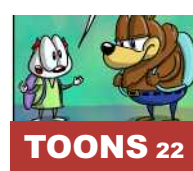
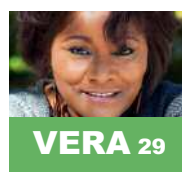
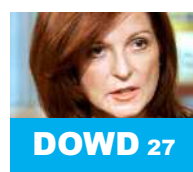
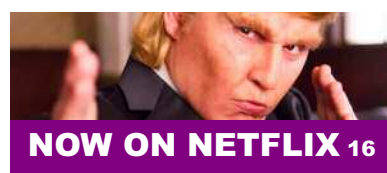


Community College CAMPUS NEWS



Volume 14, Issue 3 FREE!

Thanksgiving 2016



End-of-semester life hacks

Spring courses were just posted online. Now what?

Here's our list of things you should do this month – before you get swept up by too much holiday cheer – to save time and lots of money.

Sign Up for the 18

In most states, 12 credits costs the same as 18 credits (though extra fees and book costs could add up). Why not sign up for the maximum credits, giving you some scheduling wiggle room in the weeks ahead? Now, if you are only sporting a 2.0 GPA, you may not want to take the 18, but if you're otherwise academically strong, consider 15-18 credits. To graduate on time, you need to average 15 credits a semester. You

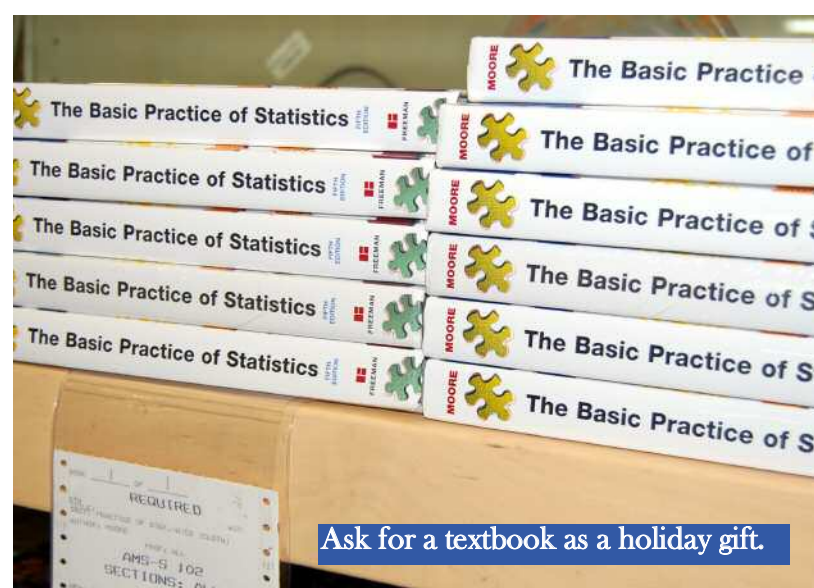
may want to try the occasional 18-credit semester so that your final year will be easier. Also, by signing up for the 18, you lock in your courses, guaranteeing your seat. You could always drop a course later.

Check Out RateMyProfessors

This is controversial, but much of what's posted on the site tends to have a grain of truth to it. Sure, good professors who are tough graders and give a lot of work will get unfairly downvoted there. But before picking your professors for the next semester, at least weigh how many 1.0 professors you may be signing up for.

Think of Your Sanity

Don't schedule a 9 a.m. class in the same day as a 6 to 9 p.m. class, and don't schedule a class at 7:30 a.m. the next morning after having had a late-night class the night before. Know your limitations



and plan accordingly.

Contact Your Transfer College

Are you thinking of transferring to a four-year college? Then copy-paste and email your proposed

then don't get bogged down with the courses that won't transfer.

Check Out Your College Book Site

By law, college web sites have to post the textbooks each course will require, with exact ISBN. You can maybe ask for these books for holiday presents from parents and relatives. At the very least, starting early and checking out the various text-

book web sites will give you a heads up on the best prices. "It's no wonder that colleges and students need to think outside the box when it comes to textbooks; they represent a staggering cost that just seems to get

continued on page 12

Useful ideas to make your spring semester better.

schedule to the transfer counselor at your future school and make sure all credits will be accepted there. You may also want to place a phone call there! If your goal is simply to transfer your community college credits to a new school,



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Should you register for an online class?

Kaylee Johnson
Campus News

When students choose classes for next semester there are a lots of factors to take into account. Online classes can seem very appealing; they are more far more flexible and portable than live classes. For new or returning students with tight schedules online classes may seem like their best option, but they are not for everyone. According to The National Center for Education Statistics 5.4 million, or 1 in 4 students took at least one online class in 2012. Technology is advancing and in many ways becoming the core of society, so it is not surprising that so many students are using it to advance their educations.

One of the major differences between online classes and live classes is the amount of writing. If you are not accustomed to writing long essays every week, you would be better off in a live class. Although professors are in charge of online classes, they are not nearly as personal as live classes. Being forced to go to class a

a student's time spent "hanging out with friends" has decreased by half since 1987. Social interaction is part of the college experience.

Online classes do have advantages, especially for people who do not procrastinate with assignments. I am currently taking a freshman seminar class online, and it is one of the best decisions I ever made. Instead of sitting through pointless lectures, I just electronically hand in one assignment a week. On the other hand, the mass media class I take online requires a lot of reading, and a fair amount of writing. If you think a hard class would be easier to take online, you are probably wrong. Without explanations and lectures, those tricky math equations seem trickier.

It's vital to know how your brain works, and how you learn. Some students can excel in online classes, others fall behind. If you are good at comprehending dense reading and writing essays you may do fine in an online class. If you learn verbally and visually live classes would be better.

Many college students have legitimate reasons to take online classes instead of live classes. In fact a 2014 study from the Institute for Women's Policy Research revealed that 4.8 million college students were parents of dependent children in 2011.

Another big difference between online classes and live classes is the amount of educational resources. On virtually all college campuses there are libraries, professors with office hours, and computer labs. When you take an online class, it is important to make sure you



have all the resources necessary to pass the course. Some of those things include Wi-Fi, a computer, the textbook for the course you are taking, and, most importantly, time.

Both online and live classes can provide enriching educational experiences for students. As you choose your classes for next semester, keep your learning style in mind, and also

your schedule. Ignore the stigma that online classes are easier than live classes. I would also advise fellow students to do research before you pick your classes. Guidance counselors have a way of pressuring students into classes they do not want; it is okay to resist. There is no secret to survive college, you just have to stay grounded and go with the flow.

'Some students can excel in online classes, others can't.'

few times a week is motivating, and it keeps students on their toes. Lectures are meant to prepare students for midterms and finals. Students have to be highly devoted to reading their textbooks for online classes, because there is no verbal interaction.

Students who only take online classes will not have any real interaction with their classmates. Although lack of communication with fellow classmates does not seem like a big deal, it is. Not only can you help each other thrive in the classroom, but also build mutual friendships. According to UCLA's annual national survey of incoming freshmen,

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This contest will use point spreads and is only open to community college students, faculty and staff at the colleges where we drop the physical copy of the paper. If you win, you will have to verify your affiliation. Only one entry per person. Go to www.cccnews.info/football to begin! Will you be *Campus News'* top dawg?



College earns grant to tell ‘Immigrant Stories’

Laura LaVacca
Campus News

Just this October, Berkshire Community College announced that they received a \$16K grant from the Mass Humanities and the National Endowment for the Humanities for a pilot project. This project, the Berkshire Immigrant Stories, graces BCC and only two other campuses. BCC is honored to be one of these three campuses.

“We are proud and excited to be a part of this groundbreaking project. As a higher education institution, it’s important to acknowledge and understand the world around us. The stories of immigrants in Berkshire County are important to our history, but also to our future and fostering a global community – right in our backyard,” BCC President Ellen Kennedy says in a statement on their website.

The goal of the project is for recent local immigrants and their children to share stories and artifacts from their journeys. This will be in conjunction with the Tenement Museum of New York, who has teamed up with the project to gather these stories in an online exhibit and archive called, “Your Story, Our Story.”

The Tenement Museum’s mission is to preserve and interpret “the history of immigration through the personal experiences of the generations of newcomers who settled in and built lives on Manhattan’s Lower East Side, America’s iconic immigrant neighborhood.” They strive to create connections between visitors and immigrants of both past and present. They strive to enhance the appreciation for history and the role immigrants played in shaping America.

“This is the first event to get us going to establish the Center,”

Charles Park, Assistant Professor of English at BCC and Berkshire Immigrant Stories Project Director, explains. Park is referring to the fact that The Berkshire Immigrant Stories Project is expected to pave the way for a Public Humanities Center at BCC.

According to the initiative’s website, Dave Tebaldi, director of Mass Humanities, notes that “In Massachusetts, as elsewhere, community colleges are under increasing pressure to focus more and more on vocational and technical training at the expense of the humanities and liberal arts.” This will represent a “counter-balance” that will affirm “the im-

‘The project connects us back to our roots and to the humanities.’

portance and value of the humanities not only for students but for the community at large.”

The project “connects us back to our roots and connects us back to the humanities,” Park continues, “It’s an acknowledgment of increasing diversity in the area.” In the past 15-20 years, there has been an increase of immigrant parents and children traveling to the neighborhood. “We have students from Latin America, South America and West and Central Africa.”

Spring workshops to share stories and literary events campuswide including readings will kick off the 2017 academic year. The BCC project will partner

with many others including the Berkshire Athenaeum and BCC’s Library to offer help with photographing objects, writing stories and submitting them to the online archive. The workshops are free and open to the public.

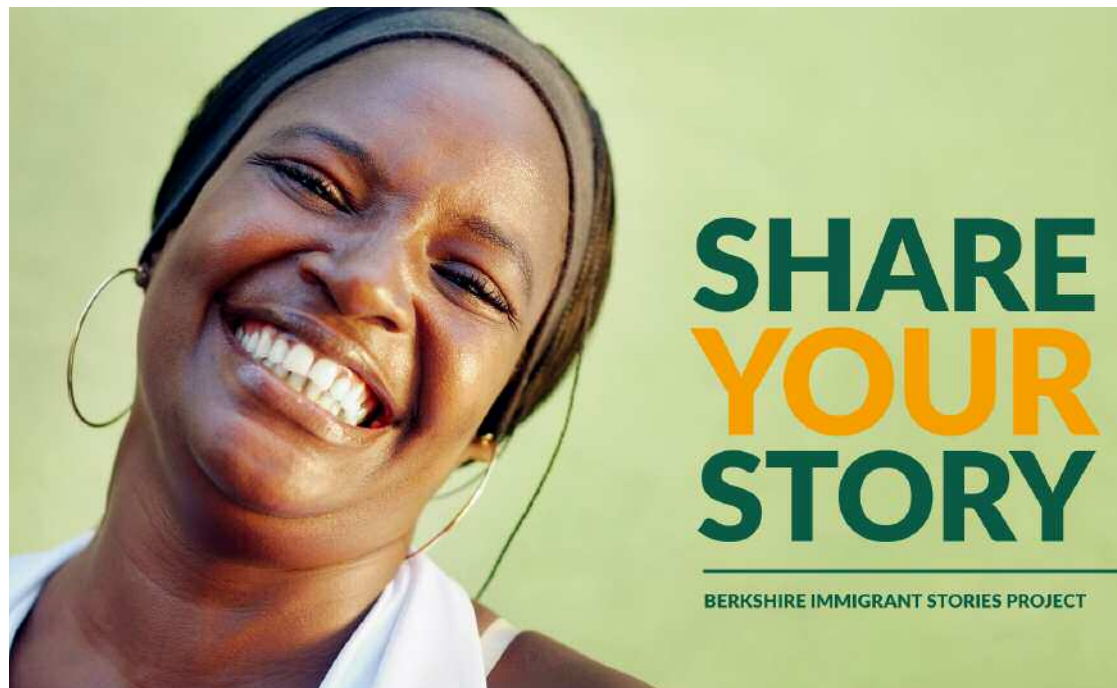
Authors Martin Espada and Jana Laiz will also be reading from their works. Espada is a Latino poet and professor at the University of Amherst. Laiz is the author of many books

written because of her fascination with other cultures. She is currently the first Writer-In-Residence at Herman Melville’s Berkshire home.

“The summer will be spent conceptualizing the humanities as a whole,” Parks concludes.

Mass Humanities will submit an “implementation grant” to the National Endowment for the Humanities. This will provide funding for the BCC Center as well as the two other institutions that were chosen for the project.

For more information about the Berkshire Immigrant Stories Project, check out www.berkshirecc.edu/immigrantstories.



President Ellen Kennedy and Prof. Dave Tebaldi at the announcement.

Marketing VIPs

On September 29, over 100 marketing and public relations students at Nassau Community College on Long Island enjoyed a unique learning experience. Lifetime Fitness, one of America's most popular upscale family fitness facilities, provided insights into the marketing and mission of the organization. The management team led a timely discussion to those in attendance. Marketing Prof. Jack Mandel arranged for the field trip.

On September 22, Bruce Jacobson, publisher of Long Island Fitness and Health Magazine, was invited to speak to over 100 students at NCC. Mandel had extended the invitation for him to be "Guest Professor for a Day." Jacobson spoke about his personal and business options in the publishing field to a very focused group of students. Prof. Mandel remarked:

"While textbook theory is a fine educational tool, I personally advocate having students absorb information from 'the real world' of business. Mr. Jacobson was an outstanding example of someone in the field sharing his life experiences with my students." The "Guest Professor" series brings in

practitioners from business and media to share their hands-on knowledge with students.

Pictured, top: NCC students. Middle: Lifetime Fitness' Michael Tuesca, Phil Zerante and Doug Newhook. Bottom: Jacobson and Mandel.



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Internet abduction survivor at MVCC

The Mohawk Valley Community College Cultural Series will host the lecture, **“The Alicia Project,”** with Alicia Kozakiewicz at 6 p.m. Wednesday, Nov. 9, in Schafer Theater, Information Technology Building, at MVCC’s Utica Campus. Admission is \$5 general, \$2 for MVCC employees, and free for MVCC students.

Kozakiewicz was 13 years old when she slipped out of her house to meet someone she had been chatting with online. The survivor of

Internet luring, abduction, and sexual exploitation was rescued by the FBI and is now devoted to raising awareness of missing persons cases and protecting children against predatory crime. Her story has been featured on “Dr. Phil,” “Investigation Discovery,”

“Good Morning America,” CNN and MSNBC.

She is behind “The Alicia Project,” which promotes Internet and Child Safety Awareness and Advocates for missing and recovered persons. Learn more at www.aliciaproject.org.

Then, the College will present **“An Evening with Peter Balakian”** at 6

p.m. Friday, Nov. 11, in Schafer Theater, Information Technology Building, at MVCC’s

Utica Campus. Balakian won a Pulitzer Prize for Poetry.

Most Cultural Series events are \$5 or less to the general public and many are free. Events include concerts, comedians, lectures, film screenings and discussions, workshops, family fun

events, and more. For the complete series lineup and ticket sales, visit www.mvcc.edu/culture.

Tickets can be purchased over the phone and in person at the MVCC Box Office or online at any time at www.mvcc.edu/tickets.

The Cultural Series is brought to you by MVCC’s Cultural Events Council, in collaboration with MVCC’s Program Board, with significant support from the Student Activity Fee.

The series maintains a major social media presence that can be followed on Facebook at “MVCC Cultural Series.”



Alicia Kozakiewicz

The lecture is part of the college’s Cultural Series.



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I wish we'd known more about the issues

Takara Lawrence
Campus News

Have you ever seen an episode of “South Park?” Do you tune into ABC on Thursday nights to watch “Scandal?”

Did both of these shows draw comparisons about our recent Presidential Election? Yes.

Though both shows chose to do it differently, the message still came across. “South Park” is known for poking fun at current events by mostly offending the target they are talking about.

Their recent topic of choice is none other than the race for Presidency.

We have two characters; one is supposed to be Donald Trump and the other is Hillary Clinton. Both characters take it to the extreme and play out the outlandish concepts of each candidate. The character who is supposed to be Trump goes as far as to say, “I did this as a joke. I never thought anyone would let me go this far.” Truthfully, this is how some Americans feel about Trump.

On “Scandal,” they chose to have

the former first lady run for president and her opponent is none other than a tycoon who wants to win at everything; therefore he wants to be President. There are many more shows that have decided to play out this election on television, and to some it clouds the real issue at hand. Who will be our next President?

I remember as a child what an honor it was to be the President. Now because of social media, it has been ruined. A mockery has been made of democracy. I decided to tune into all three debates to better my decision on who I would vote for and, honestly, it was troubling.

I went into the debates already knowing who Trump was. Just as everyone already knew who Clinton was. It was not the same as when our previous presidential candidates ran because social media was not as influential.

Yes, Barack Obama used social media to his advantage, but not how it is being used now. Now, both parties were overshadowed by their wrongs and most people were not listening to what they wanted to accomplish.

Going into the debates I wanted to know how each candidate would benefit my life. During the first debate, I became extremely frustrated. I felt as though both candidates wanted to speak over each other and neither wanted to address the questions. It seemed to me and most people Trump was just going to go up to the podium and wing it. He picked parts of what she was saying and decided to interrupt her numerous times and shout words as she tried speaking her point.

Clinton was not better. Instead of ignoring him, she took the bait, and as a person who has done this for many years, she should have known better. Both candidates did not answer the questions directly.

The second debate was no better. The Friday before the debate a video of Trump speaking about groping a woman went viral. He addressed the tape and his answer was troubling, because instead of owning what he said he would rather blame other peo-

ple and chalk it up to “locker room talk.” This sends a bad message.

You can tell they were both agitated by each other and the real questions were not answered.

The third and final debate was everyone’s last hope for making a decision. I asked people at my school and at work if they were going to watch the third debate, and they told me they already knew how it was going to go based off the other two. They were right.

Terms like “bad hombre” and “nasty woman” were thrown around. I sat in confusion about a lot of remarks. Trump again seemed unprepared and Clinton was stumped when asked about her emails. Even though all of this happened, the third debate did show who the better candidate was.

This election is important to my generation because we will be greatly affected by who leads our country. We are setting an example for the next generation and we need to be smart. These debates played out on social media and so many hashtags were formed it was hard to keep up.

The former people who had to run for president were lucky they did not have social media back then. A real debate – which is a formal discussion on a particular topic – is not what we had. I still want to know how they will be helping our nation.

This is the question we all need to ask ourselves as the winner from Election Day prepares for office. We need to sit down and really think about where we want our country to go. Will we be taking steps back or continue forward? When the new president takes office in January, we all need to be prepared.

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



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Op-Ed: How to create a happy office culture

Dick Resch
Special to Campus News

It was the final straw. Three coworkers, already aggravated by their callous manager and consultants, learn about companywide layoffs. Angry, they grab a baseball bat and smash a printer to pieces.

Fortunately, while such scenes abounded in "Office Space," most of us leave our Louisville Sluggers at home. But TPS reports and toxic work environments still abound. Just 9 percent of Americans rate their company cultures favorably.

If companies want to change that statistic, they must foster a sense of community. By doing so, they'll save their printers -- and increase employee productivity, reduce turnover, and boost profits.

When employees love coming to work, companies prosper. Stock returns for Fortune's "100 Best Companies to Work For" are nearly double those of the general market.

Unsurprisingly, those firms have less turnover. That's a major boost, since replacing an employee can cost double her salary.

Companies don't just luck into having great cultures. And they can't buy loyalty merely with perks like nap pods. It takes deliberate effort to create a culture that employees want to embrace.

Some firms create tight-knit cultures with a

particular office layout. Yelp, for instance, wanted to encourage interaction among hundreds of employees spread out over a dozen different floors. So they designed open common areas and coffee bars on different floors. A year later, Yelp saw a 62 percent revenue boost.

Other companies utilize sponsored volunteer activities. For instance, PCL Construction organizes Habitat for Humanity homebuilding events

'Employers need to create careers for staff, not just jobs.'

where workers apply their trade skills to serve their communities. Such projects give employees time to bond with co-workers.

These programs boost morale -- and attract and retain talented employees. The Stanford Graduate School of Business found that 97 percent of business school graduates are willing to make less to work for a more socially and ethically responsible company.

Other firms improve culture through recognition programs that showcase their value. That's crucial, because employees who don't feel appreci-

ated are twice as likely to quit within a year, according to Gallup.

Namely, an HR software company, convenes monthly staff meetings to praise high performers. This is a savvy strategy. Polling shows that one in four workers' most memorable recognition comes from high-level executives.

Employers can also create a great culture by showing employees they have careers -- not just jobs.

One way to do that is to clarify avenues for advancement. At KI Furniture, which I head up, we partner with Northeast Wisconsin Technical College to sponsor a Management Training program for employees with high potential. Investing in their professional development shows them we care about their long-term success and helps us mold workers into the company's future leaders.

Businesses can employ many strategies to create a great company culture -- but no shortcuts. If executives don't "get the memo," they'll continue to miss opportunities to create a culture that propels productivity and generates loyalty.

*Dick Resch is CEO of
KI Furniture in Green Bay,
Wisconsin.*



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In the community

Two community service stories from the region's community colleges:

FMCC

For the entire month of October, Fulton-Montgomery Community College's Public Safety Department gave students an opportunity to make a difference in their community; in lieu of paying a parking fine, students could bring in non-perishable food items to be donated to those in need.

According to Public Safety Director Mark Pierce, students

were thrilled to participate. "Not only were students excited about the opportunity, but they went above and beyond the amount of non-perishables we expected to receive." Pierce said that between 250-300 pounds of food items were collected and were delivered to the Gloversville Senior Center at the end of the month.



FMCC officer Michael Waldynski gathers donations.



PTA students

HCCC

Herkimer College Physical Therapist Assistant students enrolled in Dr. Karen Jones' senior neurology class recently visited Springbrook pediatric facility in Oneonta, NY. The students had the opportunity to observe treatments provided to children with developmental disabilities and to experiment with the therapy equipment used to help them.

The Physical Therapist Assis-

tant program at Herkimer College prepares students to enter the healthcare workforce as a skilled health provider working under the supervision of a physical therapist. This program is accredited by the Commission of Accreditation in Physical Therapy Education and the hands on profession helps patients to preserve, develop and restore optimal functions.



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Op-Ed: Trump is a pig!

Thomas F. Liotti

Special to Campus News

Palm Springs, California. Here at the renowned Desert Trip Concert for Baby Boomers, the singer Roger Waters has posted a sign during his part of the show reading: "Trump is a Pig!" While this characterization is not a misnomer based upon Trump's debasing rhetoric and misconduct during much of his life, it is important to consider how he developed into a full-fledged bovine.

It's true that Trump was not at Woodstock and is not here, but going back further, it is noted that he attended a military school because his father, Fred, thought that he was not serious enough about business and not because the unruly Trump was intellectually curious. He then attended the Wharton School of Business. Neither of these schools were hotbeds

of liberal arts education, which might have helped Trump to expand his weltanschauung or world view. The circumstances of Trump's admissions to both schools and his performance at them should be explored. Like his tax returns, he should disclose his school records.

More than fact checking, the Trump campaign has shown us why Presidential candidates should submit to rigorous psychological and ethics exams as well as lie detector tests. Trump's narcissistic personality disorder and demagogic, fascist views might have been curtailed had his father not been so myopically focused on financial matters alone. They both acquired wealth but neither emerged as "renaissance men" or more correctly stated, "renaissance persons."

Unfortunately, Trump's adoring children may also be channeled for

the same arrested development. Given the fact that our brain cells start dying off at age 27, there is little hope for Trump or his children except for perhaps his young son, Baron, who has already been given the name of a European nobleman.

The late William F. Buckley, the Founder and Editor of National Review, the ultra-conservative magazine, also founded the Young Americans for Freedom (YAF). In the 1960s when students across America were marching on Washington and protesting the Vietnam War, Trump, the pragmatist, would have been a Yafer as we called them and therefore a supporter of Barry Goldwater, Richard Nixon and the Vietnam War. While we were growing our hair long and wearing jeans, Trump and his allies were running around wearing jackets and ties, their uniform against the rebels that we and our rock star heroes represented. His paranoiac hero, Richard Nixon, put buses around the White House because he feared a revolution that he, of course, was fomenting by continuing the war in Southeast Asia particularly by using the defoliant Agent Orange and the campaign to "bomb the Cambodians back to the Stone Age." The buses carried the protesters who came to Washington to protest the Vietnam War in what was known as the "Mobilization."

While Trump says he did not support the War in Iraq where he was on Vietnam where 55,000 Americans and more than 500,000 Vietnamese were killed in an undeclared war. Principles have never been important to Trump since by his own admission, "[He] was a businessman and gave money to candidates and elected officials from all political parties," including Hillary Clinton if he thought it would help his business.

Although the Warren Court was breaking new ground in support of individual rights and Martin Luther King, Jr. and the Kennedys were pushing for civil rights, Trump was working in building on his father's real estate empire. He had no awareness of how musicians from that era and some who are here now, coupled with those reform movements, led to a profound counter-culture revolution which questioned au-

thority in what Professor Charles Alan Reich of the Yale Law School in his famous book "The Greening of America," referred to as a "consciousness raising." Donald Trump's consciousness level was never raised.

As Dwight Eisenhower advised: "[We] became aware of the military industrial complex" particularly at universities that Professor Seymour Mellman, an industrial engineer at Columbia University referred to as Pentagon Capitalism, another concept ignored by Mr. Trump.

So it was then that Little Richard and Elvis first broke away from the mainstream followed by Bob Dylan; Joan Baez; Peter, Paul and Mary; the Who; the Rolling Stones; Jimmy Cliff; John Lennon; Neil Young and many others. Mr. Trump was no doubt oblivious to all and still is. Some of us can still hear the lyrics from that era: "Positively Fourth Street," "Satisfaction," "Joe Hill," "Give Peace a Chance" and "Ohio," songs which captured the high energy from that era but which also gave many of us a lifelong commitment to those issues.

One of the four students killed in 1970 by National Guardsmen at Kent State, Jeffrey Glenn Miller, graduated from a neighboring high school. I have tried to dedicate some of my life's work to him and others who made sacrifices for all of us.

We are here to appreciate those memories that have been so much a part of that enlightened time and to pay our respects to the artists and leaders who shaped our lifestyles of caring for others and not just ourselves. This is why Bob Dylan will receive the Nobel Prize and Donald Trump never will.

Thomas F. Liotti is an Adjunct Professor in the Paralegal Studies Department at Nassau Community College. He also is an attorney in Garden City and a Village Justice in Westbury, Long Island. He was the Student Body President at Adelphi University in 1970 and organized the Metropolitan Association of Student Governments.



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Tom like most politicians is gifted with charisma, excellent oratory skills, and the ability to mimic sanity.

Biz 101: Understanding your credit score

Prof. John DeSpagna
Campus News

Did you know that when you apply for a car loan, try to rent an apartment or apply for your first real job out of college, these organizations are going to check your credit. What is your credit score and why is this so important? How can you check up on this?

How does someone find out if you are a reliable person to rent an apartment to? I am also a landlord and whenever I go through the process of renting a property, I always do a credit check to see if this person is probably going to pay their rent each month. I look for a credit score of over 700 and have never had an issue with anyone with a credit score

above this level.

Lets take a look as to how this all works and how to establish your credit.

Your credit score is calculated using software from a company called Fair Isaac and this creates what is know as your FICO or credit score. A number of factors go into calculating your credit score such as the amounts you owe, your history of payments, late payments and available credit you actually utilize. You need to make your payments on time!

To establish credit, apply for a credit card with a small dollar limit. You can contact the bank that you have a relationship with or contact one of the major credit card companies. I remember receiving an offer from a credit card company my freshmen

year of college. Not knowing what to do, I asked my father. His advice was to fill out the application to get started with establishing credit. He advised me to make at least one purchase a month on the credit card and then pay it off in full each month to show that I was reliable and creditworthy.

A year later, I received a credit card offer from American Express and wondered how that happened. It was explained to me that American Express checked my credit and extended the credit card offer to me. I still have that credit card today. My suggestion would be to do the same with your first credit card to establish your credit.

If you start to build up a balance on your credit card, don't worry. Just make sure that you pay the minimum balance each month and do not fall behind. The credit card companies want you to make the minimum payment and do not mind charging you interest on the balance that you are carrying.

You have now started to build your credit and want to maintain a high credit score. This will help you when you go to buy a car or when you apply for a mortgage. The higher your credit score, the lower the interest rate you pay and the more money you will save on your monthly payments.

Lets now take a look at your credit scores. The three main companies that record your credit scores are Transunion, Equifax and Experian. When you have someone check your credit, they will get the credit score from each of these companies. The three scores are usually pretty similar. A persons credit score usually ranges between 340 and 850 with the higher the credit score, the better. The average credit



score is 695 and about 40% of the scores are below 700 and 60% of the scores are above 700.

To obtain your credit score, it is very simple. Contact one of the three companies listed above or contact your bank. Many banks also offer a credit monitoring service where they will alert you of any changes in your credit, inquiries made and you can

'Your credit score tells others if you are a reliable person.'

check your credit score at any time. These types of services will probably be done for some type of charge.

Lets get on track and develop a strong credit score, which is only going to help you in the future. Pay your bills on time, don't apply for too much credit in a short period of time and don't max out on your credit lines.

Your credit score tells others if you are a reliable person!

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



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End-of-semester life hacks (cont. from cover)

worse,” says Chris Manns of the price comparison websites Cheapest-Textbooks.com and Text-bookRentals.com.

On Renting

Remember, if you are renting, you can’t order the book too soon; else, you will have to ship it back sooner, maybe before the semester ends. Also, remember to send back the books you had rented previously, to avoid late fees. “Renting might seem the obvious choice because of the price,” Manns says. “But that’s not always the case. When you look a little deeper, you could find you’d be better off buying the book and

selling it later.”

On Access Codes

You may want to see if the book your professor requires has an access code. If so, you may want to email the professor and ask if he actually uses the online aspect of the text. Many do not. If that is the case, you can save a ton on books by buying them used. If the course does use the access code, you can still buy the used book and then buy the access code from the publisher – or some enterprising student at another school may sell you his access code. Check online! Says Manns: “Buying separately and also renting or buying

the textbook used will usually still be much cheaper than buying the textbook new with the access codes.”

Is Now the Time to Buy?

Yes. Some students at other schools may have already dropped the course or they simply may be cash-strapped and need to unload their books. Now is when books are cheapest. “Many college students are already strapped for cash, counting out coins to pay for a meal or worrying about whether they’ll have enough gas money to get home for a holiday,” Manns says. “They need to look for ways to save everywhere,

and if they can get by without a textbook or at least with a cheaper version, then so much the better.”

‘One professor’s books may be cheaper than the other’s.’

tion, then so much the better.”

Compare Professors

If there are two sections of the same course, compare the textbooks required by each professor. They may be different. One professor may assign a simple book that can be found for \$20, while another may require a \$200 book with access codes. Especially if the course with the \$20 book fits your schedule better, take that.

Ask Your Librarian

Once you know which books you will be required to read, contact the college library and ask if they will stock those books. Libraries take requests very seriously and may oblige. Then, the books will be there for free – just don’t tell your fellow classmates, or they will hog them!

Read the Books in Advance

There’s a lot of time between Fall finals and the start of classes in the Spring. Once you get your books, read them. Then, once the class starts, you will be ahead of everyone else!

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Stories about a boy, and a dog

Darren Johnson
Campus News

Netflix PR has started sending me their monthly releases in advance, so I've decided to print them as a TV Guide of sorts on the following page. As for TV, some of us have cable, some satellite, some just antenna – but most of us have Netflix, or at least a friend's password. Keep this handy guide so you know what's coming.

Perhaps the most notable movie amongst November's releases is "Boyhood," and I think it qualifies for this "It's New to You!" column in that it's long – almost three hours – and, outside of its initial movie buzz and Oscar nomination two years ago, hasn't gotten a ton of play on cable TV. So, odds are, you haven't attempted this film yet.

But this epic – while not fantastic – is worth the journey. The concept is, director Richard Linklater revisits the same actors every year or so over a stretch of a dozen years. We find Mason (Ellar Coltrane) facing various challenges over his life, from school bullying, to the divorce of his parents (Patricia Arquette and Ethan Hawke) to first love.

It should be noted that Lorelei Grace Linklater, who plays Mason's sister Samantha, also does any excellent job and, with a few tweaks, this

movie could have been called "Girlhood." Perhaps the director didn't want to seem to be playing favorites with his real-life daughter.

The making of this movie – with the "parents" being A-list actors – is a logistical miracle. How does one maintain funding and commitment over 12 years? Say one of the actors quit, or worse?

While the movie is a slice-of-life piece, it would have been great if there were a more consistent plotline throughout the years, tying it all together better. Or some kind of central idea that one or more of the characters keeps gravitating to. But, I guess, that would be a lot to maintain over 12 years – and maybe it's true that the typical life lived doesn't have a central plot – it just meanders and goes with the flow.

One of the hardest things to accomplish with a film is to convey the passing of long stretches of time. This movie surely does that – without the actor changes less enterprising movies usually rely on. Pass some time – three hours – with this film. It will stay with you for longer



'Boyhood'

than that.

Funny or Delete

Funny of Die's web presence never really grabbed me as all that funny. Their foray into Netflix is even worse. They have an all-star cast, led by Johnny Depp as the lead character, Donald Trump, in "The Art of the Deal: The Movie," now on the service.

It's only 50 minutes, but they are a painful 50 minutes. The movie's gimmick is that Trump's mega-popular 1980's book had forgotten been made into a movie

at that time, and the movie was now suddenly being made available. It has a VHS look to it with gaudy titling and colors, and performances by people like Ron Howard, Henry Winkler, Alfred Molina and Patton Oswalt – but it's just not funny in the least.

We get it. Trump's entertainment persona is buffoonish. We already know that. But is imitating a buffoon all that funny? We already have the original, who needs an imitation? What a waste of time, resources and talent.

Unlikely

Another original, election-related comedy on Netflix, "Unde-

cided," is equally as bad. It uses a mockumentary style to show us two "average" voters who are undecided about the presidential election. They go town to town by bus, trying to make up their minds. But this bus ride was too dull to stay on board – the premise being "the average voter is stupid" could have been told in five minutes, rather than with this 90-minute snoozer.



Dogged Plot

Ah, the early 80s – when people didn't have cell phones, cops didn't draw their weapons and people drove unreliable cars like Ford Pintos that didn't start just as a crazy St. Bernard was on the loose.

"Cujo," the 1983 Stephen King-based story of a possessed giant dog, wouldn't work today for all of the above reasons – a cell phone easily could have come in handy as star Dee Wallace is mostly holed up in that lemon of a car as Cujo is mowing down anyone who happens on the scene. And a cop shows up but doesn't draw his gun and eventually succumbs to the creature.

This movie is coming to Netflix



'Funny or Die' with Johnny Depp as Donald Trump.

November's new releases on Netflix

Avail Now - Election Season 2016

Funny or Die Presents: Donald Trump's The Art of the Deal: The Movie (2016)
In the Loop (2009)
Undecided: The Movie (2016)

Avail 11/1/16

The African Queen (1951)
Alfie (2004)
Bob the Builder: White Christmas (2008)
Candyman 2: Farewell to the Flesh (1995)
The Confessions of Thomas Quick (2016)
Cujo (1983)
The Doors (1991)
The Heartbreak Kid (2007)
Jetsons: The Movie (1990)
King's Faith (2013)
Love, Now (2012)
Norman Lear: Just Another Version of You (2016)
Pervert Park (2014)
Ravenous (1999)
Stephen King's Thinner (1996)
Tales from the Darkside: The Movie (1990)
Thomas & Friends: A Very Thomas Christmas (2012)



'Jackass 3.5'

Thomas & Friends: Holiday Express (2012)
Thomas & Friends: Merry Winter Wish (2010)
Thomas & Friends: The Christmas Engines (2014)
Thomas & Friends: Ultimate Christmas (2009)

Avail 11/2/16

Dough (2015)
Food Choices (2016)
Meet the Blacks (2016)

Avail 11/4/16

*The Crown: Season 1**
*Dana Carvey: Straight White Male, 60**
The Ivory Game (2016)*
Just Friends (2005)
*World of Winx: Season 1**

Avail 11/9/16

*Danger Mouse: Season 2**

Avail 11/11/16

*All Hail King Julien: Season 4**
*Case: Season 1**
*Estocolmo: Season 1**
*Roman Empire: Reign of Blood: Season 1**

*Tales by Light: Season 1**
True Memoirs of An International Assassin (2016)
Under the Sun (2015)

Avail 11/12/16

Take Me to the River (2015)

Avail 11/13/16

Chalk It Up (2016)

Avail 11/14/16

Carter High (2015)

Avail 11/15/16

*Dieter Nuhr: Nuhr in Berlin**
K-POP Extreme Survival: Season 1
Men Go to Battle (2015)
The Missing Ingredient: What is the Recipe for Success? (2016)

Avail 11/16/16

The 100: Season 3
Burn After Reading (2008)
Jackass 3.5: The Unrated Movie (2011)
Paddington (2014)

Avail 11/17/16

*Lovesick: Season 2**
*Paranoid: Season 1**



Avail 11/18/16

The Battle of Midway (1942)
*Beat Bugs: Season 2**
*Colin Quinn: The New York Story**
Divines (2016)*
Prelude to War (1942)
San Pietro (1945)
Sour Grapes (2016)
Thunderbolt (1947)
Tunisian Victory (1944)
Undercover: How to Operate Behind Enemy Lines (1943)
Why We Fight: The Battle of Russia



'The Jetsons'

(1943)

WWII: Report from the Aleutians (1943)

Avail 11/22/16

Mercy (2016)*

Avail 11/23/16

Penguins: Spy in the Huddle: Season 1

Avail 11/25/16

*3%: Season 1**
Boyhood (2014)
*Gilmore Girls: A Year in the Life**
*Michael Che Matters**

Avail 11/29/16

Silver Skies (2016)

Avail 11/30/16

Ghost Team (2016)
I Dream Too Much (2016)
The Jungle Book (2016)
Level Up (2016)
Traded (2016)

*Netflix Originals

(cont.)

this month (see chart, above), and while it's not a great movie – and surely is dated – the name "Cujo" is still widely referenced today when referring to a mean dog.

It wouldn't be until the "Beethoven" movies later in the decade when people began to like St. Bernards again.

But this is a good "It's New to

You!" movie because you likely haven't seen it. And it won't be too burdensome: It's short and there isn't much dialogue, and practically no meaningful dialogue – all you need to know is there is a crazy dog out there. So you can multitask on your smart phone and occasionally look up to see what's going on.

Read more "It's New to You!" columns at www.nu2u.info.



'Cujo'

Trouble lurks when foster kids ‘age out’

Tia Rinehart

Scripps Howard Foundation Wire

Sex trafficking, homelessness, teen pregnancy, abuse and a life without family: Foster children often face these realities. After they leave the foster care system, it can be even worse.

These realities are a result of the current funding structure of the foster care system, officials said. The Senate Finance Committee is working with advocates to change that.

Federal funding is available to support foster care, but not to prevent children from entering the system or to help children after they leave the system as adults.

A proposed bill, the Family First Act, would change the funding structure. The bill would provide federal funding to prevent children from entering the foster care system and extend funding to young adults after they move out of the system. Jamie Hinsz, policy specialist for FosterClub, and a former foster child herself, has been working with former foster children.

“We had to figure out why we have so many problems in the system, and the reason, we found out, is because the system is just overwhelmed with foster youth,” she said. “The system isn’t built to serve that many foster youth.”

A report by the Adoption and Foster Care Analysis and Reporting System released in July, says that over 415,000 children were in foster care in 2014. Of those, 264,746 entered the system that year.

The National Foster Care Coalition met March 1 to continue the push for the Family First Act. Sens. Orrin Hatch, R-Utah, and Ron Wyden, D-Ore., plan to introduce it.

Prevention

Celeste Bodner, executive director of the FosterClub and National Foster Care Coalition board member, said being taken away from their families is traumatizing for children. Although society thinks foster care saves a child, the reverse is often the case.

She gave an example:

“Let’s say there’s a single mother,

and her kids are going to go into foster care because she’s living in housing that’s not safe – maybe she has broken windows or there’s no heat. Currently, what would happen is the kids would have to get removed in order for federal dollars to be reimbursed to the state,” she said.

Under the Family First Act, states would be able to use federal money to make the house safe again, rather than remove the kids.

Aging out

When a child in the foster care system enters adulthood without having been adopted, it’s called aging out. The child’s caregiver is no longer given money to provide for the child. Children age out at 18 or 21, depending on state rules.

The AFCARS report said 22,392 children aged out of the system in 2014.

The Family First Act would give financial assistance to those young adults to help them succeed after foster care.

“We’re finding a lot of grim outcomes of foster youth transitioning out because most foster youth don’t have permanency, they don’t have a supportive adult helping them with this transition,” Hinsz said.

Sex trafficking

One of those “grim outcomes” is sex trafficking. Hinsz said sex traffickers target teens who are transitioning out, and young adults get involved as a means of survival.

“They know where the group homes are, and they know that foster youth are vulnerable during that transition and they’re very savvy people,” she said.

Sex traffickers are manipulative, and Bodner said trafficking is a lot more subtle than someone might think. The traffickers promise stability.

“The young person believes it’s somebody who cares about them to start with, and that’s super attractive to a kid who’s had broken relationships and abandonment in their lives,” she said. “When you’ve had so much relationship loss, sometimes you don’t know what healthy relationships look like.”

Homelessness

Homelessness is another “grim outcome” former foster children face.

At age 17, 16 percent had experienced homelessness. According to a report by the National Youth in Transition Database, 19 percent of 19-year-olds in foster care reported they had been homeless at some point from 2012 to 2014.

Hinsz said it’s rare for foster children to go straight to college or even finish high school on time.

“Foster youth in K-12 education are very mobile because, every time they move a foster home, they usually have to switch schools as well. And every time you switch schools, you’re pushed back academically by six months,” she said.

The average number of moves for a child in foster care is 10, Hinsz said. According to the same report by the National Youth in Transition Database, 55 percent of 19-year-olds who aged out of the system had a high school diploma or GED certificate.

Nationally, the 2012-2013 high school graduation rate was 81 percent, according to the Department of Education. “Their education is just kind of like the last thing that everyone’s focusing on,” Hinsz said.

Teen pregnancy

Bodner said teen pregnancy is another problem in the foster care system. Young girls sometimes get pregnant on purpose to create a family for themselves.

“If they don’t have permanence, and they don’t have people to love them in their lives and they don’t have people to belong to, a great way to solve that problem is to create your own person.”

The National Youth in Transition Database found that from 2012 to 2014, 12 percent of 19-year-olds reported having given birth to or fathered a child, and 7 percent of 17-year-olds had a child.

Nationally, the teen birth rate is 2.4 percent of girls 15-19 years old, according to thenationalcampaign.org.

Congregate care

The Family First Act would also improve congregate care, or group homes.



Jamie Hinsz. Photo by author.

Foster children are meant to stay for a short time to receive specific services, such as behavioral counseling.

“The trend that we’re seeing is foster youth are being placed in congregate care facilities not to receive services, but because there’s a lack of placement options for them,” she said.

In 2014 there were 23,233 foster children in group homes and 32,955 in institutions, according to the AFCARS report. A group home cares for 12 or fewer children at a time and an institution cares for more than 12.

Congregate care facilities are licensed by states, but there is a lack of oversight, Hinsz said. Young people tell her they suffered in congregate care.

“I hear about a lot of abuse. I hear a lot about neglect, a lot about not just abuse from the adults but abuse from the other kids in the home and just limited funding to even provide for basic things like clothing and regular food,” she said. Sometimes don’t get enough food, and the refrigerators are locked.

Reporting abuse in foster care is hard for children and teens, Hinsz said. If they were put into foster care because they reported abuse in the first place, they often see that as punishment and are less likely to report it again.

“The Family First Act actually includes much more oversight in congregate care facilities, which is hopefully one step towards improving the conditions that we’re hearing about from all of our foster youth,” she said.

Congress has been working on the bill. Hinsz hoped that some progress would be made by Election Day.

NCC announces provocative fall lineup

Nassau Community College will present its Fall 2016 Cultural Program, which features programs by award-winning journalist Kim Ghattas, who covers Hillary Clinton's presidential campaign for the BBC; Nassau County Acting Police Commissioner Thomas C. Krumpert; Donna Kaz, who will assume the masked persona of late feminist artist Aphra Behn; and more.

Police-Community Relations
Nassau County Acting Police Commissioner Thomas C. Krumpert
 November 14 at 2:00 p.m. in CCB



Amy Ellis Nutt

252/253

In a time of mistrust and acrimony between many police departments and the communities they serve, what is Nassau County doing to improve this relationship? Find out from Thomas C. Krumpert, who has been Acting Police Commissioner of Nassau County since 2011.

Becoming Nicole: the Transformation of an American Family
The True Story of a Transgender Girl and Her Identical Twin Brother
Amy Ellis Nutt

November 16 at 11:00 a.m. and 2:00 p.m. in the CCB Multipurpose Room

Author Amy Ellis Nutt, Pulitzer Prize-winning science reporter for the Washington Post, has written the best seller, *Becoming Nicole*, about the essential issues of gender and identity. What makes a child's identity? How does a transgender child affect the

whole family?

What Does the World Think About America After the Election?
Kim Ghattas

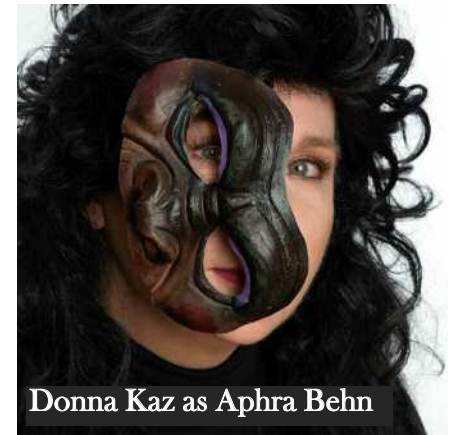
November 21 at 9:30 a.m. in the CCB Multipurpose Room

Award winning journalist Kim Ghattas covers international affairs as well as the Hillary Clinton presidential campaign for the British Broadcasting Company (BBC). A regular columnist for Foreign Policy magazine, she has written extensively about events in the Middle East, the refugee crisis, the Iran-Saudi rivalry and the foreign policy of the presidential candidates.

Act Like a Feminist Artist
Guerilla Girl Aphra Behn

December 7 at 2:00 p.m. in CCB 252/253

As a member of the Guerilla Girls since 1997, Aphra Behn (alter ego of Donna Kaz) wore a gorilla



Donna Kaz as Aphra Behn

mask as she protested sexism in the art world. Find out about the successes and struggles of a grassroots movement, as well as the humor and creativity that the Guerilla Girls employed so successfully.

For more information about NCC's fall 2016 cultural programs, which are free, open to the public and accessible to the disabled, call 516-572-7148.

'Precious' author

Best-selling author Sapphire will present a book reading from her works on November 17, at SUNY Ulster, as part of the Herbert H. and Sofia P. Reuner Library Writers Series presented by The Ulster Community College Foundation, Inc. The reading will take place from 10:15 a.m. to 1 p.m. at the College Lounge in Vanderlyn Hall on the Stone Ridge Campus. Nicholas Haines, Professor of English at SUNY Ulster, will interview the author and moderate the audience discussion. The event is free and open to the public.

Sapphire is the author of two bestselling novels, "Push" and "The Kid." "Push" was made into the Academy Award-winning major motion film, "Precious." The film adaptation received the Academy Award for Best Screenplay and Best Supporting Actress. Sapphire is also the author of two collections of poetry. Sapphire's presentation, poetry, nov-

els, and the film "Precious," all speak to issues of overcoming adversity and empowerment.

Sapphire's poetry, fiction, and essays have appeared in The Black Scholar, The New York Times Magazine, The New York Times Book Review, The Teacher's Voice, The New Yorker, Spin, and Bomb. She has taught literature, fiction, and poetry, workshops at SUNY Purchase, Trinity College, and the Writer's Voice in New York City.



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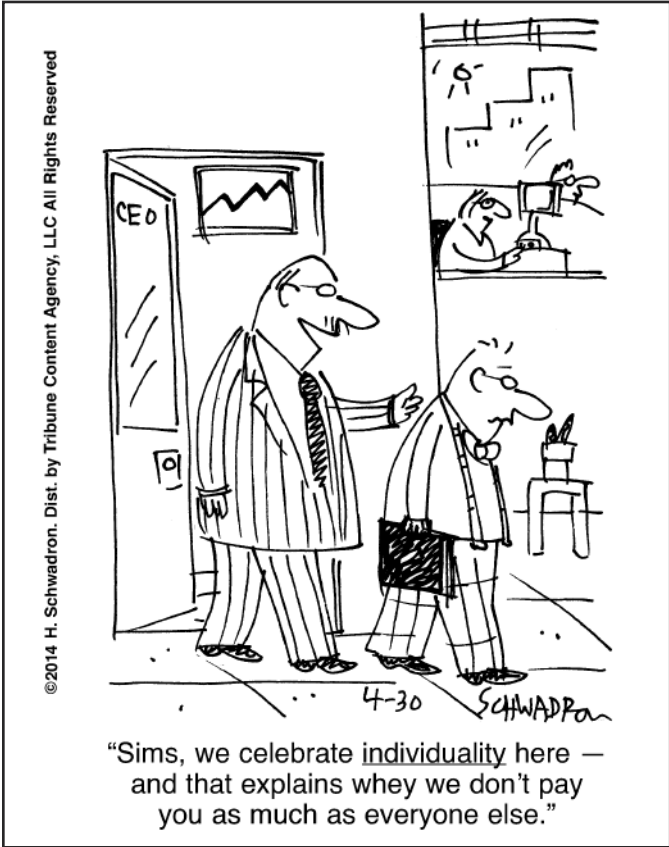
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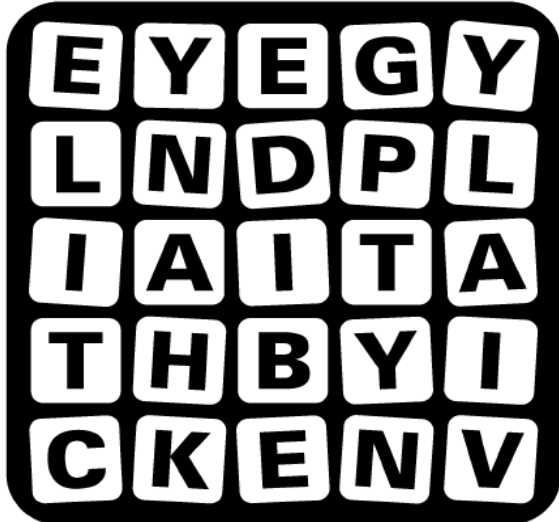
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A₁

E₁

O₁

Y₄

T₁

B₃

N₁

Triple Word Score

RACK 1

E₁

E₁

O₁

L₁

R₁

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P₃

3rd Letter Double

RACK 2

O₁

A₁

U₁

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RACK 3

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F₄

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RACK 4

I₁

O₁

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H₄

S₁

S₁

L₁

RACK 5

PAR SCORE 215-225

BEST SCORE 288

FIVE RACK TOTAL

TIME LIMIT: 25 MIN

County legislature lauds Suffolk athletics

The Suffolk County Legislature and Presiding Officer DuWayne Gregory recently presented Suffolk County Community College Athletic Director Kevin Foley, pictured center, and College President Dr. Shaun L. McKay, at right, with a proclamation recognizing SCCC student athletes and teams for all of their accomplishments in the last year.

Suffolk County Community College athletics is number one in the country and has been recognized by The National Alliance of Two Year College Athletic Administrators (NATYCAA) with the group's and prestigious NATYCAA Directors' Cup. The NATYCAA Cup program began in 2004 to highlight excellence in two-year athletics based on success in championship competition. Awards are given to the NJCAA member colleges based on performance at national championship events throughout the academic year. Suffolk

bested more than 200 college athletic programs nationally for the award in the non-scholarship Division III collegiate level.

Suffolk County Community College also received national recognition from the National Association of College Director of Athletics for placing second in the country in the Learfield Director's Cup standing that is composed of 538 Division I, Division II, and Division III two-year colleges.

Suffolk County Community College Athletics garnered four national championships this year:

National Champions - Women's Cross Country

National Champions - Women's Track and Field

National Champions - Men's Track and Field

National Champions - Men's Bowling



...and placed in the top 10 in other contests, including:

Men - 5th Place in National Tournament- Cross Country

Men - 5th Place in College World Series- Baseball

Men - 8th Place in National Tournament- Tennis

Women - 3rd Place in National Tournament- Tennis

Women - 5th Place in National Tournament- Bowling

Women - 7th place in National Tournament- Soccer

Women - 8th place in National Tournament - Softball

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**CAMPUS
NEWS**
COLLEGE
PAPER

CAMPUS News

is published once or twice monthly during the school year and distributed to over 37 New York, New England and New Jersey two-year colleges.

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Region XV community college sports roundup

Peter Briguglio
Campus News

The month of October has seen most of Region XV's sports teams cement their postseason positioning. Teams are gearing up to not only take down the Region XV crown but to make a deep run at their respective NJCAA National Tournaments. Below we take a look through all current fall sports to see how our teams are faring.

Soccer

The region's top ranked team and defending NJCAA National Champion, the Suffolk Sharks, dominated the Region XV tournament once again and



are one step closer to defending their title. They knocked off their Long Island rival Nassau Community College in a scoreless double-overtime tie that ended in penalty kicks.

In Division I, Monroe College's women have had themselves a near perfect season with a 9-0-2 record as of October 26th. In the month of October, the Mustangs outscored opponents by a wide margin of 65-6 and have only allowed 5 goals since September 17th. The Mustangs were ranked 6th in the nation in the most recent poll while ASA was ranked 9th with an equally impressive 8-0-1 record.

The men's side has been much more competitive in Division III as both #4 nationally ranked Suffolk and #5 nationally ranked Nassau sat in the top two spots in the Region respectively heading into the postseason. As of October 27, the Sharks were 17-1-2 and in position to face Nassau in the Regional title game.

On the DI side, Monroe appears poised to make another run at a national championship. The 2nd ranked team in the country completed a 13-0 regular season record in 2016, but 8-3-1 ASA hopes to ruin their chances at a title when the teams battle for the right to move on to the District tournament.

Tennis

FIT dominated the Region XV tournament with a perfect 9-0 record at the Championships, which were held at Suffolk Community College on October 7-8. FIT won the tournament with the maximum number of points (18), followed by second place Suffolk who scored 7 points. With their success, FIT's Lynn Cabot was named Coach of the Year while Nicole Druzhinsky was named the Region XV Player of the Year. Unfortunately for the Tigers, Oxford-Emory demonstrated the same type of dominance at Nationals on October 22nd, sweeping all events en route to their second national title. FIT did however finish second in the nation with 19 total points.

Volleyball

Queensborough Community College has been at the top of the Region XV standings all season long with a dominating 21-1 overall regular season record and a perfect 17-0 record in regional play. Suffolk trailed right behind the Tigers at #2 in the rankings with a 12-3 record through October 26th. Last year's regional champion Nassau Lions struggled in 2016 but managed to clinch the 8th seed in



the Region, which set up a rematch from last year's title match in the opening round of the Region XV Tournament. NJCAA Nationals start on November 11th and the Tigers figure to be the favorites to come out of Region XV this year.

2016 Region XV Fall Championship Schedule

A number of Region XV Championship dates as well as NJCAA national dates are scheduled for the month of November. In most sports, teams that advance out of regional play will earn a bid to their respective NJCAA National Tournament where they'll compete for a National Championship. Below is a list of upcoming events.

DI Men's Soccer - District Tournaments 11/5-11/6, **Nationals** @ Tyler,

TX 11/14-11/19

DI Women's Soccer - District Tournaments 11/5-11/6, **Nationals** @ Melbourne, FL 11/14-11/19

DIII Men's Soccer - Nationals @ Herkimer, NY 11/10-11/13

DIII Women's Soccer - Nationals @ Toms River, NJ 11/10-11/13

DI Women's Volleyball - District Tournament 11/5, **Nationals** @ Casper, WY 11/17-11/19

DIII Women's Volleyball - Nationals @ Rochester, MN 11/11-11/12

DI Men's & Women's Cross Country - Nationals @ El Dorado, KS - 11/12

DIII Men's & Women's Cross Country - Nationals @ Canandaigua, NY - 11/12



Sports mentoring with the Knicks

Kenneth Johnson
Campus News

As the New York Knicks organization was in the midst of preparing for their upcoming 2016-17 NBA season, team owner James Dolan as well as a number of Knicks front office staff members and players agreed to invite the LaGuardia Community College basketball teams to their home arena in Madison Square Garden on Columbus Day to discuss some prevalent issues shaping society today regarding race, social issues, the upcoming elections and much more. The visit was nearly unanimously described as a memorable experience for all parties involved.

Upon arrival into what is affectionately referred to by many sports fans around the nation as its shortened nickname, "The Garden," both LaGuardia Men and Women's basketball teams were escorted into the Knicks front office boardroom and given the opportunity to discuss some very important issues facing today's society. The student athletes were given the platform to ask direct questions to the Knicks representatives and received advice on a plethora of important topics.

Accompanied by new Knicks center Joakim Noah and Troy Bowers, the Player Development and Community Relations Coordinator of the New York Knicks D-League Affiliate, the Westchester Knicks, the group sat down to discuss the intangible attributes needed to be successful in life as well as basketball. The group talked about preparation as the teams begin their seasons, development as the Red Hawks move onto the next level as student-athletes, and professionalism in the sports business environment. Composure, patience and alertness were main principal terms of the conversation used in an effort to initiate growth in their process of becoming young adults.

This meeting was launched by



mentor of the LaGuardia Men and Women's Basketball teams Kevin Rogers with the idea in mind of not only building a vital relationship between the Knicks and the Red Hawks but to instill some very important messages into the minds of the student-athletes at a time when there is a great deal of social unrest, all while creating an amazingly fun experience for the teams.

wasn't enough for an exciting, eye-opening experience, the New York Knicks executives surprised the LaGuardia teams with gifts in the forms of Knicks carrying bags, souvenirs and preseason tickets to watch the team perform in the Garden that very same night against the Washington Wizards.

The LaGuardia Men's and Women's basketball teams would

later express their gratitude for the meeting with letters written to Dolan and the Knicks describing what it meant to them individually to receive this kind of rare experience that "blew away" the Knicks executives, as Bowers put it. This likely will not be the last meeting between LaGuardia and the Knicks, as their first meeting was unquestionably a significant milestone.

'The players need to be composed, have respect – and be cautious.'

Around campus one may hear Mr. Rogers or the student-athletes using the phrase, "Wise one on post," which essentially means to be alert, prepared and ready for instruction at all times. Rogers emphasizes that the players need to be composed, have respect, have patience and one that is often forgotten by many, to be cautious. These words were reiterated throughout the meeting at MSG and seemed to perfectly coincide with the words the Knicks representatives spoke on the day of their special meeting.

As if the trip to The Garden

JUMBLE

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

GUGOE



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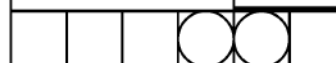
TUCOL



NEBOMA



UMLOVE



Answer: A



Answers
Jumbles: GUGOE CLOUT BEMOAN VOLUME
Answer: What a conversation with a teenager can turn into – A MONOLOGUE

THAT SCRAMBLED WORD GAME
by Mike Argirion and Jeff Knurek



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

Student presents on cyber security

MassBay Community College Cyber Security major Andrew Liberatore of Franklin, Mass., is the only community college student this year to have his cyber project selected to present at The Annual Massachusetts Cybersecurity 2.0 Conference for the Advanced Cyber Security Center (ACSC) in Boston on November 3. As part of this annual conference, ten students from the New England region are selected to present their research projects to the more than 200 conference attendees showcasing their work that addresses or represents a critical need in the field, an innovative approach and has a good chance for implementation.

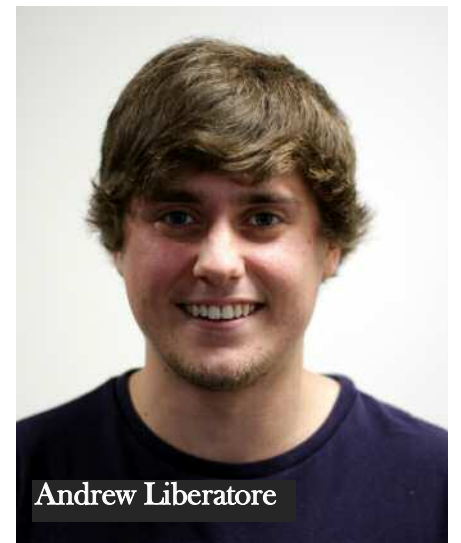
Liberatore's project "Raspberry Pi Network for Cybersecurity On-the-Go" was nominated by MassBay professors Shamsi Moussavi and Giuseppe Sena. This project uses Raspberry Pis, which is a small credit card size computer with an operating system that was capable of performing

all tasks as a normal size computer. Using the capabilities of a Raspberry Pi, Liberatore researched the possibilities of using this to demonstrate networking and security concepts to high school and college students to use as an educational teaching tool and receive feedback from students. This project was designed and planned with a series of simple to medium level networking and security labs that could run on a very simple, cost effective and transportable network of Raspberry Pi.

"There are very strong indicators that in the 21st century, the cyber security field will be growing by leaps and bounds and individuals who have earned credentials in the growing field of cyber security will continue to be in high demand," said MassBay Dean of Science, Technology, Engineering and Math Division Chitra Javdekar. "MassBay's new cyber security Associate of Science degree program is filling the critical need for well-rounded cyber

security technicians in Massachusetts and is already attracting talented, hard-working individuals like Andrew Liberatore. We are extremely proud of Andrew, who has shown immense potential for innovation."

The Advanced Cyber Security Center reached out and requested nominations for student cyber projects to 40 New England colleges and universities that have cyber security programs. They received 19 submissions that were reviewed by an ACSC committee and the top ten projects were chosen from UMass Amherst, UMass Dartmouth, UMass Lowell, Northeastern University, Boston University and MassBay Community College. According to their website, "This is a unique opportunity for the next generation of cyber experts to showcase their work and to provide industry and opportunity to identify and meet top talent in the field and view cutting-edge projects to meet their cyber challenges." The ACSC works to develop solutions to cybersecurity challenges through collaborations between industry partners and New England universities (Harvard, MIT, Northeastern University, University of Massachusetts and Worcester Polytechnic Insti-



Andrew Liberatore

tute).

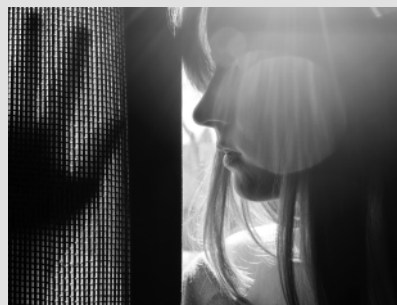
"Massachusetts' depth in higher education is a great advantage for the cybersecurity sector, and the new ideas for research emanating from local colleges will be an exciting part of our conference," said ACSC Chairman William Guenther.

The Massachusetts Cybersecurity 2.0 conference is this year focused on "preparing for the next wave of cyber challenges" and attendees are a select group of cyber security thought leaders, executives and professionals, IT professionals, cyber security experts and business leaders.

Suffolk student's work on display at Riverhead campus

Suffolk County Community College student and Patchogue resident Jennifer Biancaniello's black and white photo of a young woman in profile will be one of the dozens of student works featured in the fall Eastern Campus Student Art Exhibit.

The salon-style show highlights exceptional student works created in the applied arts programs on the college's Eastern Campus. The exhibit will be held November 7 - December 14, 2016 in The Lyceum Gallery, located in the Montaukett Learning Resource Center on Eastern Campus in Riverhead. An opening reception will be held on **Thursday, November 17 from 4 - 6 p.m.** and is open to the public. More than 60 works created by students in photography, graphic design, computer art, and interior design will be displayed in a variety of media and sizes.



Prospective students are encouraged to attend the exhibit to see the quality of work by students in Suffolk's Eastern Campus Art Department.

Gallery hours are Monday - Thursday from 10 a.m. - 7 p.m., Friday from 10 a.m. - 4 p.m. and Saturday from 11 a.m. - 4 p.m. The gallery is closed on Sundays and holidays (gallery closed on Nov. 11, and from Nov. 24 - 27).



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Conspiracies – what’s true, what’s not?

David L. Podos
Campus News

We live in an age of explosive conspiracies. Historically there’s always been conspiracies in one form or another popping up here and there, but now, it seems like there are dozens if not hundreds of new ones each day! On the surface some of them seem laughable, completely outrageous, and counter to basic

human logic. Even though, does it necessarily mean they are not true? For instance, some people believe that our moon is not real but nothing more than a giant hologram designed to mess with our heads, hmmm, gives new meaning to kissing under the moonlight as something romantic doesn’t it? Others however once looked at a bit deeper, give pause to question if it is true or not. Here are just a few for you to consider.

One of the oldest and still hotly debated conspiracy is: **did man actually land on the moon?** Just do a quick Google search and you will be inundated with countless information, facts that say, yes, we landed on the moon, and facts that say we did not. Whatever side of the fence you stand on, digging around on just this one topic the naysayers actually have some impressive things to say - backed by facts on why (it) was all a hoax. I happened to pick out just one reason why, at least in 1969, our first moon landing, conspiracy theorists say we never went because of the Van Allen Belts. If you want to know more about the Van Allen belts, ask your Astronomy Professor. In any case, non-believers say we simply did not have the technology then to pass through the radiation belts without frying the astronauts. I don’t know how true this is but I have provided you a link from liveleak.com so you can check it out for yourself and make your own decision.

**MOON LANDING
HOAX: Van Allen Radiation Belt.**

A field of radiation that surrounds the planet with 25,000 miles in length. No organic unit can go through this field of radiation. We can send machines; and that’s how we got the moon rocks pictures etc.. we also send machines to Mars Saturn and many other places. But not ‘man’ per se.

Read more at

http://www.liveleak.com/view?i=c46_1381883600#lqwrJiXwaJcZP-WkG.99

Here’s another. The conspiracy that the world we live on is a flat plain, not a round globe (ball). From the website, “We are Anonymous” by, Vandita.

“There are still people who believe the Earth is FLAT. In 1881, English writer Samuel Rowbotham published Zetetic Astronomy: Earth Not A Globe, in which he affirmed that Earth is flat. His work initiated mini movements one of them being The Flat Earth Society, a modern group dedicated to promoting Rowbotham’s ideas and trying to convince people that Earth is indeed flat. They believe the Earth is a disc with the Arctic in the center and Antarctic, a 150-foot-tall ice wall, around the rim holding back water.

Conspiracies, always been around and I assume they always will be (as long as we are around). Most seem pretty wacky, but somewhat, who knows. In any event, if I am lucky enough to take a trip across country any time soon, when I get to the west coast I will

be extra careful to take notice of any signs that might say, caution, stop, the world ends here, it might be a good idea that I brake and brake hard, I hear that it’s a long way down!

David L. Podos is Collegiate Science Technology Entry Program Coordinator for SUNY Poly Tech. He was adjunct instructor for the Center for Social Sciences, Business and Information Sciences at MVCC.



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Pulitzer-winner Dowd to visit Westchester

Westchester Community College is pleased to present the institution's annual President's Forum event, "The Road Ahead: United or Divided," with Pulitzer Prize winner Maureen Dowd and other journalists on Sunday, November 20 from 2:30 to 5:30 p.m. in the college's Academic Arts Theatre on the Valhalla campus.

The tumultuous campaign season will have ended, and the newly elected President will be preparing for the inauguration,

when the audience gathers for this event.

During this panel discussion moderated by Lester Crystal, longtime Executive Producer of the PBS NewsHour and former President of MacNeil Lehrer Productions, the discussion will evaluate the completed campaign and discuss challenges facing the new president and new members of Congress.

Panelists:

Maureen Dowd, winner of the 1999 Pulitzer Prize for distinguished commentary and author of the two New York Times best sellers, became a New York Times Op-Ed columnist in 1995. Her most recent book is "The Year of Voting Dangerously: The Derangement of American Politics."

Ruth Marcus, editorial board and Op-Ed

columnist for The Washington Post. She was a finalist for the Pulitzer Prize for commentary.

Jason Riley, member of The Wall Street Journal editorial board. He is a senior fellow at the Manhattan Institute and a commentator for Fox News.

Bret Stephens, Deputy Editorial Page Editor and Pulitzer Prize winning journalist at The Wall Street Journal. A regular panelist on Fox News, he wrote "America in Retreat: The New Isolationism and the Coming Global Disorder."

The President's Forum, a fundraising event for student scholarships and faculty and institutional development, has been presented by the college's Foundation for the past 30 years.

Tickets range from \$75 to \$350. Reserve tickets online at www.mysunywcc.org/events. For further information, please call 914-606-6558.



Maureen Dowd



Jason Riley



Bret Stephens





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Vera Moore inspires young women

Shahael Myrthil
Campus News

Vera Moore aspired to be an actress, but little did she know that she would end up being the CEO of her own cosmetics firm who advocates to girls that it's "not about a lipstick that should make you feel pretty, it's about the beauty within that surrounds your heart."

Moore's Advice on Success

Moore visited Nassau Community College on Saturday, October 16th, to be interviewed by the participants in Long Island Girl Talk, a program sponsored by the Women's Studies Project and the Carol Kestenbaum Foundation and made possible by a grant from the American Association of University Women (AAUW). The program is an academic enrichment program for teen girls who are given technical training in mass communications under the wings of Professor Marcia McNair (English Department), Elaine P. Smith of the Nassau County Board of Elections, Natasha Nurse of DressingRoom8, and former NCC student Stephanie Lombardo. In the interview, Moore shared her story about how she didn't let her humble beginnings inhibit her from achieving the American Dream.

Raised in a family of six siblings, money was tight, and even so Moore felt rich with the love and support she had received from her family. Despite being the youngest out of her siblings, she was like a firecracker ignited with a fuel of determination, to rise out of poverty and make a difference for her family. She did just that when she bought her parents their very own home, five years after she was casted on the soap opera "Another World." While starring on the show as Nurse Linda, she realized there was a void in the market, seeing that makeup brands were not catering to the skin tones of African Americans.

"It didn't make sense to go to a department store and barely see products for black people," she said.

Frustrated by that, a mission was curated where she vowed to eradicate

that issue. This was when Vera Moore Cosmetics was born. Thirty-seven years later her company is still going strong. Moore said she'll never forget her journey because, for one thing, the first 15 years of her business, she "starved," working every day to see her vision come to life.

The audience was in awe, when Moore mentioned the decision she took in mortgaging her house to cover the expenses to finance her dreams in launching her own company and opening a store at Green Acres Mall in Valley Stream, NY. It took her three years to break down that barrier, but when she finally did, she expressed what an exhilarating feeling that was to be the very first African American to open a store there. She saw a niche in the market and went after it.

Moore's Skincare Advice

"I specifically started my line for pitch-black women," she said.

"Vera, I'm too dark. They don't have colors for me," she heard a lot from her customers before they grew familiar with her brand that offers an assortment of shades stocked, from caramel, to espresso, to mocha. Vera Moore Cosmetics has it all. Soon after capturing the hearts of African American women, who came raving about how thankful they were to have a brand of affordable makeups to them, she decided to expand her line and market to women of all skin colors, and even started a line of skin treatments with the help of her daughter Consuella Helms-Jeule, a licensed esthetician. Makeup is meant to accentuate your beauty, not hide it.

"If you have bad skin, your makeup won't look that great," she said.

Vera Moore Cosmetics can be purchased through their website as well at 56 Duane Reade stores and Walgreens' specialty-makeup "LOOK boutiques" located across the U.S, and even in China and Puerto Rico.

When asked what sets her apart from her competitors, she said, "We advocate to take care of your skin. Our



makeup is not oily, red, and greasy. It's light and soft. It's natural and still does the job!"

As Moore said, "Skincare is the foundation, and makeup is an accessory." Moore's daughter Consuella Helms-Jeule, who graduated from Howard University's School of Business and Christine Valmy International School for Esthetics Skin Care & Makeup, shared that often people come to her thinking that they have acne when, more often than not, they have skin that is congested.

When asked what the difference between the two was, she said, "Congestion is more so skin that is clogged. You need to exfoliate. You need a distinct causation lotion, something that would break that down, so you can get it out of the skin."

Meanwhile, she noted, "Somebody that has acne, or acne-prone skin, is somebody who is excessively oily, has overproduction of the sebaceous glands, which means that the glands that produce the oil, are overproducing oil, so you see huge white bumps that typically look inflamed. Sometimes it could be red. Oily skin looks more like an orange peel, the orange has a lot of holes in it — those are open pores."

For those with acne prone skin, Helms-Jeule recommended that you try their purifying gel wash, the herbal balancer, the oil controlling skin condi-

tioning lotion (a liquid moisturizer) or their calendula oil-free moisturizer (a cream moisturizer).

"Those are your basics, cleansers, moisturizers and lotions," she said. "I would also recommend the glycolic scrub, which is something that somebody with oily skin would use two times a week at most three times. You should not exfoliate every day; some people buy the cleansers that have the exfoliating beads in them, which is too harsh on your skin. You can do more damage than good. You can strip the skin of what it needs; there's a certain thing as not having enough hydration, and you need oil in the skin. I would also suggest the camphor masque, for someone that has open pores, because the masque would help shrink them."

Once your face has been washed, you can use one of their specialty items, like their serums. Helms-Jeule stated that "Glycolic serum would be good for somebody that has oily skin; it would help with discoloration that comes from picking (on the skin), which can cause you to get scars. It would also even out the skin tone, make it clear, and vibrant."

So regardless of your skin type, you can always rely on Vera Moore Cosmetics to keep your skin looking good while feeling MOOREFABULOUS every day of the week while not breaking the bank!

A gap year, and that made all the difference

Darren Johnson
Campus News

It turns out, Campus News has been my longest running job.

Seven years in, and it's still here. Some advertisers come and go. Who knows when they will abandon print completely. But until then, we keep printing newspapers, and they keep being read.

But just because Campus News has been my longest-running place of employment does not mean it's what I've been doing the longest.

The title I've had the longest is Director of Communications, or some variation – just it's a title I've carried with me from employer to employer over approximately 17 years.

What happened was, out of college with a degree in Writing, I started working for newspapers. The first newspaper I worked for had a circulation of about 2500. Campus News has four times that, though newspaper business models today aren't what they were back then.

Then, I started working in college administration as a PR/marketing director. It was a more stable job, considering I had a new baby at the time with my wife. Going to the “dark side,” my journalist friends called it. Now, PR professionals outnumber journalists 5:1, according to a recent article I'd read in Columbia Journalism Review.

In any case, I am a great college marketer and can get enrollments up at any institution using a variety of tools I've developed over the years. The problem is, I'm a “mission accomplished” type of guy. Once I've reached the goal, I get bored and want to move on. So, typically, I'd spend four to six years at an institution, rebrand them, and move on to

another institution, without any lapse in employment. My working theory is that the institution is hiring me to fix a problem; I'm not conforming to them. So, once the problem is solved, the expectation is for me is to conform – to go from “creativity

mode” to “maintenance mode.” But that's not for me. After I leave, they hire a maintainer. There are lots of maintainers out there, continuing the brands I've created.

But the 20-year-old me wanted none of that. I wanted to be a writer and a professor back when. Just life got in the way. I kept writing on the side, albeit shorter pieces, and taught extensively as an adjunct, but with the high-intensity day job in college administration, I'd never be able to focus on fulfilling any previous dreams.

Because I was good at marketing didn't mean I loved it. And therein lies the rub. People say you should do a job you love, but what if you just happen to be good at something and there's a need for your services, and you have family who need you to

earn a decent living?

So I took a gap year. My daughter was now 18. Obamacare was relatively cheap. I did a life “reset.”

I got out of college administration, let my hair and beard grow, wore T-shirts and jeans and old sneakers, lost a few pounds. I became who I was, before all of the BS. Like a previously developed lot that reverts back to nature.

Of course, I kept this paper going as a side gig – it meets my overall life goals and entertains and informs thousands – but now I really could change things. I upped the page count to 32. Went full color. While most college papers are shrinking or disappearing, I doubled down on this project.

Then I wrote – I have a really good book that is just getting to its final polishing stage, and then off to an agent. It's about an adjunct who can't pay the bills and gets into a bunch of mayhem. It's better than that description, trust me.

And, with my cleared head, I was able to become more than I'd been as an adjunct. As you may be aware, longtime adjuncts often get overlooked at colleges when it comes to them being hired full-time. Add to that that I was a – *gasp!* – administrator, the perceived Darth Vaders of the academic world, and no college faculty hiring committee would even entertain interviewing me.

But without that stigma – considering I was on a gap year – I started getting callbacks from some colleges

searching for a full-time instructor. Now I'm teaching Public Relations full-time for a respected four-year college Upstate; albeit, I'm not yet on the tenure-track.

Turns out, colleges are now looking for people with significant experience in the field – and the appropriate degree – to teach. So, all of those years of doing college marketing actually paid off. I know my sub-

‘But the 20-year-old me wanted none of that.’

ject matter inside out; enough to teach it. And, yeah, I didn't really *hate* marketing when in the midst of it; else, I wouldn't have lasted that long in the field.

The gap year from academia resulted in a “mission accomplished” for me. I'm doing what I want now – what my 20-year-old self had wanted – which has always been the goal.

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

Darren Johnson writes several columns for the Campus News web site that do not appear in print. Find more at www.ccn.us.



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