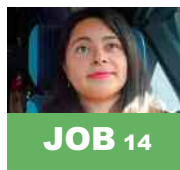


# Community College CAMPUS News



Volume 14, Issue 4 FREE!

## Holidays 2016



## How 'fake news' affects you

**Darren Johnson**  
*Campus News*

This story is not “fake news.” Here is how you can tell: You can see my byline above, and I have a full journalistic resume online. You can find our physical address in the paper. Our URL doesn’t go to a series of scammy ads that will hijack your computer. We have a print edition. This is a paper that has been around for seven years.

But fake news may have swayed the recent presidential election, and it’s ruining the Internet.

A new Jumpshot study suggests Facebook users are 2.5 times more likely to click on fake news links than legitimate links to real newspapers. Several articles say that it’s mostly millennials writing the fake news, and making a lot of money from it. Another report, from Stanford University, said that millennials have trouble discerning between real news and “sponsored content.”



An added problem is, it seems that people old enough to be the parents of the millennials are the ones sharing the fake news.

We’re seeing what’s happening after a generation canceled their print newspaper subscriptions and instead

started getting their “news” from comedy talk show monologues and Twitter.

### How Does This Apply to You?

Besides making the Internet a more

continued on page 12

## Inside this issue...

In this issue is our annual gift guide. Companies sent us a handful of products to try out, and we give our honest feedback. Also, find out why Campus News is splitting up! Learn about our new radio station, too! Read inspiring stories about Rockland and LaGuardia community college students who did not let disabilities hold them back. And also read comics, sports and Netflix reviews. This issue is jam-packed with holiday goodness!

Explore these pages! You’re sure to find a story you like!





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# Campus News 2.0 to include regional coverage

We're breaking up. Well, we're trying to. With the "death of mass media" and all, Campus News is pursuing version 2.0, where we'll become even more of a niche publication. We will do that by breaking up into regions, where student and professor writers can have regional "beats," and where advertisers can hyper-target. We expect this to happen by February or March.

Frankly, it's a logistical nightmare and probably isn't going to save print journalism, but we're trying because we do believe that real newspapers have value, and we know that the vast majority of these papers still get picked up. It's just that the advertisers have gotten more persnickety in recent years, due to the hyper-targeting that the Internet provides. (Not that Internet advertising actually works...)

That said, we do think that print

isn't dead, and will make a comeback, even. Fake news on the Internet only helps print media justify itself better, as, at least, a print paper requires some public accountability.

So we created this cartoon that says we're breaking up and came up with these new logos in Photoshop. Which region does your school fall into?

Another bonus of doing this is, for serious journalism students who currently don't have a school paper to call their own, here's a chance to be in charge of something. If you're up to the challenge, you can be the Long Island Editor or Writer of



Campus News, for example, or New England, etc. We will be able to appoint seven such people.

As far as advertising goes, it will be more affordable for small businesses that only want to reach one particular region. By "stopping the presses" and switching page plates, we will be able to only print the ads in the region where the business/college is.

We're also working on a radio/podcast entity (see separate story).

If you'd like to get involved editorially, or if you'd like to help us out by advertising, or by selling ads, then please contact us via email at [campusnews@twinforks.com](mailto:campusnews@twinforks.com). For now - we're breaking up - so look for us in divorce court!

-DJ



## Will you be top dawg?

Maybe you're good at picking NFL winners. Maybe you're just lucky. We recently had our first winner, who took home a pair of high-end headphones!

Join our FREE football pick 'em contest and you can win prizes, which will typically be electronics items worth over \$100!

You don't have to play every week. Jump in at any time. Winners will be posted here. We need 25 players to make this a game, so sign up!

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.ccnnews.info/football](http://www.ccnnews.info/football) to begin! Will you be Campus News' top dawg?



# RCC student cherishes heart transplant

**Laura LaVacca**  
*Campus News*

Roxanne Watson, Rockland Community College alumna ('87), is working hard to spread awareness about organ donation. She received a life-saving heart transplant in 2010 and vowed to honor the donor with her life's work. While still in the hospital recovering, she planned her new path and ever since, she has been repeatedly recognized at both the state and local levels for her accomplishments.

"I suffered a silent heart attack in May of 2006 that went undiagnosed for 6 weeks when I went to the ER with back discomfort. I was told then that I had had a heart attack. I was completely clueless."

For the next two years, Watson received cardiac care in her local neighborhood but was not improving. In June of 2008, she was sent to New York City for an advanced cardiac care evaluation. After nine days in the hospital, she was placed on the heart transplant wait list and was "in shock."

For two years Watson battled with her heart failure and began deteriorating quickly late in 2009. She was eventually placed in the Cardiac Critical Care Unit but in April of 2010 she received the gift of life

heart with honor and continue my work to spread the word and actually sign up new organ donors in his name. This was my best way to honor him and help others that may have find themselves waiting so horribly long like I did."

Watson started volunteering nine days after leaving the hospital and hasn't stopped since. She is a fulltime volunteer for Live on NY. She also began volunteering at SUNY Rockland in 2012 and won the Campaign for Life statewide contest with the help of the student body and went on to repeat that win in 2013.

"I was so inspired by the students there I returned to school myself after an absence of 27 years. I am now a Culinary Arts Major taking five classes this semester," Watson joyfully states.

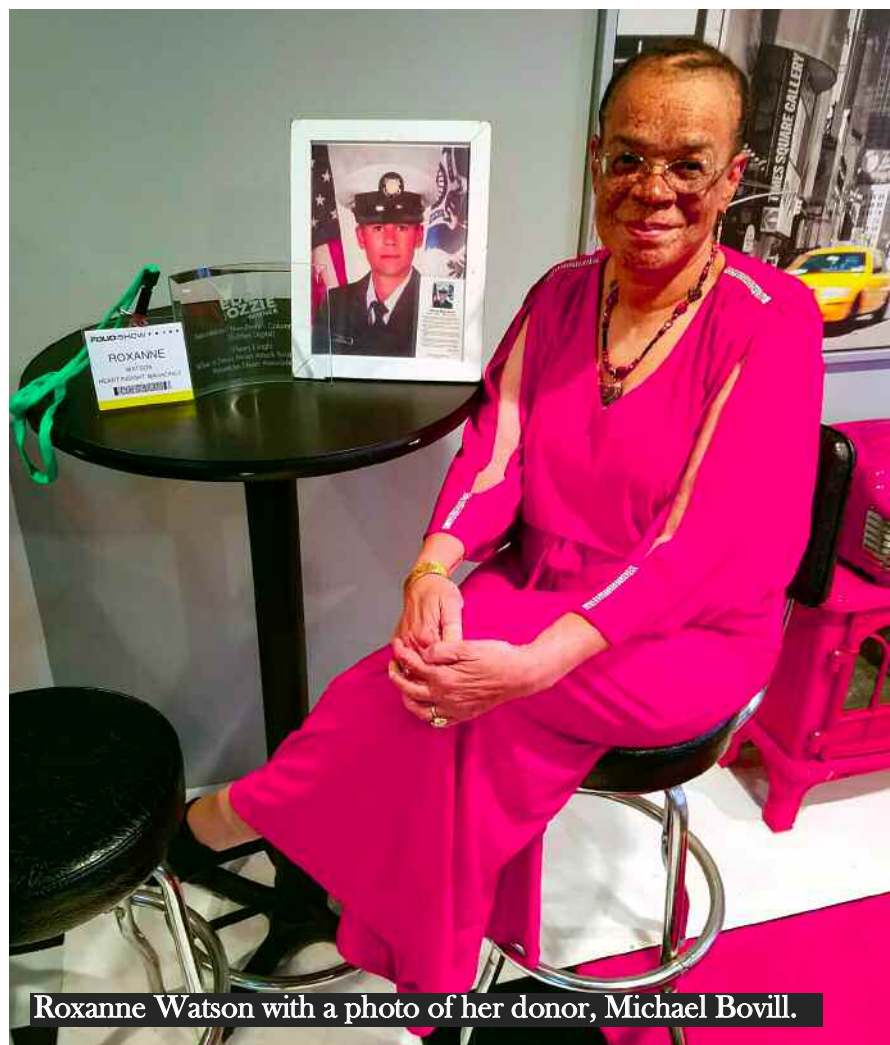
Watson wants everyone to know that there are over 121,000 people waiting for life saving organ transplants. One person can save eight other people with their organs and impact up to 50 lives with tissue donations. Of the 121,000 waiting, 100,000 are for kidneys alone – one of the two organs that can be donated by a living person. The liver is the other organ that can be donated while still alive because it regenerates.

She also shares that the biggest misconception she spends time debunking is the belief that doctors will not work as hard to save a donor's life.

"Organ donation occurs after a patient is declared either cardiac

dead or brain dead. Only then will a physician not legally affiliated that declaration be notified through a local organ donor procurement authorized organization. In fact my donor had his accident on a Sunday night, and I did not receive his donated heart until the following Friday."

Watson's current goal is to reach



Roxanne Watson with a photo of her donor, Michael Bovill.

10,000 new organ, eye and tissue donors by 2017.

"I am very proud to say I am now closing in on signing up over 9,000 new donors and am one of the top, most active volunteers in the United States and have traveled as far as Fiji to share my story."

To date Watson has received almost 50 major awards and appeared in over 100 media outlets on television, radio and print. She recently became a Huffington Post contribu-

tor and received a nomination and win for a 2016 Eddie Award. The Eddie recognized her article, "What a Silent Heart Attack Sounds Like," in Heart Insight Magazine for the American Heart Association.

Watson hopes to continue her education in the culinary arts and maybe open a food truck to supplement her ultimate goal of starting an organ donor foundation in the name of her donor, Michael Bovill.

**'I'm now closing in on signing up over 9000 new donors.'**

"from a 23 year old Coastguard E3 Fireman." Normally, patients are only told the sex and age of their donor but Watson was featured on the "Ask Oprah's All Stars" show where Oprah Winfrey and Dr. Oz found her donor's family and met them.

"Meeting that family changed my life, and I vowed to carry their son's

**Stories in Campus News get widely read. Tell us your story! Become a celebrity!**



Contact [collegestories@cccn.us](mailto:collegestories@cccn.us) with your story!



# Presidential election impacts SUNY campuses

Professors allegedly canceling classes and reported hate crimes came in the aftermath of the recent presidential election on SUNY campuses.

At SUNY Geneseo on the Western Tier, a swastika and the word "Trump" were graffitied in a dorm common area, according to reports.

SUNY Student Assembly President Marc J. Cohen and SUNY Geneseo Student Government President Michael Baranowski issued a joint statement in the days following the election:

"This past weekend, more than 350 student leaders from across the State University of New York came together for our annual fall conference. We unanimously and vigorously support SUNY's unwavering dedication to diversity, equity, and inclusion. We condemn the recent abhorrent display of hate, racial bigotry and anti-Semitism at SUNY Geneseo in the strongest terms, and will continue our efforts to make all campuses welcoming and inclusive places to live and learn. This glaring reminder that hatred and evil exists among us can be

very frightening. We encourage anyone who needs it to avail themselves of counseling services provided on campus, and we ask each and every student to move forward united and resolved to fight against prejudice and bigotry of any kind."

Similar graffiti was found in a SUNY New Paltz women's room. Students also stormed out of classes there, according to Mid-Hudson Valley Patch, chanting, "We reject the president-elect."

As for instructors allegedly canceling classes, Long Island Republican Assemblyman Al Graf sent the adjacent letter to SUNY Chancellor Nancy Zimpher. It is circulating on Facebook, though no such class cancellations have been substantiated.

The letter reads, in part: "We are in charge of educating doctors, nurses, health care professionals, lawyers ... and many other occupations that help to keep this country running ... How are we preparing our students for real life when we foster in them that it is acceptable to not perform their cho-

Dear Chancellor Zimpher:

I am receiving numerous emails and phone calls relating to college professors canceling classes or tests for a day of mourning or bereavement because of the outcome of the recent presidential election.

Correct me if I am mistaken, but the mission of SUNY is to educate our future leaders and professionals. What message are we sending our students when we create an environment that instills in them that if they are unhappy with the results of an election, or for that matter any number of foreseeable or unforeseeable events that take place in the normal course of life, that they are free to drop everything and escape to some safe space for universal contemplation of some event that may or may not have upset them?

We are charged with educating doctors, nurses, health care professionals, lawyers, other law enforcement professionals, and many other occupations that help to keep this country running and keep our citizens safe.

How are we preparing these students for real life, when we foster in them that it is acceptable to not perform their chosen occupation because they feel badly about some unrelated event.

Could you imagine a doctor saying that he or she cannot perform life saving surgery because they feel badly about the results of an election? Could you imagine a nurse, a police officer, a firefighter, or a member of the military refusing to function because their candidate did poorly?

Under what authority did these professors or colleges make the decision to cancel classes or scheduled tests? Were these actions sanctioned by the SUNY administration? If not, I would like to know what corrective actions you will take as the Chancellor for SUNY?

Respectfully,

  
Alfred C. Graf  
Member of Assembly

sen occupation because they feel badly about some unrelated event? ..."

It continues: "Under what authority did these professors or colleges make the decision to cancel classes or scheduled tests? Were these actions sanctioned by SUNY administration?"

For her part, the Chancellor did issue a statement the day after Trump's win:

"Education - what our students, teachers, schools, and colleges need to be successful - is the same today as it was yesterday. We need a champion at the top who will make innovative policy decisions and implement evidence-based programs for teaching and learning that position every student in America for success.

"That means embracing the collective impact approach to education, where everyone with a stake in student success is working toward a shared vision. It means a commitment to transforming teacher training, so that our students not only learn from, but are inspired to become, excellent teachers. It means incentivizing college completion, which is the most effective way to minimize student loan debt. And it means delivering quality higher education that prepares every graduate for a rewarding career.

"The State University of New York stands ready to work with the next president to share what we have learned about identifying what works and bringing it to scale."

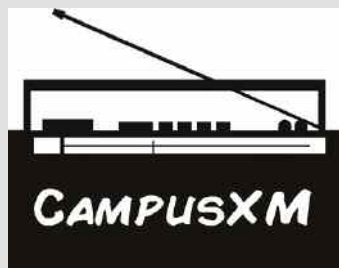
Cohen added this statement on November 15, on behalf of SUNY students: "The collective students of the State University of New York will not stand for acts of hatred and discrimination on our campuses or in our communities. We will not cower in the face of bigotry, discrimination, or prejudice. We will move forward united in the spirit of equality and meet such adversity head-on. Those committing these heinous crimes should know that you will be found, prosecuted, and brought to justice. We call on law enforcement to continue their investigations into these acts, and we call on students to be active bystanders. To everyone feeling discouraged by the recent messages of intolerance, know this: you are not alone. We as the elected leaders of the State University of New York's 600,000 students across our 64 campuses will not be silenced, we will not be intimidated, and we will not back down. We will keep fighting for diversity, we will keep fighting for equality, and we will keep moving forward. We've got your back."

## Campus News podcast and radio station needs content

Are you ready for your 55 minutes of fame? Campus News is gearing up to launch its podcast and radio station, CampusXM.com. Just as this newspaper has survived in an era when most community colleges are abandoning or shrinking their print newspaper operations, we're hoping CampusXM persists as colleges close down their radio operations.

What we're looking to do is combine radio and podcast formats, where shows are both live-streamed and downloadable, and have contributors submit shows in 55-minute mp3 segments. Broadcasters would get a regular time slot; and it can be bumped up to a better time slot, if it proves to be popular. Broadcasters can insert their own commercials during their 55 minutes. These can be affiliate pay-per-call ads, like those you hear in other podcasts, or they can promote their own items for sale. Campus News will insert five minutes of its own ads at the end of each 55-minute broadcast to pay to maintain CampusXM. A broadcaster may also submit a two-hour show, in two 55-minute segments.

We're looking for unique programming. Contact us at CampusXM@cccn.us to get your timeslot!



# Safer, bigger hard drives at a lower price

We wonder what's going to happen with hard drives. Back a long time ago, it seemed they filled up pretty quickly, and they used to be quite costly. When we first started our gift guide seven years ago, the top drives we'd try were about 200 GB. One of them, a WD Passport, has all of our subse-

quent archives on it, plus a lot more, and it's still only half full. And Campus News requires a lot of storage space.

Now we've received the **My Passport for Mac** at a whopping **4 TB**.

It's beautiful, sleek and black, and comes in a pretty box. It's definitely a gift-worthy product. We see that they are only \$130 on Amazon as of this printing.

This drive is password protected and en-

rypted and automatically links to your Mac, through WiFi, Bluetooth or a cable. It's already formatted for Mac OS X and Time Machine, to automatically back up your files. This is plug-and-play and easy to use. The company also has 4 TB drives for Windows systems.

As we learned with our previous Passport, WD makes a professional, durable product that can survive many a drop. WD also offers a two-year limited warranty.

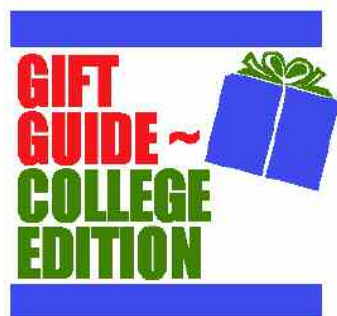
But we're starting to wonder when the hard drive market will dry up, as drives become less expensive with crazy amounts of capacity. We'd have to shoot a ton of video to fill this thing up. This is the last drive we'll need for a long while.

If you know someone with a Mac who creates large files – say music or movies – this could be a cherished gift, as this drive is designed specifically for the Mac and is portable. Thus, the user can cart it from home to, say, the college Mac lab and not lose a step.

Again, try Amazon to buy this. We have a link on our site at [www.ccn.us](http://www.ccn.us).



My Passport for Mac



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# What's new on Broadway, and revivals

**Gianluca Russo**  
*Campus News*

The Tony Awards are only a mere seven months away, and the competition has already begun. Though last year brought us Lin Manuel Miranda's "Hamilton," the 2016-2017 Broadway season is turning out to be one of the hottest yet. From Ben Platt to Josh Groban to Bette Midler and Patti LuPone, we certainly have many must-see shows this winter and spring.

## "Cats"

The Jellicle Ball is back on Broadway this season with Andrew Lloyd Webber's award winning musical "Cats." Based on a group of cats that gather once a year to decide who will go to the Heaviside Layer and return to a new life, the original production opened in 1982 running until 2000, making it the fourth longest running Broadway show. While many find the plot confusing, the choreography by Andy Blankenbuehler is sure to impress and stun all theatre lovers.

## "Natasha, Pierre & the Great Comet of 1812"

Josh Groban makes his Broadway debut in this inventive musical adaptation of Leo Tolstoy's "War and Peace." The production officially opened on November 14 to rave reviews with Charles Isherwood of the New York Times calling it a "vibrant, transporting new musical."

## "Falsettos"

If you're looking for a heart wrenching, tear jerking evening, "Falsettos" may be the perfect show

for you. The musical, originally produced on Broadway in 1992, follows Marvin, an intelligent and charming man, who leaves his wife and son after coming out as gay. "Falsettos" is a touching telling of this modern family who find their way through a situation that seems impossible. Among the cast are Christian Borle as Marvin, Stephanie J. Block as his wife and Andrew Rannells as his lover. The production closes January 8, 2017.

## "A Bronx Tale"

Based off the 1990 play and 1993 film of the same name, "A Bronx Tale" follows a teenage boy who finds himself trapped between following his father or becoming a mob boss. Starring Nick Cordero and Richard H. Blake, the show began previews November 3 and officially opened on December 1.

## "Dear Evan Hansen"

"Pitch Perfect's" Ben Platt is blowing audiences away in this new musical by Benj Pasek and Justin Paul. Platt steps into the leading role of Evan himself, an awkward and invisible teen who finds himself trying to help a family whose son committed suicide. Things get out of hand, however, and while he soon is the talk of the town, his web of lies is rapidly growing. "Dear Evan Hansen" will officially open on December 4 following an extremely successful off-Broadway run at the Second Stage Theatre this past May.

## "Hello, Dolly!"

Bette Midler stars as the famed Dolly Levi in this revival of the 1964



'Charlie and the Chocolate Factory'

classic musical. Opening in April 2017, the production will be directed by Jerry Zaks with choreography by Warren Carlyle. Also joining the cast are Kate Baldwin as Irene Molloy, Gavin Creel as Cornelius Hackl, Jennifer Simard as Ernestina Money and Donna Murphy as the Dolly Levi alternate.

## "In Transit"

From "Frozen's" Kristin Anderson-Lopez, "In Transit" is Broadway's first a cappella musical. The musical follows eleven New Yorkers who live all become intertwined. The cast features many Broadway favorites including David Abeles, Justin Guarini, Telly Leung, Erin Mackey, Gerianne Perez, Margo Seibert, and James Snyder.

## "Sunset Boulevard"

Based on the 1950 movie, "Sunset Boulevard" returns to Broadway this February starring Glenn Close. The original production opened on Broadway in 1994, also starring Close as Norma Desmond, winning seven Tony Awards. The production is scheduled to run for sixteen weeks.

## "Come From Away"

Currently playing in Toronto, "Come From Away" tells the story of a group of travelers whose planes were diverted to Newfoundland during the attacks of September 11, 2001. Directed by Christopher Ashley, the musical features a book, music, and lyrics

by Irene Sankoff and David Hein. "Come From Away" will open on March 12 at the Schoenfeld Theatre.

## "Miss Saigon"

Opening March 23, this 1991 Broadway classic will feature Jon Jon Briones and Eva Noblezada. Based on Giacomo Puccini's "Madame Butterfly," "Miss Saigon" takes place during the Vietnam War and centers on the romance of an American GI and Vietnam bargirl. The musical is Broadway's thirteenth longest running show.

## "Amelie"

"Hamilton's" Phillipa Soo returns to Broadway this April in this new musical by Dan Messer, Nathan Tyson and Craig Lucas. Based on the 2001 film of the same name, the musical tells the story of a introverted waitress who decided to help change the lives of those around her. "Amelie" will play a pre-Broadway run in Los Angeles this December before transferring to Broadway.

## "War Paint"

Broadway legends Patti LuPone and Christine Ebersole return to the Great White Way in this new musical following a successful Chicago run. "War Paint," based on the 2004 book of the same name and the 2007 film "The Powder & The Glory," follows a rivalry between two 20th century entre-

continued on page 19



'Cats'

# Solving America's child obesity problem

**Kenneth Thorpe**  
*Special to Campus News*

America has a big, fat problem. A whopping 13 million American children are obese — and millions more are about to join their ranks. By 2025, according to a report in Pediatric Obesity, the nation will house 17 million obese kids.

This is alarming. Obesity can lead to a slew of dangerous health complications, like diabetes, hypertension, and heart disease. And it imposes immense costs on the nation's healthcare system.

To save lives and trim budgets, parents and policymakers alike need

to make sure kids learn about health habits early.

Unsurprisingly, the biggest culprit in childhood obesity is diet. Only eight in 100 children eat the recommended amount of fruit. Fewer than two in 100 eat enough vegetables.

Young Americans wolf down a lot of junk food, though. One in three kids eats fast food every single day. One in four high schoolers drinks soda daily.

Kids also aren't getting enough physical activity. Right now, less than half of young Americans get the hour of daily exercise recommended by the U.S. Department of Health and Human Services.

Insufficient exercise coupled with poor food choices is a recipe for disaster. The overwhelming majority of obese children — 80 percent — don't shed weight as adults, so are destined for a lifetime of obesity.

That's devastating for health, obviously, but also for our healthcare system. Obesity costs the United States \$210 billion each year. Many chronic diseases stem from obesity — and chronic disease is expected to cost the nation \$42 trillion between now and 2030. Chronic disease is the top driver of rising healthcare costs.

Schools are uniquely situated to whip kids into shape. Children spend most days at school — and typically have at least one meal there. So

teachers and administrators could provide students with the resources to stay healthy. But most haven't.

Only four in 10 high schools — and just two in 10 middle schools — require students to learn about nutrition. Physical education is vanishing, too. More than 20 percent of schools have removed physical education requirements — and fewer than one in 10 offer daily gym classes.

Better prioritizing nutrition and providing more opportunities for exercise could dramatically improve America's health — and help trim the nation's healthcare costs.

One study found that adding an hour of gym class for students in kindergarten through fifth graded re-

duced Body Mass Index by half a point, on average.

Some schools are embracing creative ways to keep students healthy.

At Pulsaki Elementary School in Delaware, for instance, each student receives a fruit or vegetable to eat during snack time. They also can participate in a walking club and re-

**'Obesity costs \$210B a year.'**

ceive fun tokens to decorate their backpacks based on the number of minutes they've walked.

The First Lady also has inspired schools to help kids eat better and exercise more. Thanks to a national initiative called Let's Move!, many schools now work with local chefs to ensure that meals are healthy and tasty. More than 20,000 schools also have committed to integrating 60 minutes of physical activity into their student's daily schedule.

Implementing and participating in initiatives like these can help students get healthy — and stay healthy throughout their lives. That'll drastically help these children — and save our healthcare system big.

*Kenneth Thorpe is professor of health policy at Emory University and chairman of the Partnership to Fight Chronic Disease.*



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<b>Celebrex™</b> \$1087.96 <small>Typical US Brand Price for 200mg x 100</small>	<b>VS</b>	<b>Celecoxib*</b> \$77.78 <small>Generic price for 200mg x 100</small>	<b>Januvia™</b> \$1144.84 <small>Typical US Brand Price for 100mg x 90</small>	<b>VS</b>	<b>Sitagliptin Phosphate*</b> \$145.71 <small>Generic Price for 100mg x 90</small>

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Campus News | December 2016 | Page 8

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community college  
story to tell?

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# In the community

Two community partnership stories from the region's two-year colleges:

## SCCC

Suffolk County Community College's Culinary Arts program students prepared about 125 dinners for long-term patients and home-bound seniors of the Dominican Sisters of Hampton Bays in what has become an annual and happy undertaking for the culinary program and its students.

This marks the eighth year Suffolk County Community College has happily done the holiday cooking.

The dinner



preparation took place at the Suffolk County Community College Culinary Arts & Hospitality Center in Riverhead, NY.

About 30 students and faculty chefs from the college's culinary program prepared the meal whose ingredients were provided by the Dominican Sisters — more than a dozen, 20-pound turkeys; 100 pounds of mashed potatoes; 50 pounds of



sweet potatoes; 80 pounds of stuffing; 25 pounds of assorted vegetables and 18 each of apple and pumpkin pies. And, of course, gravy — more than 5 gallons of it!

## LCC

LaGuardia Community College celebrated a gift from Astoria Bank for the college's esteemed Commercial Photography program on Nov. 7. The \$8,500 gift will go to scholarships for tuition, books, and other expenses

for students seeking associate degrees in this field, and was presented at an event held earlier today at the college.

"Astoria Bank's generous support will enable us to ensure that more students have the opportunity to pursue a career in photography. This gift reflects the excellence of our visual and performing arts programs," said LaGuardia Community College President Gail O. Mellow. "Astoria Bank is a great friend to our college and to our students."

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# Why students should know about the 401k

**Prof. John DeSpagna**  
*Campus News*

You may have heard of the term a 401k but are not really sure what it means. As you continue your college career, know that you will become part of the full time job market when you graduate. You will start asking questions about benefits such as vacation, tuition reimbursement, holidays and one of your most important benefits will be a 401k. Let's learn a little about this now to be ready for the future.

The last thing on your mind now is probably retirement. But now is the time to learn about what you need to do so you can retire comfortably some day. You don't want to be working at age 70 because you can't

afford to retire.

In 1935, the Social Security Administration was established to give people a little something for when they retired. Today, the average social security monthly benefit is \$1341 per month. Do you really think you can live comfortably on \$1341 a month when you retire? When social security was set up, we had many employees paying into the system. With the Baby Boomers starting to retire, we have fewer and fewer paying into the system for its future solvency.

Fewer and fewer people have a monthly pension to help them pay for retirement. The last several decades, the trend has been that it is incumbent on the individual to be able to pay for his or her retirement and not rely on others.

The 401k was created by Congress so you can contribute some of your paycheck on a pre-tax basis to a retirement account that will grow tax deferred until you start taking distributions. You can contribute a percentage of each paycheck to the 401k and this will be taken electronically out of your account. Start small with one percent of your pay and you have the flexibility to increase your contributions as your financial position changes and you become more prosperous. The key thing here is to get started when you are young to allow for several decades of growth. You are always going to have expenses like college loans, a car payment, rent or credit card payments. You have to make the effort to start so you will have something for retirement.

How much can you put into this 401k each year? The maximum contribution for those under age 50 is \$18,000 per year.

Start making a contribution and most companies will offer some type of matching program. They may match you dollar for dollar on your contributions. This is a benefit from your employer, so take advantage of this

The next step is to invest the money you put into the 401k plan. You will probably be investing this in some type of mutual funds. The mutual funds will be professionally managed and diversified to help you reach your retirement goals. I will discuss mutual funds in a future column.

Two of the issues you also have to face regarding your retirement assets are taxes and inflation. Uncle Sam is going



to be an uncle that never forgets about you when you get paid and when you retire. The impact of taxes cannot be minimized along with inflation. The cost of goods and services tends to go up every year and you need to have your retirement assets grow. Being too conservative can result in taxes and inflation eating

‘Get started when you are young. Start small with 1% of your pay.’

away at your assets. You need to make your assets grow and that will be a goal of the 401k plan.

You are at a phase in your life where you are investing in yourself by getting a college education to help you be successful. What better investment can you make? When you get out into the work world after graduation, start contributing to your 401k plan so you can comfortably retire someday.

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



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# How to spot 'fake news' (cont. from cover)

chaotic place, the spread of fake news is going to affect you as a student. Have you ever had a professor tell you not to use Wikipedia in your citations because it's untrustworthy? At least that site is moderated, and bad information may soon be righted; but fake news has no conscience. If you cite a fake news site in your paper, a discerning professor may give you a lesser grade. Besides, we all want to be better-informed citizens; fake news makes us wary of all news, which isn't good – because some news entities are working hard to be truthful.

## First, Look at the URL

Step one to determine if a news site is fake or not is to look at the URL. Does it look official, as ny-times.com, usatoday.com or wsj.com do? Have you heard of the news organization before? Also, ask someone you trust if they had heard of this news organization before.

## Then Look at the Logo

Is the site's logo official, or does it look slightly off? Perhaps the color scheme and fonts are a little different

than the real news organization's official logo. You can find official logos for a news organization on Google Image Search.

## Look at the Ads

Are the ads on the site for miracle creams? Do they have disgusting images of some medical abnormality? Do they tell you how Mama June lost 150 pounds? Do they just seem a bit "off?" Reputable companies will not advertise on scammy web sites.

## Google Is Your Friend

While Google often gets fooled by fake news sites and posts their links, you can use the search engine to at least look up the author's name. See if he or she has a real journalistic resume, or is this person mostly known for writing junk? Or, if there is no byline on the article, it most likely is biased. A real writer will put his/her reputation on the line and be accountable.

## Google News Is Your Friend, Too

Google also has a news aggregator called Google News. You can find it atop the search field on the Google home page. Type in some of the unique keywords from the article in question and see if the article shows up. If it's fake news, it may not. If other, more reputable organizations are writing similar stories, perhaps use them instead for your Works Cited page.

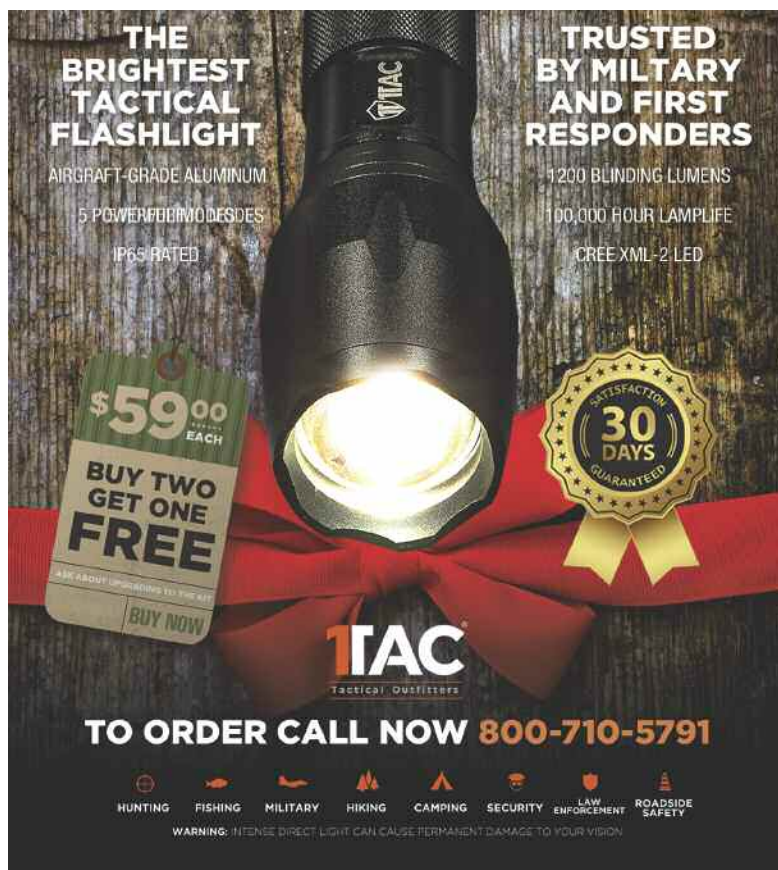
## Do the ads look a bit "off"? Are they for miracle creams and medical cures?

## Does the Publication Have a Printed Edition?

While there are some web-only newspapers that are trustworthy, most of the trustworthy sites are affiliated with a printed newspaper or magazine or a major TV outlet, like ABC, NBC or CBS. Why would a news organization with a printed or TV edition be more accountable? They have a physical address, salaried writers (as opposed to writers who write for clicks) and likely have been around for decades. Again, they are accountable and can't disappear into the ether if things go wrong, unlike fake-news sites.

## Question Everything

While many professors will want to see at least one newspaper article on your Works Cited page, and it's way easier to find newspaper articles on the web vs. in physical print editions, you still should question anything you find on the web, as noted above, before citing it. Fake news may make a fool out of you.



## Filbert by LA Bonté



By: L. A. Bonté



For more comics visit [FilbertCartoons.com](http://FilbertCartoons.com)

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# Student with disability soars in JetBlue program

**Darren Johnson**  
*Campus News*

Thanks to a very hands-on disabilities program at LaGuardia Community College in Queens, NY, and a unique partnership with JetBlue Airlines, recent graduate Viviana Guzman is realizing her dream of being employed in the field she loves, finance.

Guzman, 31, has epilepsy and a facial muscular disorder, and came to the US in 2010 with her family from Bogotá, Columbia, not knowing English well. After two years of intensive language study, she enrolled in LaGuardia's accounting program and quickly excelled, being named to Delta Alpha Pi, a national honor society. She also was recently one of just 20 students accepted into a JetBlue mentorship program for students with disabilities.

"I have enjoyed the JetBlue program. They treated us with respect. It was good that they said, 'We are not people with disabilities, we are people with different abilities,'" Guzman noted, adding that moving to the US changed her outlook:

“I faced discrimination because of my disabilities in Columbia and lost two jobs there, so I’ve appreciated living in the United States. It’s a free country and there is no discrimination based on disability, nor age discrimination. People don’t think disabilities are a big deal here. You see people with the same conditions here, and doing the same work. There are also better doctors here, too.”

## A Hands-On Program

A professor urged her to meet with Jhony Nelson, LCC's director of the office for students with disabilities, who

quickly saw her potential.

He said: “We were proud to nominate Viviana for the program. She has always felt discrimination because people can see her disability. But she was a very strong accounting student and treasurer of the college honor society. When JetBlue interviewed her, she impressed them.”

“I enjoyed my time at LaGuardia Community College and was very involved in the Office for Students With Disabilities. I was allowed extra time for tests, and they motivated me to continue my dream to have a better life,” Guzman said.

“JetBlue takes students with disabilities under their wings and teaches them what it’s like to be a professional, in a professional environment,” Nelson added.

As for the work of his office, Nelson stated: “We help dispel myths for students with disabilities. For example, many believe that if they disclose their disabilities, people won’t hire them. But that’s not true. Many feel that if they disclose their disability they will be seen as lazy or as expecting preferential treatment, and that’s not true, either.

“We don’t look at it as a disability but a ‘diversity of ability.’ Having a disability is not a handicap. It is an issue, but one that can we worked around. We will advocate for students, and work with them to find alternative learning methods; for example, substituting a written paper with an oral presentation.”

The office aims to make the college experience accessible for all students with disabilities, and helps develop accommodations for students so that they can succeed. The office also advocates for students with professors, administrators and potential employers.

Nelson encourages students with disabilities to call, email or stop by their disabilities services office: "Don't be afraid at all. The reason why they fear coming in is because they don't know what services we have for them. ... People who have a disability that isn't visible should still come to us, too; own it, live with it; instead of suffering with it in silence."

## A Happy Ending

After the internship, Guzman has new confidence and sees herself as very employable.

"I feel better here. I feel more comfortable, and am grateful for the opportunities I have been provided. It can be difficult to find a job for me. It takes me a little more time to understand and memorize things. I want a better job and life, and that's why I studied at LaGuardia Community College.

“I had mentorship from JetBlue’s finance department leader, and he showed me how they work in payroll. We learn that we can grow in the company to a high level because it’s a big



company.

“The LaGuardia Office for Students with Disabilities has been extremely helpful in providing me with mentoring support and information,” added Guzman. “I’m grateful to Jhony, who reached out to me about JetBlue’s Disability Mentoring Day, knowing my interest in pursuing a career in airport operations. It was a huge opportunity for me to meet and network with airport professionals, and to learn about the field first-hand.”



# JUMBLE

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

**DANGL**

--	--	--	--	--

**VASUE**

--	--	--	--	--

**CURPSE**

--	--	--	--	--

**GETRUD**

--	--	--	--	--

**Answer here:** “ 

--	--	--	--

 - 

--	--

 ”

**Answers:** Jumbles: GLAND SUAVE SPRUCE TRUDGE | Answer: When the door-to-door salesman made calls on his bike, he was a — “PEDAL-ER”

**THAT SCRAMBLED WORD GAME**  
by Mike Argirion and Jeff Knurek

6/22

**WHEN THE DOOR-TO-DOOR SALESMAN MADE CALLS ON HIS BIKE, HE WAS A ---**

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# New to Netflix: The ultimate college tale

**Darren Johnson**  
*Campus News*

There are lots of great movies coming to Netflix this December, from this year's "Marvel's Captain America: Civil War" to 1984's "Beverly Hills Cop" to 1989's "Honey, I Shrunk the Kids" to the recent homage to the late Leonard Nimoy, "For the Love of Spock."

But none of the 100 new entries to the service this holiday season is better than 1978's "National Lampoon's Animal House," definitely the best college comedy of all time, and some would suggest the best comedy film ever.

It may be "new to you" because this film isn't a regular anymore on the premium channels, and the most risqué parts get cut out when this airs on regular cable. This movie deserves to be seen as it was originally made, without commercial interruptions. Now you can do just that, via your Netflix stream all month.

You've likely heard a lot about the comedy genius of original "SNL" cast member John Belushi. Well, this movie is his breakout performance. As Bluto Blutarsky, a drunken student on the seven-year plan, he raises a movie, which could have

the Vietnam and hippie era, and many movies and TV shows – "Porky's," "Happy Days," "Grease" and "Stand By Me," for example – catered to the very large Baby Boom generation, that was buying movie tickets and watching broadcast TV at the time. It gets confusing, really, as now it's nearly 40 years later, but the movies are set nearly 60 years ago. A new viewer of these films may think they are set in "real time," meaning when the movie was made – not 20 years prior.

(It's like when my young daughter asked me if I had been friends with the "Little Rascals" as a kid, and if the world was in black-and-white during my youth. (By the way, the horrible 1994 color remake of "The Little Rascals" is also entering Netflix in December – please avoid it!))

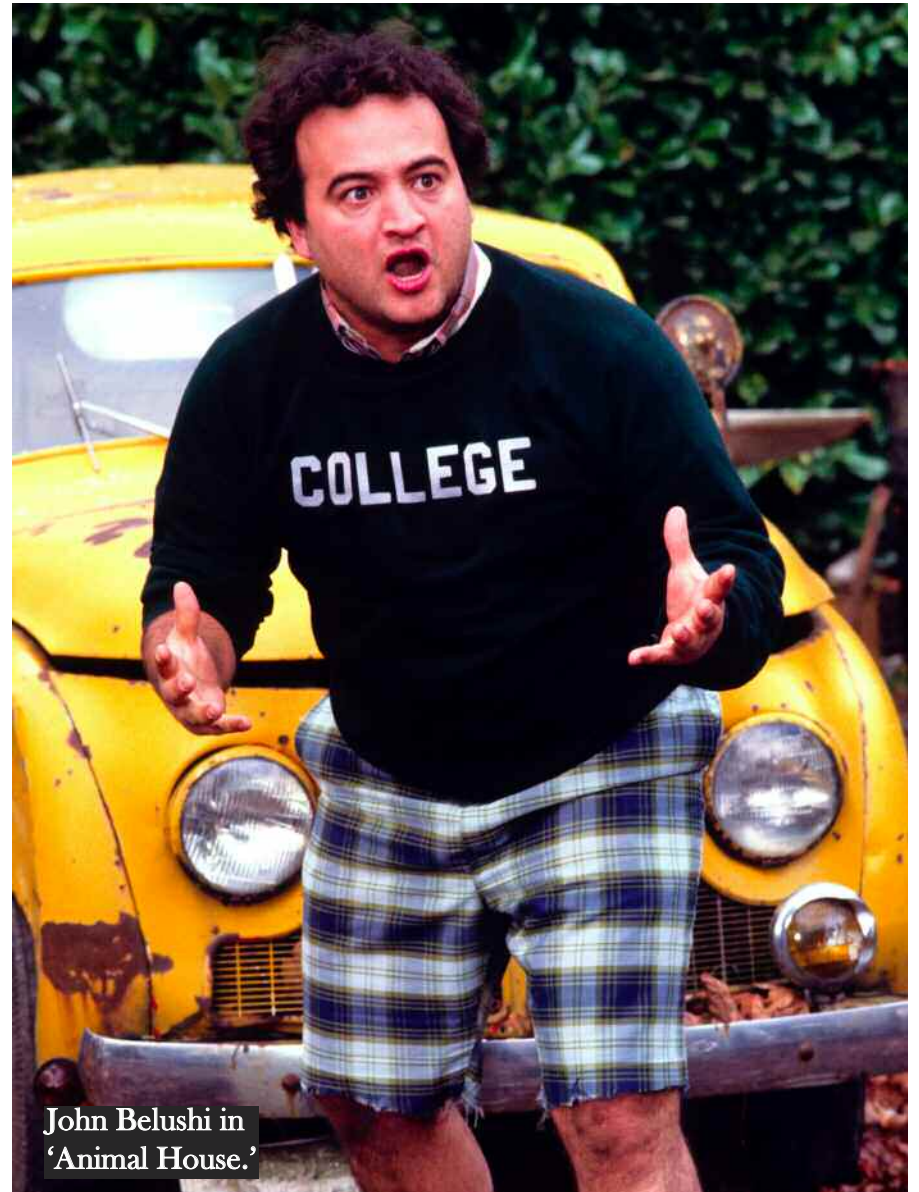
In any case, "Animal House" holds up because of its complex comedic setups, patient timing and, essentially, drunkenness will always be a universal theme.

Yes, there are moments that would today be considered somewhat racist – for example, our all-white delinquents go to an all-black bar at the edge of town and get scared off – but, then again, is it racist or does it reflect the mindset of the early 1960s?

And there are moments that are definitely problematic. At one point Pinto, played by Tom Hulce, gets an underage townie drunk and then

weighs the pros and cons of taking advantage of that situation (he thankfully decides against date rape; though eventually does do something that today would get him on the sex-offender registry).

But the movie does reflect the party culture of many private colleges when many men attended to avoid being drafted. The relationship between the parties and the uptight and smarmy student government and ROTC members is also captured



John Belushi in  
'Animal House.'

well, along with the town-and-gown politics between the unforgettable Dean Wormer (John Vernon) and the town's corrupt big-fish mayor.

Having spoken to a lot of college alumni from that era, and studied the growth of colleges similar to the fictional Faber College, I can tell you that "Animal House" is wiser than its toga parties, peeping toms and cafeteria food fights. It's a politically incorrect moment in time that may never exist again, but just because it's bawdy doesn't mean it should be avoided.

If you want a voyeuristic look at what college was like (for some) back before we all got distracted by smart

phones, Starbucks and PlayStation, queue up this all-time classic. Just don't consider it an instruction manual for this day and age.

**"Animal House" is wiser than its toga parties and food fights.'**

*Started seven years ago, "It's New to You!" was the first column to discover hidden gems on Netflix. Read more reviews at [www.Nu2u.info](http://www.Nu2u.info).*

**IT'S NEW TO YOU!**



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merely been nostalgic, to an all-time great level.

Whenever the John Landis-directed movie starts slipping into a tone of comfortable reminiscing, Blutarsky saves the day with some outlandish behavior. It's a sure thing this movie would not have been universally great without Belushi's crazy contribution.

You see, in the 1970s and early 1980s, there was a fond nostalgia for the 1950s and early 1960s, before



# December's new releases on Netflix

## Avail. 12/1/16

Always (1989)  
 Angels in the Snow (2015)  
 Beverly Hills Cop (1984)  
 Beyond Bollywood (2014)  
 Black Snake Moan (2007)  
 Chill with Bob Ross: Collection (1990)  
 Compulsion (1959)  
 D2: The Mighty Ducks (1994)  
 David Blaine: Street Magic (1997)  
 Dreamland (2010)  
 For the Love of Spock (2016)  
 Girlfriends' Guide to Divorce: Season 2 (2015)  
 Glory Daze: The Life and Time of Michael Alig (2016)  
 Harry and the Hendersons (1987)  
 Hitler: A Career (1977)  
 Holiday Engagement (2011)  
 Honey, I Shrunk the Kids (1989)  
 House of Wax (2006)  
 Hannibal (2001)  
 Merli: Season 1 \*  
 Merry Kissmas (2015)  
 National Lampoon's Animal House (1978)  
 Picture Perfect (1997)  
 Rainbow Time (2016)  
 Rodeo & Juliet (2015)  
 Swept Under (2016)



'Angry Birds'

Switchback (1997)  
 The Angry Birds Movie (2016)  
 The Crucible (1996)  
 The Little Rascals (1994)  
 The Legend of Bagger Vance (2000)  
 The Rock (1996)  
 The Spirit of Christmas (2015)  
 Toys (1992)  
 Uncle Nick (2015)  
 Waking Life (2001)  
 Way of the Dragon (1972)  
 We're Back! A Dinosaur's Story (1993)  
 White Girl (2016)

Wildflower (2016)  
 Zero Point (2014)

## Avail. 12/2/16

Fauda: Season 1 \*  
 Hip Hop Evolution: Season 1 \*  
 Pacific Heat: Season 1(

## Avail. 12/3/16

Lost & Found Music Studios: Season 2 \*

## Avail. 12/5/16

Mad (2016)  
 The Good Neighbor (2016)

## Avail. 12/6/16

Blue Jay  
 Homeland (Iraq Year Zero): Season 1  
 Reggie Watts: Spatial \*  
 The Devil Dolls (2016)  
 The Model (2016)

## Avail. 12/8/16

The Cuba Libre Story: Season 1 \*

## Avail. 12/9/16

Captive: Season 1 \*  
 Cirque du Soleil Junior - Luna Petunia: Season 1 \*

Club de Cuervos: Season 1 \*  
 Fuller House: Season 2 \*  
 Four Seasons in Havana: Season 1 \*  
 Medici: Masters of Florence: Season 1 \*  
 Spectral \*  
 White Rabbit Project: Season 1 \*

## Avail. 12/10/16

Lucky Number Slevin

(2006)

Phantom of the Theater (2016)

## Avail. 12/11/16

Breaking a Monster (2016)

## Avail. 12/12/16

Ricardo O'Farrill: Christmas Special \*

## Avail. 12/13/16

Colony: Season 1  
 Killswitch (2016)  
 I Am Not a Serial Killer (2016)  
 Nobel: Season 1 \*

## Avail. 12/14/16

Versailles: Season 1 (2015)

## Avail. 12/16/16

Barry \*  
 Call Me Francis: Season 1 \*  
 Crazyhead: Season 1 \*  
 No Second Chance: Season 1 \*  
 Rats (2016)  
 The Adventures of Puss in Boots: Season 4 \*

## Avail. 12/19/16

Miss Stevens (2016)

## Avail. 12/20/16

Disorder (2015)  
 Gabriel Iglesias: Sorry For What I Said When I Was Hungry \*



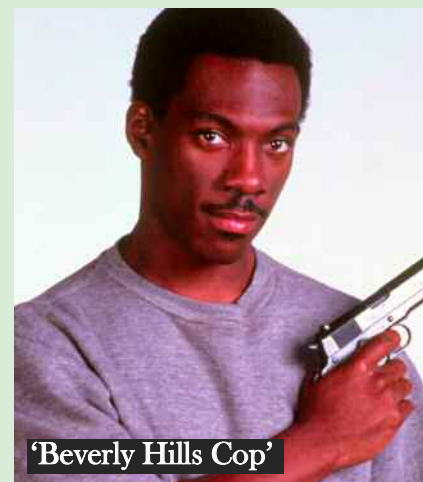
My Little Pony: Friendship Is Magic: Season 6 (2016)

Ten Percent: Season 1 \*

The Break: Season 1 \*

## Avail. 12/23/16

Travelers: Season 1 \*  
 Trollhunters: Season 1 \*



'Beverly Hills Cop'

## Avail. 12/25/16

Marvel's Captain America: Civil War (2016)  
 When Hari Got Married (2013)

## Avail. 12/27/16

Ajin: Season 2 \*  
 Chasing Cameron: Season 1 \*

## Avail. 12/28/16

Comedy Bang! Bang!: Season 5 (2016)

## Avail. 12/29/16

The Hollywood Shorties (2016)

## Avail. 12/30/16

The Eighties: Season 1 (2016)

## Avail. 12/31/16

Big in Bollywood (2011)

\*Netflix Original.



'Captain America: Civil War'

# Gifts for college students to ring in the new

Welcome to this year's gift guide. We get these items, test them, and then usually give them out to our readers and writers. Some will go to winners of our weekly football pick 'em contest (see page 3).

How it works is, we put out a query via a web site that hooks up journalists with PR folks. A ton of PR folks pitch us. Then we arrange with a handful of them for a product trial. We only request items that may actually be good gifts for college students.

So, let's begin!

You may have seen the myriad of commercials for Amazon's Alexa. It's like Siri for Apple, but less expensive and you can set up little units in your house to talk to and ask questions of or command, such as to play you a certain song, what the weather is like in Cleveland or to call the local pizza place so that you can order dinner. You get the idea.

So we were excited to get an Alexa-enabled device and try it out. **The FABRIQ Portable Wi-Fi and Bluetooth Smart Speaker With Amazon Alexa** is only about \$50 on Amazon. These cute speakers

come in a variety of trendy fabrics.

Foremost, these are solid little speakers, to play your music. They are affordable

enough where you can buy more than one and put them in various rooms.

Second, with a press of a button, you can enable Alexa to order that pizza, read the day's news headlines or whatever your smart phone can do.

These work with either WiFi or Bluetooth. Through Alexa, FABRIQ can integrate with your lights, fans, and thermostats and become the command center for all your smart home devices.

Alexa will

adapt to and better recognize your speech patterns and vocabulary. We found that it worked about as well as Siri in understanding what we were trying to say. If you have multiple speakers, you could either play your music through all of the rooms of the house, or each speaker can be connected to different devices. It's a nifty and good-looking product.

Another speaker we tried is the **JBL Clip2 Waterproof Bluetooth Wireless Speaker**. These also come in various colors. We tried the red one. It is about the size of a bagel. Hook up to it via a cable or Bluetooth.

The sound quality was excellent and this could crank relatively loudly. It holds a very good charge (about eight hours). Being waterproof is nice bonus, and this has a hook to hang on a shower rack. It also can be used as a speaker phone. At this price, about \$59 on Amazon, it's a solid gift idea for the shower crooner in your life.

Every year, we seem to test a SodaStream, as well, and this company also keeps improving.

They have recognized that people just don't like soda that much anymore, so they have slimmed down their unit and market it as a way to make sparkling water.

**The Fizzi Sparkling Water Maker** comes in white or black and, yes, you can still make soda with it, though use a bit less syrup than recommended, as the soda can be strong.

If you are old enough to drink, these machines can also make tonic for gin or vodka cocktails. It tastes like the tonic you'd get at a bar rather than the grocery store tonic; a big improvement.

Why this is a good gift for a college student is because it doesn't take up much space and it helps one save money by turning ordinary tap water into something special. This is a better bet than running to the soda machine to grab a \$2 refreshment every day, and thus pays for itself. We found it easy to put together and get going.

These are currently \$94 on Amazon.

Last, we tried the **TrackR bravo**. This is a quarter-sized device that you can hook to anything and never lose it again. All you have to do is download the app to your Apple or Android phone, and the TrackR bravo, using GPS technology, will pinpoint where your object is, be it your smart phone, keys or your significant other!

These are only \$30 for one and \$150 for eight on Amazon. They come in various colors and are sleek and well designed. We tried one out and it worked similarly to the Find My Phone app on iPhone. If you know of someone who is forgetful and regularly misplacing items, this affordable product can give him or her some peace of mind.



TrackR bravo



SodaStream Fizzi Sparkling Water Maker





# Books for Africa drive at Schenectady CC

**Gianluca Russo**  
*Campus News*

A new policy at Schenectady County Community College requires all clubs and organizations to hold one event benefiting a charity each year. While many may moan at the sound of this, some clubs are taking advantage of the new policy and giving back this holiday season.

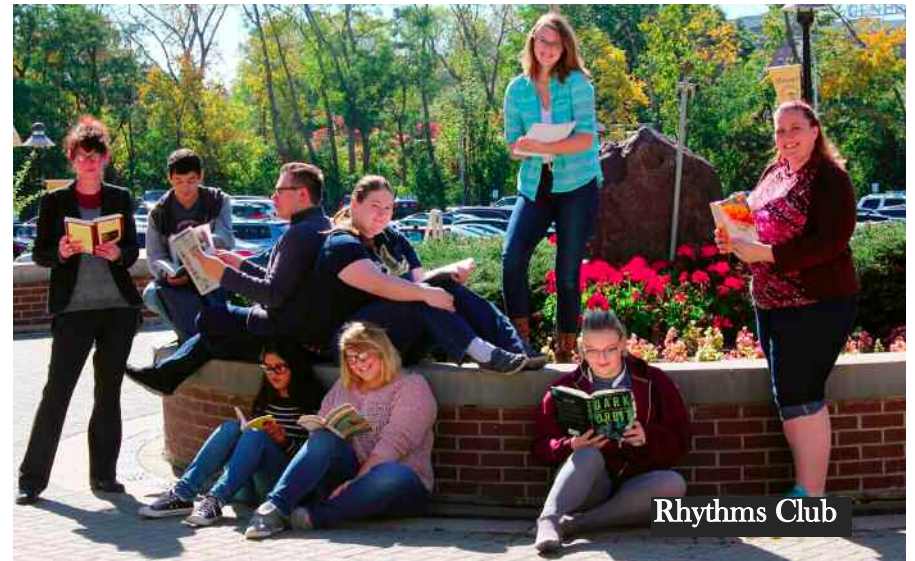
One of these clubs is Rhythms Literary Club. Each year, the club holds open submissions from the SCCC campus community and creates a literary magazine. In an attempt to save money for charity events, Rhythms has decided to make their magazine online this year.

In early November, the club held their first open mic night of the year. The event, open to the community, showcased many students and faculty members and allowed them to share original work such as poems, songs, and short stories. "It went really well,"

says Rhythms Vice President Noah Smith, a second-year student at SCCC. "We had a number of really great and unique performances as well as a good turnout exceeding our projected number of attendees."

The club held a 50/50 raffle during the open mic night with all proceeds donated to the Boys and Girls Club of Schenectady. Smith told us how happy it made him, along with other club members, feel when donating the proceeds to the Boys and Girls Club on giving that Tuesday.

Now, though their charitable requirement has been fulfilled, the club has decided to hold another event: a book drive. Rhythms is teaming up with Books For Africa leading up to winter break to hold a book drive on the SCCC campus. "We wanted to do something to really help kids. Having done an open mic and helping local children, we wanted to help people internationally," says Smith. "This was



in part due to our group having a number of immigrants who spoke vocally for us to consider donating to a foreign country."

According to their website, "The mission of Books For Africa is to end the book famine in Africa. They are shipped in sea containers paid for by contributions from people like you. It

costs about 50 cents to send a book from the United States to Africa." The organization has donated more than 36 million books to nearly 50 countries since its beginnings in 1988.

Students, faculty, and community members are encouraged to drop books off in donation boxes around SCCC through winter break.

## Broadway (cont.)

preneurs. The musical will open on Broadway on April 6.

### "Groundhog Dog"

This musical adaptation of 1993 movie will star Andy Karl as Phil Connors. With music and lyrics by Tim Minchin and a book by Danny Rubin, the show played a successful run in London this past summer and will open on Broadway on April 17.

### "Charlie and the Chocolate Factory"

Grab your golden ticket and head over to the Lunt-Fontanne Theatre this April to catch this musical adaptation Roald Dahl's classic novel. Christian Borle, currently in "Falsettos," will star as Willy Wonka. The musical is directed by Jack O'Brien and choreography by Josh Bergasse.

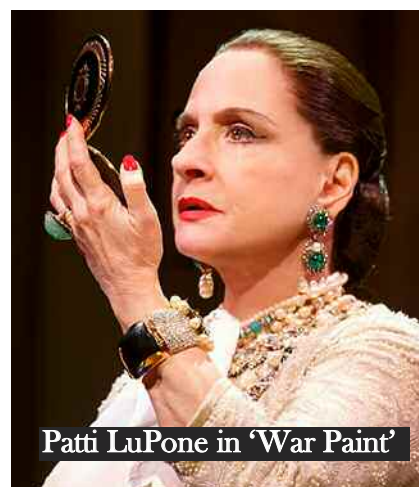
### "Anastasia"

Based on the 1997 movie of the same name, "Anastasia" will open on Broadway on April 24. Directed by

Darko Tresnjack, the show will feature Derek Klena, Christy Altomare, Ramin Karimloo, and John Bolton.


### "Bandstand"

"Newsies" favorite Corey Cott stars alongside "Cinderella's" Laura Osnes in this new 1940s musical. The show centers on a group of WWII veterans who join forces to compete in a radio contest. "Bandstand" will also be choreographed by Andy Blankenbuhler and will open on April 26.



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By David L. Hoyt and Jeff Knurek



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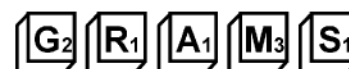
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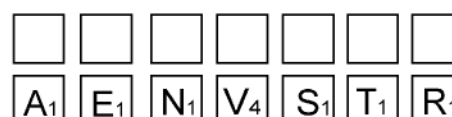
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# Let's face it, community college is a great deal!

**Jonathan Lopes**  
*Campus News*

Teens often consider community colleges to be undesirable and inferior, but the two-year institutions can be a great option for recent graduates, experts say. I have been a volunteer alumni and paid college recruiter. This is both at the two-year and four-year college level. How great two-year colleges are is something prospective students don't know. Some don't care. The myth, possibly reinforced by guidance counselors, families and peers, could be the influential factor for not even considering them.

The financial benefits are a draw for many students, semester tuition is way less than that of a public or private four-year school. There are other reasons for teens unable to attend a four-year institution to consider community college as a viable option after high school.

Students can move at their own pace. Taking a full course load and

graduating in four years isn't an option for all. Prospective college students who need to work a full-time job, have important and personal family obligations or to tend to their own learning and physical disabilities, can benefit from the flexibility that community colleges provides. Speaking of flexibility, class schedules could be more diverse, including weekend and night classes to accommodate those in need.

Students who struggled academically in high school and have difficulty balancing the demands can benefit from the more focused attention that community college can provide. They are smaller in size. So, the great thing is that your professors will know you. The bad part is that your professors will know you. It is the best kind of "problem." Additionally, because of its intimate sense of community, the services for tutoring, advisement, student life and counseling are readily available.

I speak from direct experience. I am first-generation citizen and first

college graduate in my family. I attended community college because my mother told me. I was naive and didn't know about the negative perception. I just knew some sort of college was next. My mother knew it was one of the best in the state and the one I attended was only 35 minutes from home. It had leadership opportunities open; if you're like me and want bang for your buck, and helpful transfer advisers, this was great.

Myths of these schools are that there is nothing to do, it is 13th and 14th grade, you're a loser because you didn't go to a "real" school, etc. That is all uneducated, ignorant nonsense. Yes, community colleges are commuter in nature since they designed for those within their county. However, most if not all have some kind of multicultural or campus life and volunteer programs. I've traveled a lot; just throughout the state of New Jersey and each two-year school I visited had all of that and more. Nationally, 40% percent of all traditional-age college

students start out at community college, according to the U.S. Department of Education.

If community college is only for "losers," why do so many start off there and progress? Why are they still in business and popular, if these perceptions are real? A degree from a community college is not as good as a university degree is another myth.

A community college AA or AS degree can take you into the workforce or to a four-year university. Community colleges educate 62% percent of allied health professionals and over 80% of law enforcement officers and firefighters. This is all according to the American Association of Community Colleges (AACC). Don't listen to myths or the opinions of others. Educate yourself, take pride in that you are good enough and take active steps into pursuing your collegiate dreams. I am a proud member of the community college system and am not the only one.

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To get in touch with us about any of the above write to [editor@cccn.us](mailto:editor@cccn.us). Thank you!



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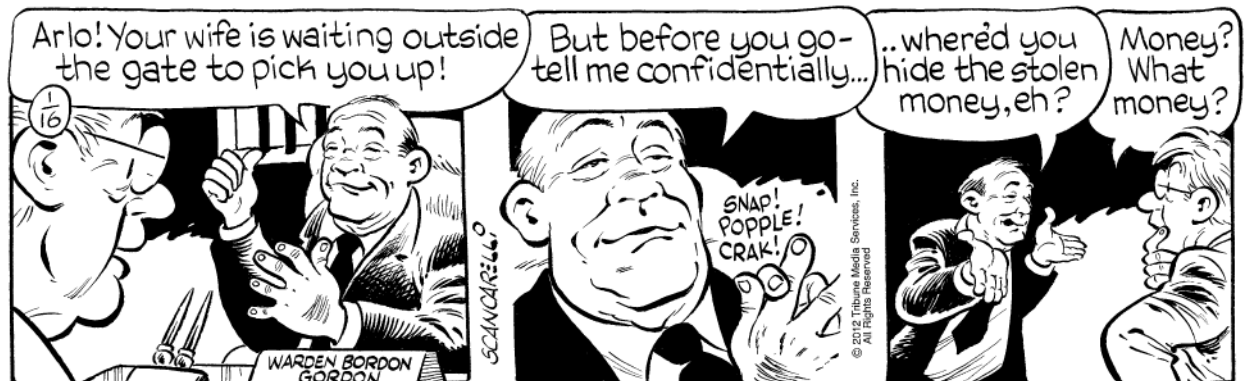
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# Region XV community college sports roundup

**Peter Briguglio**  
*Campus News*

The month of November meant the crowning of champions for a number of NJCAA Region 15 athletic programs and agonizing defeat for others as their seasons came to an end. Below we recap the results of some of our teams, and see how they fared against national competition.

## Soccer

To kick-off championship play around region XV, we began with the Division III Men's soccer teams facing off on November 1st in the regional finals, where the #2 seed Nassau would go into battle with #1 seed Suffolk. Suffolk went into the game undefeated against region XV opponents and boasting an overall record of 16-1-2. Despite Suffolk scoring within the first minute of play and Nassau responding with 2 goal outburst just minutes later, the two teams found themselves locked into a defensive struggle for the remainder of the game. Nassau held onto their early 2-1 lead, which was first obtained in the 19th minute, to finish as region XV champions and move on to the national tournament. In the first round of the National Championship, which took place in Herkimer, NY, #4 Nassau was upset in the quarterfinals by #5 seed Genesee by a score of 2-1, ending their season.

On the DI side, Monroe College Men's team began national championships pool play in Tyler, TX, on November 14th with an impressive victory over Southern Nevada, winning by a score of 9-2. After defeating Daytona State by a score of 4-0, the Mustangs finished pool play with the highest goal differential in the national championships. Mustangs midfielder Antonio Sanchez's late game heroics would push Monroe to the NJCAA Championship match, as they defeated Ancilla with a goal netted by Sanchez in the 103rd minute to finish the game with a 4-3 lead. Unfortunately, Monroe College was unable to finish their magical year with a victory in the NJCAA Finals match. Tyler Junior College defeated



Monroe after scoring 2 goals in the second half to end the game 2-0. Monroe College finished their year with an admirable overall record of 19-1-0.

Penalty kicks were the deciding factor in choosing a winner for the DIII Women's Region XV title, as Nassau defeated Suffolk in nail-biting fashion to remain undefeated against region XV opponents in 2016. Region XV Coach of the Year Chris Megaloudis was undoubtedly pleased with the end result. Like the men, Nassau moved on to the NJCAA National Championship, where they were defeated 7-2 by #2 seed Montgomery in the quarterfinals.

## Volleyball

The Queensborough Lady Tigers' historic volleyball season ended featuring a number of all-region individual honors for multiple players, including a Region XV Player of the Year honor awarded to Zuri Williams. The sophomore also earned the Region XV Tournament's Most Valuable Player award for her role in the capturing of the Lady Tigers' first Region XV championship in school history. Queensborough made fairly quick work of Nassau, Orange and #2 seed Suffolk as they won all games in 3 sets to grab the trophy. Though Queensborough would exit nationals play in the quarterfinals, the Lady Tigers won the "Battle of NY"

against Jefferson Community College to earn a 7th place ranking in the consolation bracket.

## Cross Country

Monroe College Men and Women's teams ran uncontested to secure both Region XV Cross Country Division Championships. The following week, both the Division I and Division III Men and Women's NJCAA Championships were held in Canandaigua, NY, where Suffolk County placed in 2nd in the overall team standings behind Harper Community College for the Men's Cross Country meet. In the NJCAA Division I Women's Cross Country Championship, Susan Ejore of Monroe College posted a finishing time of 17:30.17 placing herself at second place in individual overall time.

## Basketball

Nassau and Sullivan men's basketball began the year nationally ranked at the #6 and #7 slots, respectively, in the NJCAA pre-season rankings poll as they look to live up to high expectations in

the early stages of the season. Bronx men's basketball has begun the season on a 7 game winning streak, including 3 wins against regional competition. Additionally, the LaGuardia men surpassed the 100 point mark in three of their first four games this year and posted a 4-1 record through the season's first three weeks.

Sullivan women's basketball went without a blemish on their record through the first three weeks of November and appear to be the class of the Region yet again, storming through tough nationally ranked competition such as Middlesex, Onondaga and LaGuardia.

The basketball season will cool down throughout the holiday season before getting back into full flight at the turn of the calendar.





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# New learning center

Mohawk Valley Community College held a ribbon-cutting event for the Mandia Family Learning Commons, a recently renovated space dedicated to helping students succeed, on Thursday, Nov. 17, in the Information Technology Building on the Utica Campus.

Through a Title III grant totaling just over \$2 million over five years and a generous donation from Stephen Mandia, an MVCC alumnus and Alumni of Merit winner, MVCC implemented its Pathway to Graduation Project and was able to relocate the Learning Center (previously 2,830 sq. ft.) into a new Learning Commons (8,714 sq. ft.) space. MVCC learned, through its membership in the Achieving the Dream coalition, that colleges with Learning Commons achieve a higher quality of education for students and a higher rate of graduation.

The Commons will co-locate the functions of tutoring, study groups, library resources, computer labs, technical assistance, an iTeach Learning Lab for faculty/staff, and seminar areas. There will be also be five Completion Coach offices in this location, who will guide students in academics, and personal strug-

gles such as transportation issues, housing problems, emergency loans, and daycare.

Renovations include comfortable workstations, group study rooms with smart technology, math and writing labs equipped with updated computers, and tutor and faculty offices. There will also be a "soft space" area for conversation and for students to share academic information and useful ideas on study and coping methods.

There will be a second Learning Commons location on the Rome Campus in the northern wing of the Plumley Complex as the renovations are completed. It will also house a testing center, math and writing labs, tutoring stations, and will share the computer lab with the library.

Pictured from left to right: Debbie Edick, Ibrahim Rosic, Francis Mandia, Barbara Mandia, Amanda Mandia, Steve Mandia, President Randy VanWagoner, Michelle Mandia, Joe Mandia, Lindsey Mandia, Bert Mandia, and Frank DuRoss.



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# Cars, students and campus life

**David L. Podos**

*Campus News*

Across the country many colleges prevent freshman students from bringing their personal cars onto campus. This practice has been around for a long time, but, is it time for schools to rethink this policy?

One of the more predominant reasons for this kind of thinking is student parking happens to be a premium on many campuses, thus eliminating freshman from “clogging” up the limited parking spaces makes sense (at least to the school).

For many students heading off to college, it creates a life changing event filled with a mix of anxiety, doubt, excitement and confusion. For those students who are not com-

muters and will be living on campus, the change can be daunting, particularly if the student has moved to a college that is a long distance from his/her hometown. While these emotions are real, the challenges of college life as well as adapting to a whole new community are events that can be looked at as life-enhancing as well.

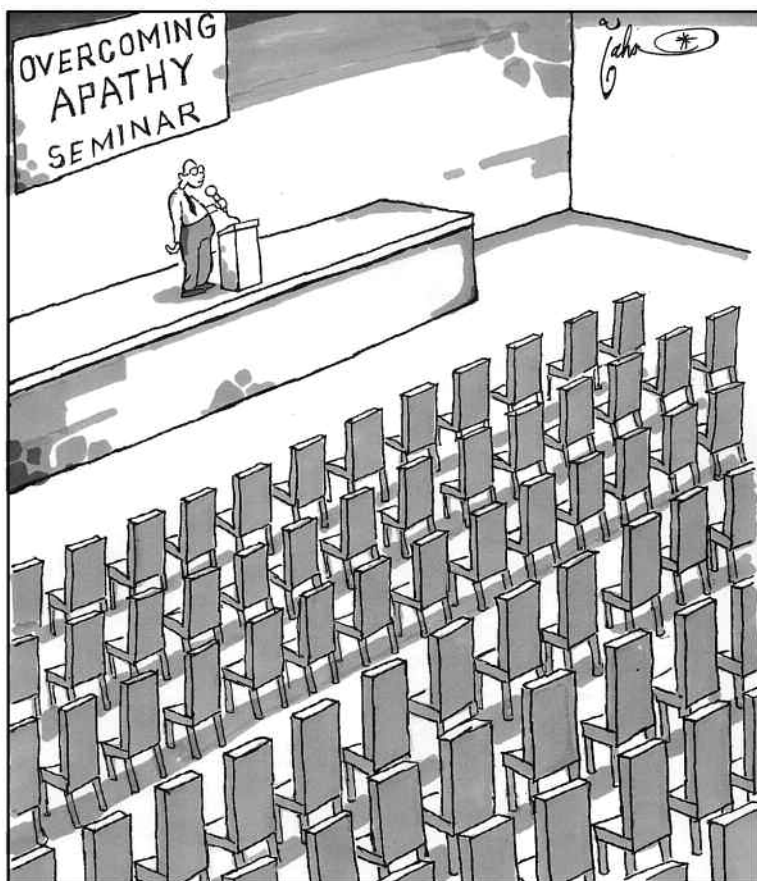
That is a good thing but, for a student who needs to travel off campus for work, or has a need (for whatever reason) to travel back home on a frequent basis,

it can be problematic.

Martha C. White from NBC-NEWS.com says, “Many schools don’t allow first-year students to bring their vehicles on campus — and



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L. Taha



plenty of students say that's fine with them, but for some, the convenience factor of having a car still wins out. Hasham Ali, heading into his sophomore year at California Polytechnic, San Luis Obispo, said in the report that his experience as a freshman convinced him to bring a vehicle this year. “Living without a car made me heavily rely on public transportation and friends to take me to places. That was especially tricky on weekends and holidays, when public transportation runs less frequently and other students are less likely to be around.”

Of course, there are other concerns regarding the restrictions of having a student’s vehicle on campus, and they do make some sense. Many parents for instance are not too keen on having their child “running around” with their own cars in a new and strange place. They look at it as an added liability. “What if my kid gets into an accident, would having their own vehicle promote poor behaviors like partying too much?”

On the academic end the concern is that a freshman has enough to cope with and adjust to; having a car would just add an additional distraction which in turn could affect academic

performance.

It seems for now most schools are holding firmly to this long held policy, so until things change, save your nickels, dimes and

quarters, you will need them for the bus; or if you’re lucky enough to afford it, go in style, call a taxi or an Uber driver!

*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.*





# An Election Day surprise and uncertain future

**Takara Lawrence**  
*Campus News*

When I woke up on November 8th, Election Day, I was ready and prepared for my day. I live on Long Island and I work full-time in retail while simultaneously going to school full-time. I have to travel to the City four times out of the week because I go to school at the Fashion Institute of Technology; so as you can see my days are packed. On this day I made sure to speak with my teacher so I could leave early and make

sure I voted. When I got back to Long Island and went to the establishment where I'm registered to vote, the line was around the corner. I could not believe that around 8:30 p.m. people were still out voting. I casted my vote and headed home. On Monday, the day before voting, I had been having a conversation with my co-workers and we all were talking about who we thought was going to win, and like most people everyone thought Hillary Clinton was going to win with flying colors. I sat there listening to everyone speak and I

zoned out for a bit. I had this sinking feeling that we are all too sure that she was going to win. I expressed this to my co-workers and they all said she had it, all she had to win was the swing states, but I could not shake this feeling. On the night of the election I fell asleep early and I wanted to be surprised when I woke up the next day. I woke up at six in the morning and I checked my phone to see who had won. When I saw that Donald Trump was the President-elect I honestly was not surprised. What surprised me the most was how many states he won. The whole country was bleeding red.

On November 9th, the day just felt off. The air was cold and the streets were silent. It was only Wednesday, where was everyone? I had to go to the store and when I arrived there was no one out shopping. In my mind I was thinking people must really be upset about this election. This was my second time I was able to vote and this was one I will forever remember. I will remember this one because the whole election it felt as though the bigger issues were being missed. I watched all three debates and the only thing I got from it was he said/she said. I wanted to know how each candidate would affect my life, and this question was never answered. It definitely was not answered whenever Donald Trump spoke. His tactics of attacking his opponents, belittling them, and throwing out hate is how he won over some Americans. I do not want to say that we are living in a divided world but from this election it is apparent we are. The most important issues were overlooked because we wanted to prove a point. Our lives are at stake, and instead of caring about that, social media influenced our decisions. We did not do our research and now we have to pay for it. Clinton did not do her research either because she did not spend enough time campaigning in the right states. The states she was projected to win she lost. It was devastating watching young people cry because she lost. Our President-elect Donald Trump was also surprised he

won. He began lawsuits stating the election was rigged, but when he won he took them back. The fact that he would not accept if Clinton won speaks to his character. The fact that the people he is appointing want to take steps back is alarming. We are taking rights away from women when laws were passed in the 70's to protect them. We will be making it harder for people who go to college for liberal arts to get loans for school. We are protesting in the streets because we want to be heard, but nothing is coming from it. I know it may seem as if I'm painting a far-off world, but this is our America. We all interpret it differently, and it's beginning to affect us all.

I do believe that some of us are jumping to conclusions. Fearing the worse and being pessimistic. Some saying they want him to fail but forgetting that the President is our leader. We all love America; we just love it differently. We need to stop letting the media influence our lives. We all need to come together and understand one another. This will be the true way to make a change. More people need to bridge the gap between the divided parties. Use their platforms to start conversations. I want to continue to live in a world where the American dream is reachable. I hope that the transition will be helpful. I hope our President-elect will reach out to our current President and seek guidance when needed. I hope he will remember that we are a country built from diversity. All walks of life reside here, and we do not want to be forgotten. I think the next four years will be interesting, and it will definitely be one of change. I look forward to 2020, and hopefully having another women candidate.

*Takara Lawrence is a recent Marketing grad from Nassau Community College and now attends Fashion Institute of Technology. She hopes to one day*



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# The top 10 gifts you can give on a shoestring

**Shahael Myrthil**  
*Campus News*

It's that stressful time of the year again (including for a college student like me), worrying about how you're going to afford all these gifts that your loved ones want. From your over-priced textbooks, to transportation, to school lunch, having an unlimited supply of cash in your pocket, seems like the best solution to everything. Right? If only that was possible, but since it isn't, I've opted to cut back on my spending these past two months, choosing to pack lunch for school everyday and spending more time at the library and less at the mall and movies.

I can't tell you the amount of times that I've gone to the mall to buy food and walked out with two bags from Forever 21. Resisting the temptations is hard, especially with a huge sign the word SALE in big bold print in front of the store.

After putting myself on a tight budget, with the help of my sister, I've noticed that I've been able to save just \$50 alone on lunch per week. Isn't that something?

So with Christmas just around the corner, I am going to have to think very carefully about what I'm going to buy and for whom. That shopping spree I went on these past few years, where I had no clue what I was looking to buy before stepping into the stores and went home spending hundreds of dollars on random gifts, isn't happening this year.

If there's one thing that I've noticed it's that, when you have a list written of the things you want to buy, you're less likely to splurge on the unnecessary things. Nobody wants to wake up the next day, realizing that the money you spent on a brand new Louis Vuitton bag could've gone towards a bill. Just because you don't have a plethora of cash in your bank account, doesn't mean that you can't impress your loved ones with amazing gifts.

You just need to shop wisely and think of alternatives to something you'd find for \$500. Here's a few tips

for gifting on a college budget.

## 1. Homemade jewelry

If you can't afford to buy a bunch of jewelry for your friends, MAKE SOME! DIY projects are always fun; gather your siblings together and GET IT DONE! It might sound dreadful at first, but after an hour or so, you'll ask yourself why you didn't take up on this hobby sooner! From beaded bracelets, to glass stone earrings, you can really give a gift that you probably wouldn't find in store. Who doesn't like home made gifts?!

You can find all of the necessary supplies at your local Michael's, Walmart, or Joann's store. If you don't have any of these type of stores near you, you can order them online. There's a lot of videos that teach beginners the art of jewelry making!

## 2. Homemade cards

Homemade cards with a heart felt note telling your friend or family member how much you care about them, will never go out of style! Don't think that because you're in college, that you're too old to make cards! If drawing isn't your thing, you can create a beautiful poem or write a favorite memory that you've had with that person. I'm sure that person will love you even more for going that extra mile and creating something from the heart. After all, love can't be bought.

## 3. DIY t-shirts, bags, hats, etc.

Put on your apron and start your magic. You can refer to Youtube videos on how to turn a boring plain t-shirt into a work of art worth being praised! Tie dye kits and fabric markers are the best products to use in this project... If not, Zazzle.com is the perfect website to add your own touch to a t-shirt, hat, bag and more! For those who aren't familiar with this site, Wikipedia noted Zazzle as "an American online marketplace that allows designers and customers to create their own products with independent manufacturers, as well as use images from participating companies." You can add your own picture to it or use their de-

sign given on the website! It's that easy and cheap!

## 4. Sing your way into their hearts!

If you aren't so great with words on paper, why not tell it in a video? Seek out your artistic/tech side that you never thought you had, and record yourself singing a song, telling a couple of jokes, or say anything that you know will leave a smile on your friend for days!

## 5. Purchase their favorite CDs

If singing/rapping isn't your thing, buy your friend a copy of their favorite artist, and have a cute card attached.

## 6. Knit/crochet a scarf, hat, gloves and even a shawl!

Join a local knitting group to get started. Sign up at your local yarn shop.

## 7. Laminated Memory

Is there a memorable event you went to this year with your best friend that was caught on camera? Have that picture laminated, frame it and gift it to him/her!

## 8. Body Mists, Candles, Lotions and More!

Take advantage of the bargains that are going on right now with the extended holiday sales and buy a few body mists, lotions and candles for that favorite person that you can't live without! They'll thank you for it! At Bath and Body Works, they have a deal where you can take away with three of their signature body care products, if you purchase the same. Isn't that a bargain?! If not, then you can purchase three of their travel-sized products for \$12.

## 9. Buy holiday makeup sets!

Companies like Too Faced has



beautiful looking Christmas sets. You can purchase four of their "clutch-size tubes of bestselling Melted Liquified Long Wear Lipstick in original, chocolate and matte formulas," for \$25 and save loads of money vs. what you'd spend if you bought them the lipsticks individually. Those four lip glosses can be gifted to four different people if you wanted! I can't deny how much I love their Grande Hotel Cafe! Leave it to Too Faced to create such cute packages especially around this time of the year! Not sure what makeup set to get? Check out Tati's video "Best Holiday Makeup Gift Sets."

## 10. Spend quality time!

We can always get more money, but time is a priceless gift that we can give to someone we care about. Stepping away from our phones for a few hours to bond with the people with love this season is a gift that cannot be bought in store! Bake a cake, cook some food, whatever you do, make sure that you give him/her your undivided attention and let them know how much you appreciate him/her!

So, the next time you start stressing about not having enough money to purchase everybody gifts, know that meaningful gifts don't necessarily have to be expensive. It's not the price tag that counts, it's the effort behind it that'll resonate with people for months to come!

# A happy ending: How I'd change ENG 101

**Darren Johnson**  
*Campus News*

For a few years, I taught Freshman Composition as an adjunct instructor at a community college. I have degrees in English, and there was a high demand for contingent instructors. Besides, many of the full-time instructors didn't want to teach an entry-level course, especially at the odd hours adjuncts usually teach. Usually, my class was 6 to 9 p.m., sometimes on a Friday night. The campus was tumbleweeds by that time, except for the handful of students and adjuncts and the occasional security guard and janitor. Maybe a night secretary might be manning a Xerox machine. Maybe not.

Not being much of a bar hopper, who otherwise usually would just be holed up watching TV or reading on a Friday night anyway, I was happy to be of service to these end-of-week students, who mostly were worker bees looking to improve their skills during off hours. As for the subject matter, I would actually get eye rolls from fellow faculty when I would declare I *liked* teaching English 101.

But I really did.

I have taught a lot of courses over my lifetime. The ones I have enjoyed the most were ones where I could see a marked improvement in the student work over the 15 weeks. They weren't just reading and regurgitating information for some Scantron test, to be

quickly forgotten by Christmas, but learning actual skills that would serve them well in life.

One such course I used to teach like that was HTML. This course was perfect for the 15-week timeframe. At the beginning, each class I taught knew nothing about such coding. By the end of the semester, they were pumping out professional looking sites, which they created by hand. Their confidence grew, and they seemed quite proud of their progress.

Freshman Composition has a similar flavor. Not that such students come in knowing nothing about writing, but, at the community college level, they usually need to be brought up to speed to become better formal writers.

Through a series of exercises, from easy to creative to critical, freshman writers can build confidence to become college-worthy writers. In my classes, I would have them start by writing a bio on the student sitting next to them – that way, they made a friend; a difficult feat at a commuter college. Then, I'd have them keep journals, based in the Joan Didion essay "On Keeping a Notebook." I'd have them write movie reviews to pick up critical skills, and then have them go to a physical place they'd never been to before to write a descriptive essay, using four senses; these teach one how to expand his or her writing, and to add color.

There were other assignments, but, eventually, the class would end with a research-style paper using MLA

format, as most Freshman Composition classes do.

It was at that point in the semester where I'd feel more like a teacher than a mentor; I'd capably teach them how to write a passable MLA paper, and most did end up doing so, but none of our hearts were in it. The final papers would be handed in last class, and I'd offer to send back the papers to students with my marks via postal mail or email. Very few wanted the papers back.

Their final topics were obligatory: Pro/con on guns, same-sex marriage, abortion, vaccinations, global warming, ADHD, drug legalization, and so on.

Important issues, yes, but I knew and they knew that their papers weren't going to change anything. Other people had written on these topics, more authoritatively and to much larger audiences (the audience in this case was one – me). We mostly were going through the motions of writing clearly, using a time-tested essay structure, and citing correctly.

While it's true that future college classes may require the formal essay in MLA format, and these students do need to learn how to write in that style, it's too bad the class had to end on such an uncreative down note, after all of the previous assignments had inspired creativity and good feeling.

And, in the real world, few writers use MLA format. While it's necessary to know how and when to cite, most serious works outside academia tend



Holiday cookies

to use a quasi-journalistic format. Why don't we teach that, more mainstream style, instead?

Instead, to end on a high note, I'd usually bring in green and red holiday cookies for that last class of the fall semester, or pink and yellow in the spring. We had been in the trenches together for 15 weeks and fought many a battle, ending with a hard-fought victory over the MLA. It was time for good cheer.

But if I'm ever asked to teach Freshman Composition again – and I'd like to – I think I'd move the MLA stuff to the middle. Maybe make it a midterm of sorts. Learn it, respect it – but move on. So that we can end our semester proudly, on a high note. And, yes, there will still be holiday cookies!

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

*Darren Johnson has a Master of Fine Arts in Writing and Literature from Southampton College and currently teaches PR courses, when he isn't running Campus News. Reach him at [darren@cccn.us](mailto:darren@cccn.us).*



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