculty.’

up. Ever hear of flying under the radar?

Colleges are one of the last institutions in the country to be run like an aristocracy: The president as king; those with certain pedigrees, who schmooze at ritzy wine and cheese parties, are allowed into an inner circle at the top. It’s a fancy club that rank-and-file faculty will never be able to enter.

Here’s a newsflash – most of these people earning the big salaries are famous only in their own minds and in certain immediate circles. Spending student tuition dollars to maintain their ego-driven aristocracy is just wrong.

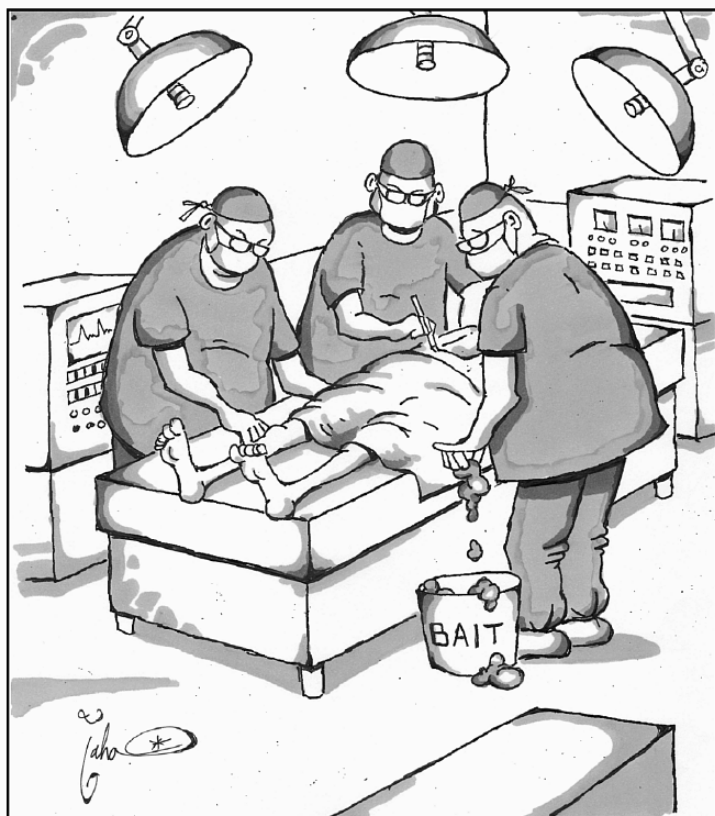
While people like Kaloyeros and Kavajecz make a mil and a half mil annually, the average full-time professor earns \$85,000 a year. The average “full-time” adjunct, \$22,500.

How about ending the charade of overpaid deans, VPs, presidents and all-star faculty, and bumping up the lowest paid faculty? Isn’t college supposed to be a meritocracy, where, through equal work one gets equal pay?

Or is it just by paying someone an exorbitant amount it suddenly makes them seem special?

We don’t understand it.

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Is a career in business right for you?

Prof. John DeSpagna
Campus News

The semester has begun and you are making progress toward your degree. One of the questions that may linger in your mind is, "What kind of job am I going to get when I get out of college?" Many opportunities are available in the ever-changing global business marketplace and this is an area that you may want to look closer into. Let's take a look at some of these opportunities.

Financial Planner

Let me lend a personal perspective here and talk about working on Wall Street. I spent 15 years in the brokerage industry and began as a Financial Advisor with Merrill Lynch. Do you have an interest in the stock market, sales, making stock recommendations and helping

your clientele reach their financial goals? Then maybe a career as a Financial Advisor will suit you. You will need excellent prospecting and sales skills to create long-term relationships based on trust. As you gain this trust and experience, referrals from your clients will help you grow your business. Why not try and obtain an internship through your school with one of the local brokerage firms to see if this is something you want to pursue?

Entrepreneur

Some people like the security of working for a large organization because of the steady paycheck to pay your bills along with the health and retirement benefits. Others have this drive inside of themselves where they have to go out and start their own business and control

their own destiny. If you do not see yourself taking direction from a manager the rest of your career and like to take risks, then maybe going out on your own is the future for you. Life is a risk, go for it and start your own business. You can also look into buying a franchise with one of the major franchisers to go out on your own. My father started his own contracting business 57 years ago in New York City and the business is now employing a third generation member of the family. He opened the business with borrowed money and never looked back.

International Business

The globalization of the world's economy in the last 30 years has created immense competition and demand for goods and services. This has also created more and more job opportunities. If you like to travel or speak a second language, then maybe this is an area you may want to look into. Being able to move around also gives you more opportunities for growth in your career.

Manage

Are up for the challenge of motivating and directing the employees of an organization in an efficient and effective manner to achieve organizational goals? You may see things through a different perspective than your manager, but can you motivate employees to achieve more while realizing you will be working 50 plus hours a week? Yes, your compensation will be higher, but are you ready to spend half of your day dealing with people and the potential headaches? You will be taking on a lot of responsibility and your success will be contingent on the success of the people you manage.

Marketing

Do you like to be creative and know how to create demand for a product? Can you think of ways to get consumers to buy more of a product? Think of why we buy bottled water when we can get it for free from a water

Why not try to obtain an internship through your school?

fountain? Think of the great job George Foreman did creating and selling the, "George Foreman Lean, Mean and Fat Reducing Grilling Machine." He did a terrific job and he made millions by coming up with a great idea and excelled at marketing.

Health Care

One of the fastest growing sectors of our economy is health care. The aging of the baby boomers and unprecedented improvements in medicine have helped make this a growing field. Employers are going to need help building their staffs to take care of their clients. Accountants, financial analysts, managers and salespersons are all going to be in need in this field.

A career in the field of business can prove to be a very rewarding and satisfying one. A few of the opportunities have been mentioned here. Read up on some of these fields, take a course in that area of specialization, obtain an internship, talk to people in the field and network. What better investment can you make than investing in your future to be a success!

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



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How to vote and why (cont. from cover)

states, now, so if you really hate the post office, try Google first.)

If you pick up this paper after the dates listed above for your state, don't fret. You may be registered to vote anyway. Maybe a rep from the League of Women Voters or a similar group had a table that you visited one day. Maybe when you got your driver's license at DMV, you checked off a simple box that registered you to vote. Call your county Board of Elections. Don't email. They won't answer email. They are stuck in the last century. Just Google "(Your County) Board of Elections (Your State)" and you will get the number. Call. Get a cranky bureaucrat. Ask if you are registered. If they say yes, then ask where your polling place is. (There are also "voter lookup" sites to see if you are registered. Again, Google.)

Then go to the polls before or after classes. Most polling places, including the states mentioned above, are open until 9 p.m. If you have a 6 to 9 p.m. class that night, the instructor may let you go early without penalty to vote. Just ask. No excuses.

What Can I Expect?

You're a community college student. You probably have encountered the Scantron Test. You know, with the little bubbles that you have to color in. Most polling places give you a giant sheet with the candidates' names listed and a felt-tip marker, you go behind a curtain, click off the candidates you like, give it to a worker and they scan it into a machine; your ballot gets sucked in with a loud whirring noise and a metallic bonk. It's not all that romantic, but neither are

Donald Trump or Hillary Clinton.

There may be a line of people – most of the voters may be much older than you. Don't let that intimidate you. Just do your duty and move on.

Who Are All of These Local Candidates?

You are going to see a whole bunch of races other than President on the ballot: Assembly, Congress and more. In a perfect world, you would have investigated all of the races before going to the polls and entered with a clear idea of which candidates you like.

In reality, many voters know little if anything about the lesser races. In such cases, it is OK not to vote for any candidate in that race. Many people just go in and vote for President and nothing else. Now, that's not suggested, or optimal, but it's probably more irresponsible to merely vote for a person based on their name alone, or their party symbol. You can leave a column blank, if you are unsure.

Who Are These Other Presidential Candidates?

You may notice that

there's more than just Clinton and Trump in the presidential column. That's because third parties do exist in America, though they get little press. The minor-party candidates getting the most traction are Gary Johnson, a Libertarian, and Jill Stein, a Green. The Libertarians are for minimal government and laissez-faire economics and the Greens are in favor of social justice, equal rights and sustainability/preservation. Because of the Electoral College system – where candidates must win whole states – neither of these two can win, but it's not wrong to cast a vote for a third-party candidate all the same; especially in our region, where Clinton is expected to win easily, anyway. You won't be a "spoiler." If third parties get more and

more votes, the press will have to pay attention to them, eventually.

OK, So If My Vote Doesn't Matter, Why Bother?

Your vote does matter. First, voting shows you are a part of society. Second, whether you vote or not gets recorded and shows your commitment to the community. You may want to run for office someday and your opponent will look at your voting attendance. Third, your vote does matter to the other candidates on the ballot, as well as to the parties you choose. Research at least one other race and at least vote in that. That's your homework assignment from Campus News.

Have fun this Election Day! Vote!

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The innocence of life, pre-Internet

Darren Johnson
Campus News

If you want to know how innocent America was before the Internet changed everything, try these three recent Netflix releases.

First, let's look at the 1994 movie "Milk Money." It does poorly on review sites because most reviews are written at the time of the theatrical release; in 1994, this type of movie already seemed antiquated, and the country was getting sick of cutesy star Melanie Griffith. As well, the premise of the movie – a "decent" guy (Ed Harris) finds love by "saving" a prostitute – had been done before, most notably in "Pretty Woman."

The movie was a flop, lost money, and definitely demonstrated the waning light of Griffith's star at that time.

But old is new again, and time is

a funny thing, and "Milk Money" may come off as quaint today. It's certainly watchable via the more casual standards of Netflix, and there are some laughs. While the Harris character is a boring washout, there are some fine child-acting performances and Griffith, playing Vee, certainly has an amazing ability to light up a screen.

Demonstrating how much the world has changed in just the past couple of decades, we find three suburban boys – Brad (Adam LaVorgna), Frank (Michael Patrick Carter) and Kevin (Brian Christopher) – trying desperately to see boobies. This dilemma would be much more solvable today, considering the rise of the Internet since then, but, alas, this was once a common problem.

They pool their money, bike to a major city and try to hire a hooker to show them her body. They get more than they bargained for when



the hooker is Vee, who is fleeing her mobbed-up pimp and ends up back in suburbia with the boys. In the prim-and-proper town, she runs into past clients, who deny knowing her. It's a bit dark, but the story is told in the sugary way movies from that era were – and it's only PG-13 – so it kind of works.

Eventually, Brad's widowed, goofy dad encounters her and mayhem ensues.

I like these type movies.

They are short, not all that serious, and don't require my rapt attention. I can play Words With Friends while watching and not miss any plot points. Give this forgotten gem a polish.

I Hate This Guy

I think I'm the only person in America who roots against the title character in "Ferris Bueller's Day Off." He's so smug, and he thinks he's anti-authority, but he lives in a rich neighborhood, has a \$4000 computer, drives around in a classic Ferrari convertible with his rich friends and makes a big deal out of missing seven or so days of school over a year and tricking the pee-on administrators there.

When I was in school, there were poorer kids who skipped weeks of classes, drove some beater Chevy or Ford, and had real problems. That they got their diplomas was a miracle, but they did. To me, that's more of a story than some snotty suburban kid going to a museum, a fancy restaurant



and baseball game all day. He also has time to change his grades via the computer, sit and lounge around poolside and then be in a parade. I guess the joy in this movie is the absurdity of packing all of that into one day.

In any case, this 1986 Matthew Broderick movie is famous – with lots of memorable scenes that still get referenced to this day – and hitting Netflix now in October (see chart, right). So it is a must-see from an historical perspective, at least.

The Kid on the Milk Carton

"Who Took Johnny" is an excellent documentary. The kidnapping of Johnny Gosch, a Midwestern paper-boy on his route, in 1982 changed

'A motif that was overdone in the 1990s seems quaint now.'



October's new releases on Netflix

Starting October 1:

"A Cinderella Story" (2004)
 "Barbershop 2: Back in Business" (2004)
 "Blue Streak" (1999)
 "Breakfast at Tiffany's" (1961)
 "Dazed and Confused" (1993)
 "Dr. Dolittle: Tail to the Chief" (2008)
 "Fairy Tale: A True Story" (1997)
 "Ferris Bueller's Day Off" (1986)
 "Gentleman's Agreement" (1947)
 "Ghost Town" (2008)
 "Grizzly Man" (2005)
 "How to Lose a Guy in 10 Days" (2003)
 "Millennium" (1989)
 "Murder Maps: Season 2" (2015)
 "My Little Pony Equestria Girls: Legend of Everfree" (2016)
 "Once Upon a Time in the West" (1968)
 "Oriented" (2015)
 "Patton" (1970)
 "Picture This!" (2008)
 "Pooh's Grand Adventure: The Search for Christopher Robin" (1997)
 "The Queen of the Damned" (2002)
 "Quiz Show" (1994)
 "Robotech" (1985)
 "RV" (2006)
 "Saving Mr. Wu" (2015)
 "Snake Eyes" (1998)
 "Snow Day" (2000)
 "Sphere" (1998)
 "Three Kings" (1999)
 "Titanic" (1997)
 "Unforgiven" (1992)
 "The Uninvited" (2009)
 "Unsealed: Alien Files: Season 4"
 "Without a Paddle" (2004)
Starting October 3:
 "Dheepan" (2015)

Starting October 4:

"American Horror Story: Hotel" (Season 5)
 "Chevalier" (2015)
 "Dartmoor Killing" (2015)
 "The Flash: Season 2"
 "The Grinder: Season 1"

Starting October 5:

"Arrow: Season 4"

Starting October 6:

"iZombie: Season 2"

Starting October 13:

"13TH" (2016)*
 "Dinotrux: Season 3"*
 "The Ranch: Season 1, Part 2"*
 "Russell Peters: Almost Famous"*
 "The Siege of Jadotville" (2016)*
 "Supernatural: Season 11"

Starting October 8:

"The Originals: Season 3"
 "Vampire Diaries: Season 7"

Starting October 10:

"Kuromukuro: Season 2"*
 "Love Between the Covers" (2015)

Starting October 12:

"Justin Timberlake + The Tennessee Kids (2016)"*

Starting October 13:

"DC's Legends of Tomorrow: Season 1"
 "Mascots (2016)"*

Starting October 14:

"Haters Back Off!: Season 1"*
 "Project MC2: Season 3"*
 "Sky Ladder: The Art of Cai Guo-

Qiang" (2016)*

Starting October 15:

"Being George Clooney" (2016)
 "Chapo: el escape del siglo" (2016)
 "Glitch: Season 1"*
 "Power Rangers Dino Super Charge: Season 1: Part 1"

Starting October 16:

"Dark Matter: Season 2"

Starting October 21:



"Black Mirror: Season 3 (Part 1)"*
 "Containment: Season 1"
 "Joe Rogan: Triggered"*
 "Midnight Diner: Tokyo Stories"*
 "The Mr. Peabody and Sherman Show: Season 3"*
 "Word Party: Season 2"*

Starting October 24:

"Doctor Foster: Season 1"

Starting October 25:

"Big Eyes" (2014)

Starting October 26:

"Jesus Camp" (2006)
 "Kung Fu Panda 3" (2016)

Starting October 28:

"7 años (2016)"*
 "I Am the Pretty Thing That Lives in the House (2016)"*



"The Flash"



Joe Rogan



"RV"

"Into the Inferno (2016)"*
 "Skylanders Academy: Season 1"*
 "Trailer Park Boys: Out of the Park: Europe"*

Starting October 29:

"The Fall: Season 3"*

Starting October 31:

"Chewing Gum: Season 1"*

*Netflix Originals

(cont.)

everything.

First, by the end of that decade, very few newspapers were using child labor anymore. Second, the country started becoming aware that pedophiles exist, and that they have a child-slave network that they exploit through prostitution and pornography. Before the Gosch case, people had little clue about this. By the

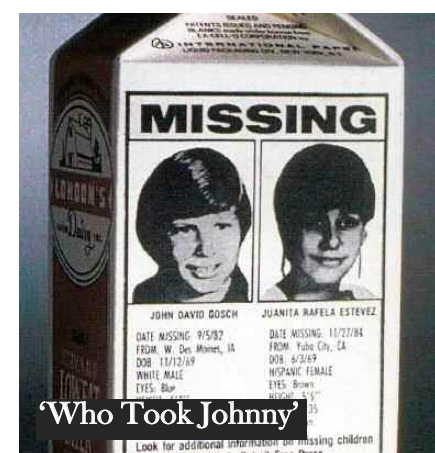
1990s, fearful parents were keeping kids indoors.

When you watch movies with kids in them pre-2000 – for example, the two movies referenced above – notice how freer children were to wander their neighborhoods. Could you imagine three suburban 11-year-olds biking to a crime-riddled part of a city to see boobies today?

Even though his case got national attention, and even was a repeated subject on "America's Most

Wanted," Gosch has never been located. His parents today are broken people.

"Who Took Johnny" reopens the case two decades later, talking to Gosch's parents and lawyers from the era. It's obvious the police were negligent in investigating this. Were they protecting a child sex ring? That case changed so much in this country. It was when America started to lose its innocence, and parents grew reactive. This is a must-watch.



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Actonel™ \$805.15 Typical US Brand Price for 35mg x 12	VS	Risedronate* \$49.00 Generic Price for 35mg x 12	Evista™ \$695.13 Typical US Brand Price for 60mg x 100	VS	Raloxifene* \$81.00 Generic Price for 60mg x 100
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GCC will now give plus and minus grades

At this time in 2017, Genesee Community College will formerly introduce the “plus-minus” grading system replacing the old structure that has relied solely on A, B, C, D and F, the College’s Board of Trustees learned at its monthly meeting last month. The broader grading range will include A, A-, B+, B, B-, C+, C, C-, D+, D, D- and F, and “will provide a more accurate reflection of student achievement,” according to GCC President James M. Sunser.

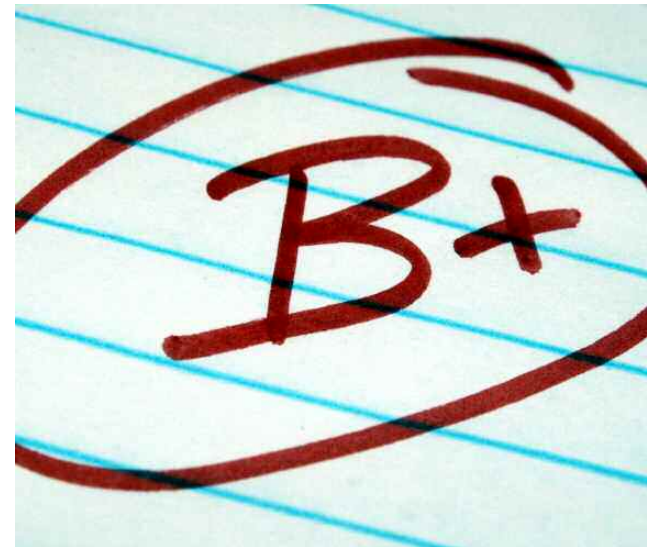
The process to convert the grading structure has been a multi-year effort that began in 2015. In her report to the Trustees, Executive Vice President for Academic Affairs and Provost Kathleen M. Schiefen explained that GCC is now among the very few educational institutions nationwide that uses the five letter grading scale. In May 2015, the College’s Academic Senate approved the proposal to add the plus and minus let-

ter grades to the College’s student evaluation system, and began the multiyear process to change the grading structure. Expanding the grading system reinforces the College’s number one priority which is student success and completion. Next fall the grading system will break down into the following letter grade to grade point averages: A = 4.0; A- = 3.67; B+ = 3.33; B = 3.0; B- = 2.67; C+ = 2.33; C = 2.0; C- = 1.67; D+ = 1.33; D = 1.0; D- = .67; F = failure.

“Using the plus-minus grading scale encourages students to do better by giving an added incentive to keep working,” Dr. Schiefen explained. As an example, a student with a 70 average and another student with a 79 average will both receive a C. However, as students realize that by working a little harder they might receive a C+ they will be inspired to work hard through to the final assignments or examinations.

Plus-minus grading also helps the admissions selection process distinguish between the various levels of student achievement. Programs such as nursing that have strict admission criteria can better determine the students who are most apt to succeed in the more rigorous academic settings.

But introducing the new grading system is a rigorous task in itself and warranted a careful, two-year plan to ensure all departments change over their systems appropriately. From each academic division to the Records and Business Offices, all full-time and adjunct faculty members, as well as every page of the Col-



lege’s website, the Student and Faculty Handbook, College Catalog, the Banner database system and each and every course syllabus are being carefully culled to ensure a comprehensive conversion to the plus-minus structure.

RCC salutes vets

All are welcome to attend and honor Rockland Community College student veterans who have achieved academic distinction at their celebration dinner and induction into SALUTE, the national honor society for United States veterans. RCC is a veteran friendly campus with many dedicated services for our student veterans.

The event is Thursday, October 6 at 6:30 p.m. at Crowne Plaza, 3 Executive Blvd., Suffern NY 10901. For more information or to RSVP: 845-574-4105. Cost is \$30 per person.

Nine student veterans have achieved academic distinction and will be inducted into the SALUTE Honor Society this year. The keynote speaker is decorated retired SGTMAJ M.T. Mack. Mack’s awards include: Legion of Merit, Meritorious Service Medal in lieu of 2nd Award, Navy and

Marine Corps Commendation Medal in lieu of fifth award, Navy and Marine Corps Achievement Medal in lieu of second award, Marine Corps Good Conduct Medal in lieu of eighth award, National Defense Medal in lieu of second award, Sea Service Deployment Ribbon in lieu of third award, Iraqi Campaign, Afghanistan Campaign, NATO ISAF Afghanistan, and the Drill Instructor ribbon.

SALUTE Honor Society Inductees: Alvarado, Christian Jurgen, USMC; Alvarez, Edgar A, USMC; Beckmann, Joseph Michael, USAF; Bogart, Jordan Alexander, USMCFrancois, Felix, USA; Lemus, Kevin N; USMC; Ray, James Henry, USA (posthumous); Thacker, Christopher, USMC, and Young, Kamie Rachelle, USA.

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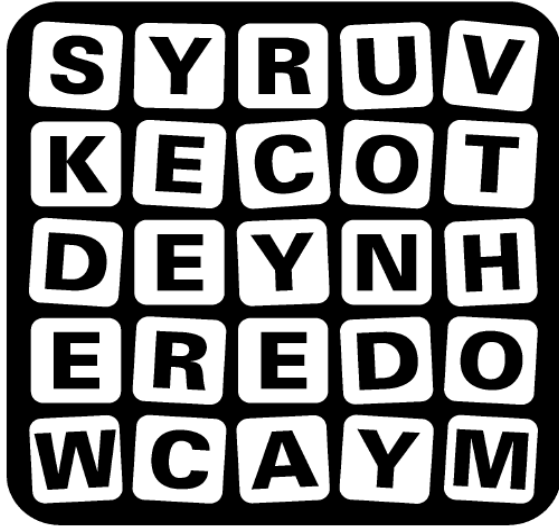
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By David L. Hoyt and Jeff Knurek



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A₁

E₁

T₁

T₁

R₁

X₈

C₃

RACK 1

O₁

O₁

O₁

U₁

T₁

T₁

R₁

RACK 2

E₁

I₁

I₁

M₃

R₁

P₃

W₄

1st Letter Triple

RACK 3

E₁

I₁

Y₄

R₁

J₈

T₁

T₁

Double Word Score

RACK 4

A₁

I₁

U₁

N₁

N₁

H₄

C₃

RACK 5

PAR SCORE 270-280
BEST SCORE 341

FIVE RACK TOTAL
TIME LIMIT: 25 MIN

DIRECTIONS: Make a 2- to 7-letter word from the letters in each row. Add points of each word, using scoring directions at right. Finally, 7-letter words get 50-point bonus. "Blanks" used as any letter have no point value. All the words are in the Official SCRABBLE® Players Dictionary, 4th Edition. SOLUTION page 30
For more information on tournaments and clubs, email NASPA - North American SCRABBLE Players Association info@scrabbleplayers.org. Visit our website - www.scrabbleplayers.org. For puzzle inquiries contact scrgrams@gmail.com.

College prez takes Clean Air Challenge

Berkshire Community College President Ellen Kennedy (pictured) participated in the Berkshire County Clean Air Challenge on September 12.

The Clean Air Challenge is an opportunity for Massachusetts residents to explore commuting options, learn about alternative transportation, save money, and improve air quality. Leading up to the statewide event, the Berkshire County Regional Coordinating Council is hosting the Berkshire County Clean Air Challenge in recognition of the transportation options available in Berkshire County.

As part of the Berkshire County Clean Air Challenge, President Kennedy rode a BRTA bus be-

tween BCC's Main Campus and the Intermodal Transportation Center in downtown Pittsfield. The BRTA is a popular source of transportation for BCC students.

"I learned so much today. I learned that students can use Financial Aid to purchase their Charlie Cards. I also heard about how dependent they (students) are and appreciate they are for the BRTA and I feel good about reducing my carbon footprint," said President Kennedy.

The Berkshire County Clean Air Challenge is an initiative of the Berkshire County Regional Coordinating Council (RCC), a group of agencies, trans-



portation providers, and advocates working together to increase mobility and access across the County. The Massachusetts Clean Air Challenge is a project of MassDOT, in collaboration with MassRIDES and MassCommute.

Upstate softball clinic

Herkimer College will host a Softball College Showcase and Clinic on Saturday, October 22, 2016. The showcase will be open to high school level players in the graduating classes of 2017, 2018, 2019 and 2020. The clinic is designed to be a combined clinic-style showcase where athletes will be given the opportunity to demonstrate their individual skills in all facets of their game to college coaches in attendance. Participants will receive on-the-field instruction from some of the best coaches in the nation.

Player skill measurements will be determined, including home to first, home to home, and agility shuttle run speeds. Players will have their overhand throw measured by the JUGS gun from both the outfield and infield, depending on position. Catchers will participate in a series of drills ranging from blocking to agility as well as having their POP time gauged. Pitchers will be provided the opportunity to showcase their pitching repertoire as well as having all of their pitches gunned. Hitters will take batting practice on the field and will be graded on skills such as contact, bat speed, ball exit speed and power.

Following the skills portion of the clinic, players who choose to do so will showcase their tal-

ent in a game setting. The Herkimer College coaching staff will conduct all drills and coach the teams in the afternoon games. For colleges not represented at the combine and clinic, results will be emailed to coaches of the colleges in which players have indicated an interest on the registration form. All players are encouraged to contact coaches of colleges in which they are interested to en-

courage them to attend.

Players are encouraged to pre-register, for the benefit of the student-athlete, by completing a registration form and the waiver available at www.herkimergenerals.com. Walk-ins are welcome, but player information will not be included in the booklet provided to college coaches in attendance. There will be many players in attendance from New York State, as well as from the Northeast, Southeast and Midwest.

The cost of the event is \$75 for the

skills/clinic portion of the camp or \$100 for both the skills/clinic portion and to play in the afternoon games. All players are encouraged to wear softball pants and must bring their own equipment, sneakers (turf) and cleats.

In case of inclement weather, a decision will be made in a timely manner, and the event will be held on the designated rain day of October 23. For more information, contact Herkimer Generals Softball Head Coach PJ Anadio at anadiopr@herkimer.edu or 315-866-0300.

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To get in touch with us about any of the above write to editor@cccn.us. Thank you!



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**CAMPUS
NEWS**
**COLLEGE
PAPER**

CAMPUS News

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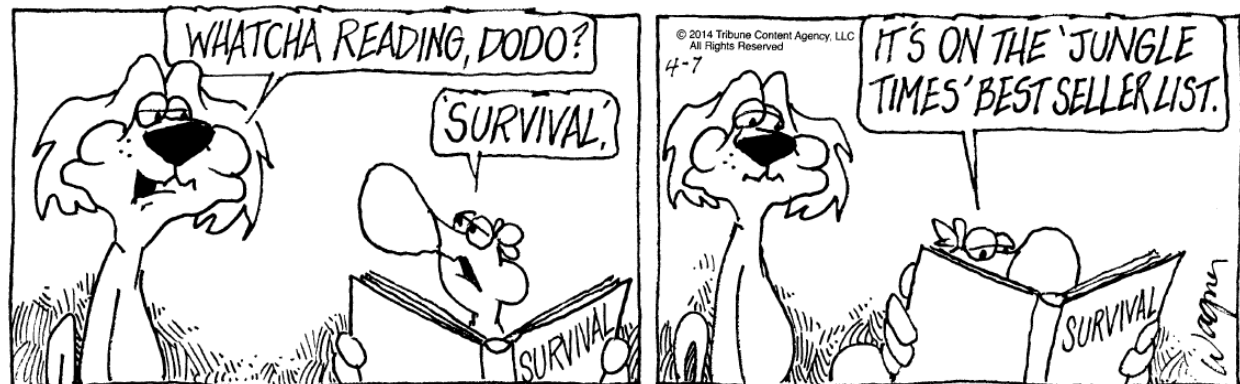
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Haunted colleges (cont. from page 6)

Bowne Hall, which was built where there once sat a tuberculosis hospital with a morgue in the basement. Amanda Scannell, a twenty-year-old music major at Dutchess Community College, will attend a ghost hunt of the building on October 24th. The college, located in Poughkeepsie, New York, hosts the event annually to give students an opportunity to investigate the claims that the patients and nurses of the hospital still linger around the new building. Scannell has heard tales of flickering lights, randomly flushing toilets, and students feeling as though they are being watched.

Christopher Vickers felt a similar desire to explore the rumors of supernatural activity on his campus. The grounds of Suffolk County Community College in Brentwood, New York, were once a part of the Pilgrim Psychiatric Center. One night, Vickers, who has always been interested in the paranormal, went with a few friends onto the

campus. There was “an eerie feeling being there...as if I was being watched,” he says. Vickers walked into a building and ended up in the mostly intact morgue with the body lockers and exhuming table still there. “It was amazing to see,” says Vickers, who has continued to pursue his interest in paranormal activity by co-founding Shadows of the Paranormal (S.O.P), a non-profit paranormal organization based on Long Island, New York.

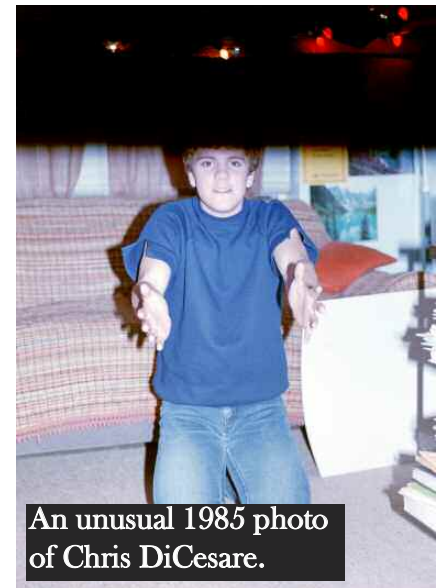
Jordi Alonso, a Kenyon College student who spent the summer at Stony Brook University’s Southampton campus for a summer writing conference, spent a night reading poetry with friends at the 1712 three-story windmill that once served as home to playwright Tennessee Williams. Though Alonso did not experience any paranormal phenomenon that night, many students do tell a story of a young girl, eight or nine, who fell down the stairs and died. There are multiple accounts of spotting

the girl’s face at the window, and the general sense of being watched while walking by.

Any new student interested in discovering the history and ghost lore of their campus will have no trouble locating a number of online sites detailing occurrences. Kitty Canfield, writer and nursing student, was inspired by the haunting of her own high school to create “Ten Most Haunted Schools in U.S. - East Coast” on her blog. On the list are some expected campuses, such as Pennsylvania State University, which is famous for its multiple hauntings. Canfield relates stories by students of experiencing screams, glowing red eyes, and apparitions that walk through walls.

Other campuses, such as Southern Maine Community College, are perhaps less famous hubs of paranormal activity. Located in Portland, the school has several very spooky tales associated with its history. The grounds of the college have housed a brothel, a nursing home and a funeral home, and now include a cemetery on part of the campus. Canfield says students of the Hillside Dorm, the former funeral home, have reported hearing animal sounds in the attic, and found objects moved. A paranormal investigative group conducted an investigation and caught an EVP of a woman talking to them. This report coincides with stories of an older woman haunting the dorms and a younger woman in a nightgown who wanders the staircase at night.

Another lesser known, but equally haunted, campus is North Hampshire Community Technical College on Pease. On this New Hampshire campus there are rumors of lights flickering on their own and an eerie feeling on the top floors of the building that for a long time were supposedly boarded up. The college, which was at one time used as a hospital for the Pease Air Force Base, made “New Hampshire’s Most Haunted Places” because of the footsteps often heard from above even



An unusual 1985 photo of Chris DiCesare.

while the top floors were boarded off and the elevator no longer worked. Students have reported hearing strange noises and, on the rare occasion someone ventured up there, seeing apparitions.

Cold and unexplained drafts, human-shaped shadows on the walls, flashing clocks and lights, whispering voices, and “full-bodied figures standing in the room, watching you” are all signs of a haunting, says DiCesare. But, though the intensity of the encounters can vary from helpful laundry folding to horrific and terrifying attacks, ultimately, interacting with paranormal forces can change one’s worldview forever.

“When all of a sudden what you believed isn’t the case, you question everything you know,” explains DiCesare.

This can be an incredibly scary experience, scarier than any ghost, but it also can be illuminating and educating. “Whatever doesn’t kill you, will probably make you stronger,” says DiCesare, “and more aware.”

Though he has gone on to live a happy and fulfilling life, and come to terms with the traumatizing events of those months, DiCesare will never forget or fully escape the feelings of terror he experienced so many years ago. “If it happened once, it can happen again,” he says.

he says.

Three Mass. colleges help low-income students

North Shore Community College (NSCC) is in the top 25 community colleges nationally to advance opportunities for low-income students according to the U.S. Department of Education. Furthermore, NSCC is one of just three Massachusetts community colleges receiving this prestigious designation.

“I’m very proud of the NSCC team of faculty and staff who work very hard to provide an excellent curriculum, learning environment, and terrific individualized student support to nearly 15,000 North Shore residents annually,” said NSCC President Patricia A. Gentile. “We’re a great investment for anyone interested in a quality post-secondary education that leads to relevant workforce credentials, employer-recognized associate degrees, or successful transfer onto a bachelor’s degree and beyond.”

According to the DOE, these public community colleges enroll over 40% low-income students and have relatively high outcomes for those students. In addition, over 70% of all borrowers at these schools were successfully repaying their loans three years after they left school. In total, low-income students at these schools averaged at least \$30,000 in earnings 10 years after they first enrolled at the school.

The other two community colleges that were named in Massachusetts were Quinsigamond Community College and Springfield Technical Community College. President Gentile noted, “NSCC is proud to join with our colleagues at QCC and Springfield Tech in adding great value to our state’s economy and quality of life in our local communities.”

‘Human shaped shadows on the walls.’

SUNY moves to ‘ban the box’ on applications

The State University of New York Board of Trustees last month voted to “ban the box” from its general application, revising SUNY policy that previously required student applicants to declare prior felony convictions. Instead, students will be asked to declare a prior felony conviction post-admission and only when they seek campus housing or participation in clinical or field experiences, internships, or study abroad programs.

The action follows a national “Ban the Box” movement as well as a SUNY Student Assembly resolution recommending that “criminal history screenings should only be implemented after a student has been admitted, and that they should never be used to revoke admission.”

“The State University of New York is committed to providing all New Yorkers the broadest possible access to quality public higher education, including those who have succeeded through the justice system following a felony conviction,” said SUNY Board Chairman H. Carl McCall. “Thank you to

Trustee Marc Cohen and the SUNY Student Assembly for their leadership on this important issue. I am confident that we have found precisely the right balance of inquiry to uphold our commitments to college access and student safety.”

“[This] policy revision is a milestone achievement for SUNY, one that positions our university system as a leader in what has become a national movement to expand access and educational opportunity for individuals with a felony history,” said SUNY Chancellor Nancy L. Zimpher. “Thank you to the many students, faculty, and staff across SUNY whose critical feedback led to today’s resolution.”

“Being part of a system that changes lives, it’s important to remember that every student deserves a chance at a great life,” said Student Assembly President and Trustee Marc Cohen. “The stigma behind criminal offenses might be part of a student’s past, but we, the SUNY Student Assembly, believe in a path forward. I am proud of the hard work and dedication



my colleagues have put into eliminating convictions from the general admission process.”

At the direction of the SUNY Board of Trustees last year, and following increasing state and national calls for the elimination of pre-admission inquiries into a student applicant’s prior criminal history, SUNY established a Ban the Box Workgroup comprised of system and campus representatives, to evaluate its admissions policies and practices. This resolution reflects the workgroup’s recommendations as well as concerns raised by the SUNY Student Assembly.

The workgroup will continue its discussions and support campuses as

they implement the revised policy over the next year, with system-wide adoption slated for the 2018 admissions cycle.

Also last month, the Obama Administration announced that 61 higher education institutions and systems have committed to take the Fair Chance Higher Education Pledge, joining the 25 signatories – including SUNY – that took the pledge when it was first announced in June. The White House pledge calls on businesses and higher education institutions throughout the country to eliminate barriers for individuals with criminal records.

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TV: 'Born This Way' breaks barriers

Kaylee Johnson
Campus News

"Born This Way" is a heart-warming series on A&E that reveals the raw reality of being a young adult with Down Syndrome. The show follows Megan, JT, Elena, Stephen, Rachel, Sean, and Christina and their efforts to learn life skills and fit in with society. On the latest episode (Season 2, episode 8) called "Rough Waters," the group went on a camping trip to Kern River in California. Stephen started to develop romantic feelings for Megan after he realized how much they have in common, even though she already has a boyfriend. Megan also started to realize how hard it is to maintain a healthy long-distance relationship after she recently moved to LA with her mother.

What is so fantastic about this show is that it shows both their struggles and their achievements. In sea-

son two Elena pushed her mother down and had to go on pills to control her outbursts, Megan's idea to have a baby someday was shot down by her mother, Sean and Stephen moved in together, Christina became overwhelmed with jealousy anytime a female would speak to her fiancé, and Rachael was diagnosed with pre-diabetes.

This series makes viewers look at people with disabilities in a completely different light. They seem

'The parents play a huge role in the show.'

more relatable than ever before. They are such role models because even though some things are much more difficult for them than a "typi-



cal" (what they call people who do not have Down Syndrome), they are all very lucky to have such wonderful families who never have stopped believing in them.

The parents play a huge role in the show. These parents truly are the

core of the households, and the support systems their children need.

If you want to feel inspired, you can catch an episode of this wonderful show Tuesday nights at 10 p.m. on A&E.

Theater at Nassau CC: 'How the Other Half Loves'

"How the Other Half Loves" will be performed at the Little Theatre at Nassau Community College October 20-23 and October 26-30. This comedy by Alan Ayckbourn is a production of NCC's Theatre and Dance Department.

There are three couples in How the Other Half Loves: The young and passionate Teresa and Bob Phillips, the old and stuffy Fiona and Frank Foster, and the dull intermediaries Mary and William Featherstone. Bob is having an affair with Fiona, Mary and William are scapegoated in order to cover it up, and Frank ends up brilliantly brandishing the wrong end of a pretty big stick. As with all of Ayckbourn's acclaimed plays, How The Other Half Loves features the perfect recipe for comedy.

Performances of How the Other Half Loves will be at 8:00 p.m., except for Sundays at 3:00 p.m. Tickets are priced at \$9.00; \$7.00 for seniors 55 and older. College students with fall 2016 ID can obtain free rush tickets on weeknights. These tickets will be available to them for \$5.00 on weekends. For more information, call the Theatre Box Office at 516.572.7676 Monday through Friday 11:00 a.m. to 3:00 p.m., except College holidays.



JUMBLE

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

COITS

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THAT SCRAMBLED WORD GAME
by Mike Argirion and Jeff Knurek

5/12

WHAT SHE WAS ADVISED TO EXERCISE WHEN SHE GAINED A FEW POUNDS.

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

Print answer here: " "

Answers

Jumbles: STIC AUDIT BROOCH PIGPEN

Answer: What she was advised to exercise when she gained a few pounds — "CAUTION"

Feeling down? Blame it on the weather.

David L. Podos

Campus News

Feeling down, got the blues, your back aches, your head aches, actually just about everything aches on you, you seem to be in a fog, can't concentrate, you're edgy, anxious, perhaps depressed?

Sounds like recovering from a night of partying too hardy and not getting any sleep? Well, maybe, but in this case – no. Your condition is not from lack of sleep or binging too much, you feel like crap because it's lousy outside, it's early morning; but you wouldn't know it because it's still dark in your room.

The cloud cover is so thick and hangs so low, no amount of light, however meek it may be, will be getting through. It's also cold, not enough to turn the rain into snow, but perhaps sleet. This is definitely not going to be a sunny and warm day at all, and you just

want to roll over and hide away under the covers. Oh, but wait, don't you have a morning exam? You just grunt and pull the covers tighter.

When it comes to our emotional, as well as our physical well-being and health, the weather certainly has an impact upon us. You may have heard of a condition called SAD (Seasonal Affective Disorder). This condition affects those who live in climates where there are more cloudy days than sunny days.

Many people in the Northeastern part of the United States suffer from this condition, which is clearly related to weather conditions, and is most pronounced when the days turn short and there's a lack of sunshine. According to the Mayo Clinic: "SAD is a type of depression that's related to changes in seasons. SAD begins and ends about the same time each year, symptoms start in the fall and finish at winter's end; less

often SAD causes depression in spring or early summer."

I thought it would be interesting to see what the percentage of sunshine we have in my hometown of Utica, New York, is, as I personally know a number of people who have SAD. According to City-Data.com, of the top 101 cities with the lowest average sunshine, Utica ranks in No. 31, with an average of 47% sunshine throughout the year. Not exactly the "sunshine" state! Even more compelling evidence on how weather affects us: According to Dr. Vinita Mehta, Ph.D., in *Psychology Today*, the sun affects a large part of how we function, a lot of times in ways we don't even realize. He adds, sun-

light provides an extremely powerful boost to human livelihood. Sunlight makes us more generous. According to French studies that tested how sunlight affects a driver's willingness to pick up hitchhikers, people were much more likely to lend a helping hand under sunny conditions when compared to cloudy ones, cited Dr. Mehta. From the statistical data provided by the study, investigators concluded sunlight directly affects our mood. In the words of Dr. Mehta, "Sunshine makes our moods more positive, [and] it also encourages us to be more helpful." On the contrary, winter has the tendency to make us feel more negative. According to Carolyn Gregoire in a Huffington Post piece, SAD is a real thing. Although you might not think much of your wintertime blues, SAD can leave people feeling lethargic and apathetic for as long as months.

Most readers of Campus News live and go to school in the Northeast; with that said, we all know what's coming – it isn't more sunshine, that's for sure. So with days growing shorter, reducing our exposure to natural sunlight, and as the temperatures begin to drop and we instinctively begin to feel the need to cocoon, what can we do to stay motivated?

There are some very simple choices we can make that can have profound positive effects on us, so, whether you are one of those people who deal with SAD, or, like most of us, find yourself a bit more grumpy, impatient, and just overall down in the dumps during the change of weather from fall to winter, here are some suggestions:

While I may get some pushback from some of my readers on this, I feel it is still worth looking into: Tanning. Tanning beds today, while still posing health risks, are far better than the tanning beds of yesteryear. Studies abound showing that tanning (in moderation) can and does reduce depression; this may be because of the increased production of Vitamin D that happens once the body is exposed to natural sunlight and/or tan-

ning. Also, many people just feel better psychologically when tanned; they like the way they look, and feeling good about the way you look has tremendous psychological benefits.

Supplements of Vitamin D3 is another way to shake off the blues (best to contact your healthcare provider for dosage strength).

Eat well. Reduce sugar and empty carbohydrate foods from your diet, and

eat as much fresh fruit and vegetables as possible.

Exercise. If you are not one to hit the gym every day, don't worry. Even moderate exercise done frequently throughout the week has

enormous health benefits. So, get on the treadmill three times a week; you will increase your endorphins, those opiate receptors in your brain that make us feel really good about ourselves, and perhaps lose a few pounds to boot.

Weather affects all of us and there is no escaping it. Of course those of us who live in the Northeast could just get up and move to Phoenix, for example, which has 300 sunny days per year!

However, for most of us, that is impractical. So, just follow some of the simple tips mentioned; it won't make the winter warmer, or reduce the amount of snowfall, nor will it decrease cloudy days and increase sunny ones. But it will make you feel a whole lot better. Of course, you could just pull the covers over your head, miss that morning exam, and when your professor asks what happened, just blame it on the weatherman.

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



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SUNY, students respond to Poly scandal

Colorful SUNY Poly leader Alain Kaloyeros is facing serious charges in a federal bribery/kickback probe, newspapers report.

SUNY leadership and its Student Assembly issued the following statements last month, in order:

Statement by SUNY Chairman H. Carl McCall and Chancellor Nancy L. Zimpher:

“It is imperative that any charges brought against SUNY Poly President Alain E. Kaloyeros today do not distract from the educational mission, groundbreaking research, and academic operation of SUNY Polytechnic Institute or negatively impact the thousands of students, faculty, researchers, and staff that the campus serves.

“Effective immediately and until this matter is resolved, Dr. Kaloyeros has been suspended without pay. SUNY will review the charges against Dr. Kaloyeros and cooperate fully with prosecutors on any further action as state and federal investigations continue.

“In order to ensure a seamless leadership transition for the entire campus

community, we are directing executive staff at SUNY System Administration, under the leadership of Provost and Executive Vice Chancellor Alexander N. Cartwright, to collectively serve in an officer-in-charge capacity for the campus until an individual can be appointed.”

Statement by SUNY Provost & Executive Vice Chancellor Alexander N. Cartwright:

“We had a productive meeting today with the executive team from SUNY Poly. We all agree that maintaining a stable environment on campus, for students, faculty, and staff must continue to be our top priority.

“This is an unexpected leadership transition and we are thankful for the continued patience and support of the SUNY Poly community. We will be engaging with students and faculty moving forward, as well as our partners at Empire State Development, in the community, and throughout business and industry, to ensure that the good work SUNY Poly does on behalf of the state is uninterrupted.

“The college’s academic and re-

‘The University is defined by excellence, not corruption.’

search programs continue to excel. SUNY Poly’s commitment to its industry partners, stakeholders, and tenants is unwavering. The State University of New York remains committed to achieving the tremendous vision and potential of SUNY Poly.”

Statement by SUNY Student Assembly President and Trustee Marc J. Cohen:

“The news of charges being filed against SUNY Polytechnic Institute President Alain Kaloyeros is of great disappointment to the students of the SUNY system. SUNY is defined by academic excellence and great student experiences – not corruption. The Student Assembly is committed to ensuring that our students receive the best education

possible, under the best leadership available. We will work actively with Chancellor Zimpher and Chairman McCall to ensure that the students attending SUNY Polytechnic are not adversely affected by any of the events that ensue.”

Statement by SUNY Provost & Executive Vice Chancellor Alexander N. Cartwright (Sept. 28)

“We had a good meeting with faculty, staff, and students at SUNY Poly in Utica yesterday afternoon. It’s clear that we have a shared goal to ensure that the academic and scholarly activities at the campus proceed without interruption.

“There are very high quality academic programs there, led by dedicated, talented faculty. Exciting new degree programs, applied learning opportunities for every student, and meaningful partnerships with industry drive a very student-centered environment.

“I look forward to working more closely with the campus. I want to recognize and extend my appreciation to the SUNY Poly community for their continued hard work and commitment.”



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Fall fashion tips

**Gianluca Russo
and Margaret Ketchen**
Campus News

Despite the indecisive weather conditions, fall is officially in session. And whether you're most looking forward to pumpkin spice lattes, apple picking, or bonfires, fall also brings some of the best year-round fashion possibilities.

Wondering what to put in your shopping cart? We went ahead and compiled a list of five fall fashion guidelines to help you dress to impress in any situation.

Black

Black is your best friend when it comes to fall fashion. Not only is it easy to mix and match colors with black, but, when properly fitted, it can appear to slim you down those few extra pounds. Make sure that your black clothing of choice is not oversized or too tight. Finding the perfect size will cast a slim illusion on your body, making for the perfect look in pictures.

Constant black can get boring, however, so try changing it up with different fabrics and textures. Take a step back from the all cotton outfit and throw on some leather, fringe, suede, etc. Items made from silk or linen may be too thin for the weather, so consider adding some wool into your closet.

Accent colors are the perfect match for a black outfit. Throw on some bright jewelry, accessories, or lipsticks that will pop against the black, making for an all-around stunning look.

Denim

Denim can cause more harm than good if not worn correctly, specifically when matching two denim pieces together. Darker shades of denim should typically be worn on the bottom as they create a smiling affect, much like black: lighter shades of denim will draw attention to the body part they cover. Typically, wearing a light denim top and dark jeans is the best way to go. It's almost smart try to stray from wearing two matching denim pieces.

Don't feel combined to blue denim, however. Try throwing some black or white jeans into the mix. Black jeans go great with flannel, whereas white jeans match perfect with a light blue denim jacket. Denim hats, shoes, or accessories are a no, however: keep the denim strictly for the clothes.

Hats

Aside from a baseball cap, hats can be tricky to match with an outfit. Beanies are great for a more relaxed look, whether you're heading to the apple orchard or sitting around the campfire with friends. Fedoras and berets work well with more sophisticated look, whereas flat tops may be more suited for a fashionably casual look. Woven hats are a big no for the fall though, save those for sundresses in the spring and summer.

'Accent colors are the perfect match for a black outfit.'

Jumpsuits

Jumpsuits are a more suave, sophisticated, and sexy look. Keep it simple with a solid colored jumpsuit and spice it up with a chunky necklace or belt. Depending on the weather, throw on a fur or heavy overcoat when temperatures start to drop. Put away the flats and match the jumpsuit with a heel or wedge. Don't be afraid to try out different jumpsuits, however, whether it's strapless or high neckline. When it comes to purses, clutches are the perfect match when sporting any style jumpsuit.

Sweaters and Scarves

When it doubt this fall, it's almost impossible to go wrong with a sweater. Late to class? Throw on a sweater. Too chilly outside? Throw on a sweater. Too lazy to dress elegantly? Throw on a sweater. Sweaters are simple, comfortable, and even fashionable when worn



Margaret models (top to bottom) a jumpsuit, sweater/scarf and denim at Schenectady CCC. -gr photos.

in certain ways.

Matching a scarf with a sweater may cause some turmoil, but don't fret! Thicker scarves, including knitted ones, are the best choice for larger, chunkier sweaters. Thinner sweaters will work well with a thin scarf and a nice fall jacket.

Change up the way you tie each scarf, rather than always using the same method. Here are 12 options to spice up your scarf game according to helloglow.com:

*French Knot
Knotted Necklace
Double Sided Twist
Scarf Wrap
Neck Wrap
Cozy Neck Wrap
Knotted Shawl
Classic Loop
Braided
Rolled Loop
Double Loop
Classic Pull Through.*

With these five guidelines in mind, don't be afraid to try out new styles this fall! At the end of the day, feeling comfortable in your clothing is what truly matters, so make sure to pick pieces that express your personality and make you shine for all to see.



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How to read a book – and like it

Darren Johnson
Campus News

I grew up in a house without books. Not anything serious, anyway. There were a few first aid and medical deformity books my father had copped from the hospital, where he sometimes worked as an orderly. Then, he found several volumes of an old encyclopedia set in a trash heap that he'd brought home. That was about it.

And, since, I have gotten a bachelor's and a master's in English – so I feel qualified to write this article, “How to read a book – and like it.”

The sad fact is, about 95 percent of your classmates walked right by this newsstand and ignored this newspaper, even though it was written expressly for them, and surely there is at least one tidbit in here worth a look. Even if it's just by “Broom Hilda.” If confronted about their lack of literary initiative, they may say they read things on their smart phone. But are they really reading “writing?” Or are they just looking at stuff?

I teach Mass Media and recently asked one of my classes this question, and they admitted that the smart phone isn't all that smart considering the way their peers look at it; it's more like TV than a newspaper or book. Past generations used to call TV “the boob tube.” We need to come up with an equally disparaging name for the so-called smart phone.

The fact that you picked up this

newspaper, though, shows that you are not like your fellow classmates. A recent statistic says that 42 percent of college grads will never read a book again after graduating. For community college grads, perhaps that number is even worse. Assuming these graduates live to a normal old age, that's 60 years of not reading a single book! They should have their degrees revoked.

You apparently have a desire to read, but you'd probably like to be better at it. Here's what I learned, growing up in a house without books:

Read Periodicals

Periodicals are newspapers and magazines.

These have more digestible, shorter stories, and are the gateway to books. People are reading less books today because they are reading less newspapers. In past generations, the newspaper was a staple. Most people picked it up or had it delivered to their doors. But printed news has gotten a bad rap, and now people *pretend* to read news on their smart phones. But it's just headlines and clickbait. Real journalists are getting laid off en masse.

Magazine and newspaper subscriptions may be as little as one dollar per issue. Even if you only read a couple of articles each issue, that's money well spent. What's a dollar?

The brain is a muscle and books are a major sporting event. Consider reading periodicals the same doing a few jumping jacks and pushups before that big game. They are a useful warmup.

In my house without books, we did have various periodicals floating around.

I'd devour these.

But without having books, I had trouble developing reading stamina. That would come later on, gradually, over several years, thanks to the school library and

authors like CS Lewis.

Read Slowly

It is OK to read slowly and to read every line twice. I recently did this for “A Confederacy of Dunces” by John Kennedy Toole, a very dense, but rewarding book. I remember much more detail from this literary book, which I took my time with, than any genre book I'd ever read; for example, some summer detective novel like “H Is for Homicide” by Sue Grafton was a quick and easy read, and I remember little of it.

Read Quickly

But you are a student, and have four to six courses going on right now. You can't read all books slowly. For books that are written mainly for informational purposes, I find that I can read them quickly to gather the information I need. I can even get the Kindle version and swipe through that in no time. Develop different reading speeds based on the complexity of the writing, and your goal for reading it.

Use Google

Pre-Internet, if I read a book and didn't understand a passage, I would have to suffer and not know what it meant. Or, at best, write down my question and investigate it when the library opened the next day.

Now, with Google, I instantly can look up a reference. For example, I recently was reading “The Thin Man” by Dashiell Hammett and there was a 1930s pop-culture reference I'd never seen before. A quick search, and the reference made total sense in relation to the character. Without that search, I may have gotten distracted and lost in the book, maybe even daydreaming.

Drink Coffee

One of my students admitted that she falls asleep when trying to read a long passage. It's OK to get caffeinated and treat reading seriously. Sometimes, I also listen to music – not new music, but music that is very familiar to

me. Playing the music at the same time as reading somehow helps me better commit the book to memory.

Get in Shape Mentally

Just like you can be out of shape physically, you can be out of shape mentally. Reading a book takes a lot of exercise beforehand. It's not an easy feat, at first. After you get into a rhythm, you will be able to rifle through books. You will also learn to enjoy reading.

Most of your classmates aren't

‘42% of grads will never read a book again.’

reading as much as they should be. You can be different.

This past summer, I spent time going to a bunch of different beaches and pools. One pool was in a wealthy area and was relatively expensive to get into. The one difference I noticed was, everyone at the expensive pool was reading. At the free beaches, few people were, if any (besides me). It takes money to make money, as they say, and the wealthier people were willing to spend money on reading material.

If you want to go to a great four-year college and/or go on to a more sophisticated life, reading is the ticket. Periodicals and books are packed with useful information that will improve your life.

Just, first, you have to get into mental shape for it. Start with periodicals, including this one.

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

Darren Johnson has an MFA in Writing from Southampton College and can be reached at dj@cccn.us.



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