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CAMPUS NEWS



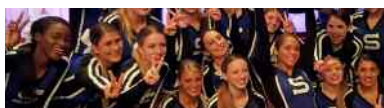
Volume 15, Issue 2 FREE!

Heart of Winter 2017

Free college may happen in NY



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Gianluca Russo
Campus News

College decisions will soon become much easier with Governor Andrew M. Cuomo's proposed free college initiative. Announced in early January at LaGuardia Community College alongside senator Bernie Sanders, the new plan will use federal funds to cover in-state tuition costs for thousands of eligible applicants.

"This society should say, 'We're going to pay for college because you need college to be successful,'" says Gov. Cuomo. "And New York State — New York State is going to do something about it."

To be eligible, students must be accepted to any state or city university or community college in New York. Their families must also make a combined total of \$125,000 a year or less to receive the help. Gov. Cuomo is hoping to start the new plan as early as this upcoming fall. Initially, the in-



Photo courtesy LCC

come limit will be held at \$100,000, eventually raising to \$125,000 within three years.

Gov. Cuomo estimates that the new plan will help around a million New York families with potential college applicants. The New York Times

reports, however, that director of state operations, Jim Malatras, believes that only about 200,000 students will benefit from the free college tuition plan by its three-year rollout in 2019.

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How Trump's travel ban impacts students



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Shahael Myrthil
Campus News

The legacy that Obama left behind will be one to remember forever. It's saddening to some that everything that he's done for the good of the American citizens for the past 8 years will soon be left without a trace, now that Donald Trump is in the White House.

It hasn't even been a month since he was sworn in and al-

ready there have been protests after protests, where people gathered all over the world, condemning the policy changes that he's made. All over social media, people are sharing their regrets for having succumbed to his lies and voting for him. The pledge of having more job opportunities available made him appeal to the working middle class, especially those with blue-collar jobs, working in mines

and factories. They were scared of job losses, but little did they know that the fear of keeping their jobs would've been the least of their problems. Just days into his presidency, rallies broke out after Trump had signed an executive order approving the construction of the Dakota Access and the Keystone XL oil pipelines and had placed a hiring freeze on non-

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Traveling Prof. series

The Nassau Community College Winter 2017 Traveling Professor Lecture Series has something for everyone. Explore the world through this unique and engaging travel series. From Austria to Peru, these diverse speakers from the Nassau Community College faculty will share their fascinating travel experiences and observations with the community:

Traveling the Blue Danube: Hungary, Austria and Germany. Prof. Nicole Simon, Engineering/ Physics/Technology, Wednesday, February 1, 9:30 a.m., College Center Building (CCB), Room 251.

An International Journey in Poetry: Europe, North America and the Middle East, Prof. Barry Fruchter, English, Thursday, February 9, 10:00 a.m., CCB, 254.

Visiting NFL Stadiums: Dallas Cowboys, San Francisco 49ers and the NY Giants, Prof. John Despagna, Accounting and Business Administration, Thursday, February 9, 1:00 p.m., Tower 11th floor.

Cancer Research in England and the Joys of Studying in Europe, Prof. Faiza Shah, Chemistry, Friday, February 10, 11:00 a.m., CCB 251.

The Slovak Republic: Historical Villages and Cities; Natural Beauty, Prof. Alfredo Mellace, Chemistry, Wednesday, February 15, 11:00 a.m., CCB 251.

Afro-Brazilian Culture and Religion, Prof. Chris Schwertman, English, Monday, February 27, 2:00 p.m., CCB 254.

Heading South to the Beautiful Island of Guadeloupe, Prof. Pierre Desroches, Foreign Languages, Tuesday, February 28, 1:00 p.m., CCB 254.

Bakery owners visit CNY

Doug and Jay Leonard, the owners of Bite Bakery and Café in Downtown Utica, will present the lecture “BITE: An Urban Project” as part of the Mohawk Valley Community College Cultural Series at 2 p.m. Tuesday, Feb. 7, in Alumni College Center room 116 on the Utica Campus. The lecture will be repeated at the Rome Campus at 4 p.m. Wednesday, March 1.

The Leonards will discuss the overall process of starting a business, as well as trials and tribulations they encountered along the way. They will incorporate notes about urban renewal and how their business helped revitalize the Franklin Square neighborhood of Utica. Learn more at



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Tickets for all Cultural Series events can be purchased in-person at the MVCC Box Office, Information Technology Building Room 106, from 10 a.m. to 2 p.m. Monday-Friday, and at the Utica

Campus Bookstore and the Rome Campus Student Services Center; online any time at www.mvcc.edu/tickets. The series maintains a major social media presence that can be followed on Facebook at “MVCC Cultural Series.”

Careers in growing industries for grads

Prof. John DeSpagna
Campus News

You are working on your degree and the next step in your path to success is to select a field that you will have a long and prosperous career in. This will require a lot of thought, listening to your intuition and finding something that you have a passion for. To try and get you on the right path, listed below are some growing fields for college graduates. Work hard in your chosen field so you will be noticed and the opportunities will open up for you.

Do you have any interest in the stock market and helping people reach their financial goals? Do you like the challenge of finding new customers and building your own business? This is what the position of a financial consultant is about. You have to profile a client, find out what their needs are and then utilize the appropriate financial investment to help them reach their financial goals. This

is a lot of work to do, at a firm like Merrill Lynch, but it can be very rewarding.

One of the fastest growing fields where there is a shortage of personnel is nursing. You need to have strong academic credentials to enroll in one of these programs, and there are plenty of jobs here. You need a willingness to work hard, long shifts and be able to deal with the various needs of your patients. This is not an easy job as a registered nurse but one that has great rewards.

We are in the midst of a technology revolution with changes happening quickly and in many industries. One of the ways to participate in this is to work as a computer software engineer. There is a high demand for workers in this field to help develop the software for numerous applications. A degree in computer science is the way to develop a foundation in this area along with an internship.

How about developing a website? Organizations need employees to de-



velop the website, maintain it and try to figure out how to get customers onto the website. How do you try and answer the questions a customer has and motivate them to make a purchase on the website? These are all part of what a web developer does. How would you like to create the Facebook page and maintain it for an organization?

Do you have a knack for numbers and like accounting? If you do, becoming an accountant may be a field to think about. Obtain your degree, get some experience and then pass the CPA exam to become a certified public accountant. There is a strong demand for CPAs, and you may want to consider opening your own CPA practice when you have enough experience.

Are you outgoing? Are you not able to sit at a desk all day and need to be out with people? Then a career in sales may be for you. You need to be hard working, aggressive, be able to overcome rejection, find out what the needs of the customer are and have the belief that the product or service that you are offering can help the customer. You need to be persistent and self-motivated to be a success in sales but the rewards can be great.

Some people are good at working with their hands and have an aptitude for mechanics. As we have had advances in technology, the re-

pair of cars has become more complicated, requiring workers with a very strong skill set to repair cars. Understanding computer diagnostics, mechanical and electrical repair can make for a very well rounded and successful mechanic.

Put a lot of thought into what direction you want to go.'

Another field where qualified technicians are needed is in the area of air conditioning and refrigeration mechanics. We have a great need for climate controlled atmospheres in offices, buildings etc. We also need mechanics to fix refrigerators for food and beverages and work on ice machines.

Selecting a career is not an easy decision. Put a lot of thought into what direction you want to go, and hopefully some of the above listed ideas have helped.

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



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8 things I learned from senior citizen cruisers

Kaylee Johnson
Campus News

Over winter break I cruised on the brand new Regal Princess. After having cruised with spring breakers, 40 year old party-goers, and children, I was ready for a change of pace. I never thought I could enjoy cruising with people so much older than me. One night in particular my family and I were sitting in the theater watching a comedy show and the comedian asked different age groups to cheer. He started at 40, and the room remained silent until he got to 60. The majority of the people in the theater were 60-80, and they were the friendliest people I'd ever met. Here is what I learned about elderly cruisers while cruising with them:



They enjoyed meeting new people. On prior ships I was on, millennials would generally not think about engaging in a conversation with a stranger. On this ship, it was totally different; people chose to eat dinner with strangers. I was as shocked as the other four millennials on the ship. While the elderly sat and ate dinner with strangers, they made eye contact, and talked about their experiences.

They danced with each other. Every night in the piazza older couples would dance for hours. I loved watching them twist and twirl in their evening gowns and tuxedos. Then one night it struck me, millennials do not dance with each other. The thought of awkwardly moving back and forth on the dance floor does not seem appealing to my generation, I suppose.

They dressed up for dinner. Almost every cruise ship has "formal nights," but the cruisers on Regal Princess took it to another level.

They dressed in satin gowns, and freshly ironed tuxedos. Their hair was flawless, and it was evident that the ladies put a lot of thought into doing their makeup. I loved this element of the ship, but I must admit my family did look slightly under-dressed standing next to our fellow cruisers. On prior cruises people would eat dinner in corny Hawaiian shirts and flip flops!

They lived in the moment. I loved taking pictures on vacation, and when I arrive home I made scrapbooks. Not once on my vacation did I see a fellow cruiser taking pictures. When they saw something beautiful they captured it with their eyes, not their cameras. I think all millennials could learn something from the elderly couple watching the sunset, without the urge to Snapchat it.

They generally did not drink to get drunk.

On past ships people were falling in the pool by 11 AM. At one point on a prior cruise, they had to close the pool because somebody dropped a martini glass in it. I saw very few people drinking on Regal Princess, and if they were it was social drinking.

They valued relaxation and quality service. I must admit that the service on Regal Princess was impeccable. Every crew member we came across was polite, and welcoming. One of my favorite things on the ship was the "18 and over pool." The pool was never over-crowded, and the sun was always bright.

They had manners. They respected our space, and did not try to steal our lounge chairs. They always held doors open, and pulled out chairs for their spouses as well. I loved watching the happy couples walk hand in hand.

They read for fun. On prior ships people were pathetically playing with their phone, even though it



The cruise port

did not work well in the middle of the ocean. What I noticed on Regal Princess was that cruisers were reading, and that made me so happy. I love to read; I was in my element. It was very refreshing to see people reading a novel or a newspaper instead of staring blankly at a phone.

I was very impressed with Regal Princess; in fact, I found myself relating more with their demographic than the

younger demographics I had experienced on past cruises. Don't automatically shut down the idea of a cruise that caters to an older crowd, you would be surprised how lively the ships can be. No matter what you

'They danced with each other. They always held doors open.'

do for spring break, it will be memorable if you embrace adventure

and live in the moment.

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Black History Month events at MVCC

The Mohawk Valley Community College Cultural Series is hosting several events about the abolitionist movement for Black History Month. Admission to these events is free.

On Wednesday, Feb. 15, a traveling exhibit from the National Abolition Hall of Fame and Museum will open with a reception at 6:30 p.m. in the lobby of the Information Technology Building on the Utica Campus. The National Abolition Hall of Fame and Museum, located in Peterboro, honors antislavery abolitionists and their work to end slavery, as well as the legacy of that struggle. It also strives to complete the second and ongoing abolition – the moral conviction to end racism. The traveling exhibit consists of panels that will be set up in the lobby through Feb. 28 to educate visitors on the important people and events of the abolitionist movement. The exhibit opening will

be followed by a screening of the Netflix Original Documentary “13th” in Schafer Theater. The groundbreaking film traces the line from slavery to mass incarceration in the United States, and raises the question of whether criminal justice reform is the new abolitionist movement.

Writer and activist Deirdre Sinnott will present the lecture “Utica: Hotbed of Abolition 1833-1836” at 6 p.m. Monday, Feb. 27, in room 119 of the Plumley Complex on the Rome Campus. Sinnott will talk about Utica’s role at the center of the fight to abolish slavery, including four seminal events that highlight the differences between the American Colonization Society and the Anti-Slavery Society, such as the 1835 Utica Riot and the 1836 rescue of two fugitives from slavery. She will present the lecture on the Utica



Campus at 2 p.m. Tuesday, Feb. 28, in Alumni College Center room 116 at the Utica Campus.

The Cultural Series is brought to you by MVCC’s Cultural Events Council, in collaboration with MVCC’s Program Board, with signif-

icant support from the Student Activity Fee. The series maintains a major social media presence that can be followed on Facebook at “MVCC Cultural Series.” For the complete series lineup and ticket sales, visit www.mvcc.edu/culture.



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Your GPA is more than just a statistic

Daiki Yoshioka
Campus News

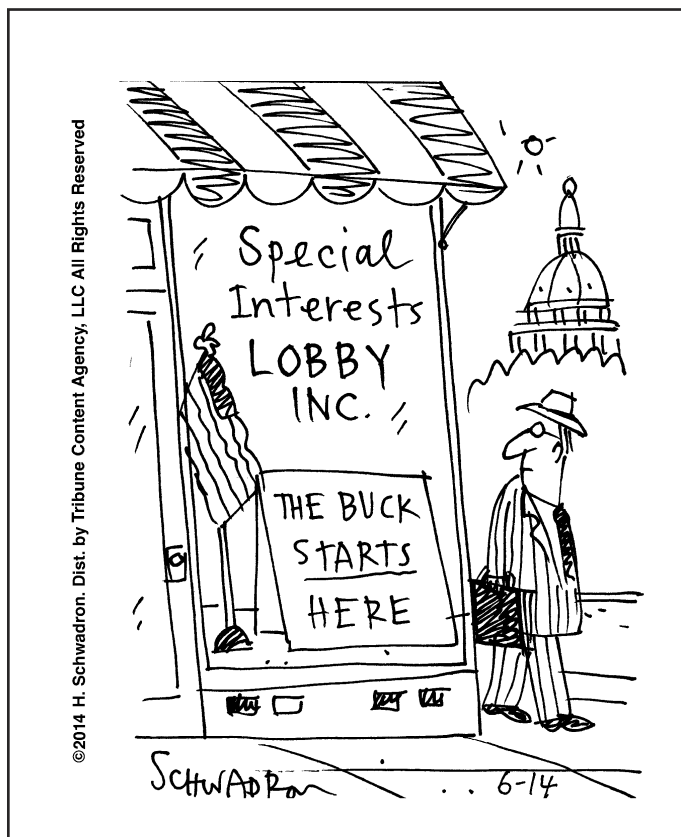
It torments a majority of college students worldwide – Grade Point Average, a.k.a. GPA. As a refresher, here is a dictionary definition from Oxford English Dictionary: “The average of all grades awarded expressed numerically as an indication of academic achievement.” As it implies, GPA is a yardstick that measures students’ academic success in school. Usually, GPA ranges from 0 to 4, so students who constantly get a GPA near 4.0 can be said to be extremely successful in their academic life at schools.

Although GPA might look insignificant since it is a mere numeric record on your school report, it is actually more than the number. For transfer students, GPA does really matter since GPA plays a significant role in the application process, vividly showing how well students academically performed in a former college. In some occupational fields, such as professors and businessmen, GPA accounts for high income. Maintaining a high GPA is beneficial not just because it shows how “intelligent” you are, but it also shows your flexibility and time management skills.

Benefits of High GPA

For community college students who are thinking of transferring to 4-year universities, GPA

9 to 5 by Harley Schwadron



DOES matter significantly. If you are ambitious – or have certain dream schools that you really want to attend but they are competitive, maintaining a high GPA comes to play an important role. For instance, according to the official website of Columbia College, “the potential transfers are expected to have a minimum of GPA of 3.5 overall.” Also, according to USNews, 77% of national colleges offers merit-based scholarship to transfer students. To be qualified for applying for a merit-based scholarship, it is significant that you keep your GPA as high as possible. To briefly sum up, high GPA does not merely suggest that students are actually successful in their colleges, but also indicates that students have opportunities.

Relationships Between GPA and Future Income

While there have still been debates about the correlation between high GPA and income, some evidence shows successful teachers and businessmen had high GPAs in college. GPA is not a definite indicator to predict individuals’ future success, but recent research in investment banking reveals that low GPA actually hinders one’s potential earning in the field of business. An analyst who has worked for three years and had GPA of 2.8 in college typically earns approximately \$65,000 while those who had GPA ranging from 2.9 to 3.1 earn \$77,700. An analyst who had GPA of 3.8 to 4.0, a typical straight ‘A’ student, makes an average income of \$115,700 annually. Therefore, if you are considering becoming a teacher or an office worker, GPA is crucial.

GPA and Professional Studies

For those of you who are not thinking of becoming either a teacher or an office worker, you might chuckle, “Oh, so I don’t need to get high GPA.” Well, although high GPA might not be helpful to acquire special artisan skills, it would definitely boost your productivity. Since juggling a number of different assignments and tests in different classes simultaneously requires time management skills and flexibility, striving to get or maintain high GPA allows you to complete whatever tasks efficiently. In other word, skills required to obtain a high GPA are also applicable to any kind of profession.

Having read these, you might wonder, “So, how can I improve my GPA?” Well, here are some tips from me, who has managed to maintain 4.0 GPA for three consec-

utive semesters at my present and former colleges.

Use Office Hours Effectively

Usually, most professors have office hours where students can directly discuss whatever concerns with their professors. If you are taking some courses that you are not confident with, you may have to consider going to your professors’ offices frequently to make sure you’re on a right track. A professor is the greatest resource available for students, being able to share ample knowledge about whatever topics that might widen your perspectives and interests.

If your college has free tutoring services, you may have to consider going there periodically to ensure your success in a field that you’re not good at. Since tutoring is usually done by students who have taken the course before and got fairly good grades in the class, you can possibly ask for a few tips for the class that you are anxious about.

‘Start studying for the test from Day 1. Find a study mate.’

Start Studying for the Tests From Day 1

This is the tip that I actually adapted and it worked out really well. Instead of procrastinating reviewing materials until the study guide comes out, constantly reviewing materials is significant. Finding a “study mate” and studying the same materials would also be a great help.

Get Sleep at Least 6 Hours

A study at Kebangsaan University in Malaysia suggests that sleep deprivation (here, it is defined as sleep less than 6 hours) significantly lowers your productivity and GPA. Staying up at midnight and tackling assignments before the due date are absolutely risky. Going to bed early and taking ample rest is always recommended.

GPA vividly reflects if you are doing well academically at the college where you’re currently enrolled. Even if your average GPA is ultra low right now, you still have chances to make it higher. For all the college students, GPA DOES matter and every school has a variety of services available for students to help them succeed. Take advantage of these; GPA might sound daunting for some of you, but it would broaden your future possibilities.

How online ed can solve retention issues

Satesh Bidaisee
Special to Campus News

The recent growth of online education has been astounding. Last year, 35 million people signed up for at least one online class. That's more than double the previous year's enrollment.

The popularity of online learning is easy to understand. Today, students have access to well over 4,000 courses in a wide array of subjects, from chemistry to philosophy to graphic design. They participate at a time and place that suits their schedule. Many courses are free.

There is, however, a serious problem currently keeping online education from reaching its full potential -- low retention rates. About 90 percent of enrollees in "MOOCs" -- short

for "Massive Open Online Courses," which have unlimited registration and are the most popular online education product -- drop out within two weeks.

The key to solving this problem? Making MOOCs more interactive. While MOOCs can never perfectly replicate the in-person back-and-forth of traditional brick-and-mortar schools, they can capitalize on modern technologies that empower students to more intimately engage with the material, their instructors, and their peers.

It's no surprise that so few online learners finish. Few MOOC platforms include features that allow students to collaborate or ask questions in real time. Students are often expected to just click play on a lecture video, sit back, and passively learn.

They're stuck studying alone, with

no sense of belonging to a broader community. If they find a lesson especially challenging, there's no one to boost their morale or guide them over the hump. It's easy to lose motivation.

Meanwhile, interactivity is the rule at traditional schools. Students can raise their hands in class and interrupt their teachers to ask questions. They can go to a professor's office hours for further clarification. They join study groups and mentorship programs.

And all the extracurricular activities integral to college life -- clubs and sororities and sports teams -- further strengthen students' social networks to keep them motivated and working.

MOOCs can replicate those connections by incorporating interactive tools that let students share notes, ask questions, and cheer each other on.

A new study from Penn State suggests that social media sites should be a prominent part of the MOOC toolkit. Researchers analyzed data from Facebook and Coursera, a popular MOOC provider. They found that students greatly preferred traditional social media channels to Coursera's built-in message boards. Less than 10 percent of Coursera students used its boards, while nearly 30 percent of students were active on Facebook groups set up for specific classes. Researchers noted that the use of real names on the social site gave students "a sense of community."

Some of the highest MOOC

retention rates can be found at institutions that have invested in interactive technologies.

Harvard University, for instance, set up small virtual discussion groups supervised by a Harvard Law teaching fellow for an online course on copy-

'Social media sites should be a part of the MOOC toolkit.'

right law. Out of 500 enrollees, about half took the final exam -- a completion rate that's well above the norm.

Likewise, St. George's University, where I teach, has incorporated live sessions and student-led seminars into one of its public-health courses. Completion rates have jumped to five times that of the average MOOC.

Online learning is transforming lives all over the world. But too many students don't finish what they've started. MOOC providers need to create more engaging, interactive experiences. That's the best way to boost completion rates -- and ensure that students take full advantage of this revolutionary new way to learn.

Satesh Bidaisee is an Associate Professor of Public Health and Preventive Medicine and Assistant Dean for Graduate Studies at St. George's University, Grenada.





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In the community

Feed Our Vets

Last month, Mohawk Valley Community College faculty and staff raised \$1,550 in a basket raffle and chose the Feed Our Vets food pantry in Utica as the recipient of the proceeds.

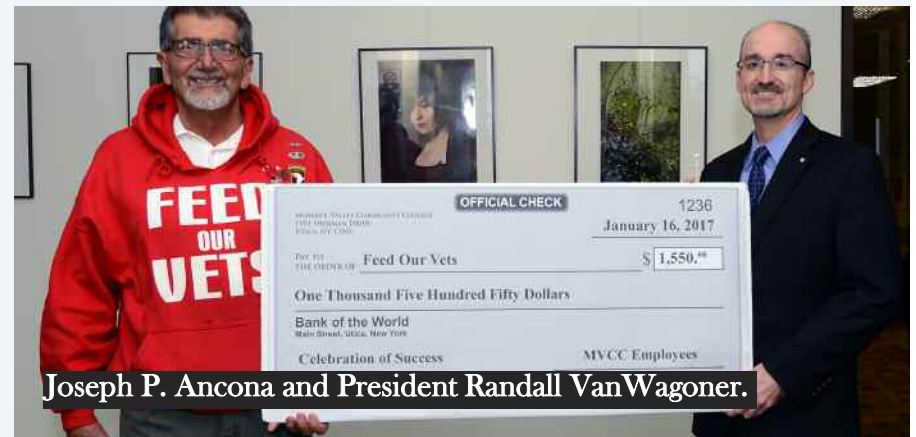
On Monday, Jan. 16, Joseph Ancona, director of the Feed Our Vets Utica Pantry, accepted the ceremonial check from MVCC President Randall VanWagoner. The donation will help Feed Our Vets fulfill its mission of helping U.S. veterans and their families win the fight against hunger. The organization involves the public in its cause through community food pantries that provide regular, free food to veterans and their families; distribution of related goods and services; and through public education and outreach.

The Utica Pantry is located on Genesee Street in Downtown Utica, and is open Wednesdays from 3 to 6 p.m., and the third Saturday of each month from 8 to 11 a.m.

LCC Gets Grant

The LaGuardia Community College Foundation has received \$225,000 from the Robert David Lion Gardiner Foundation to fund the Robert Gardiner–Joseph Shenker Scholars Program, named in honor of the late Robert David Lion Gardiner, a former Wall Street executive and heir to Long Island’s Gardiner’s Island and the late Joseph Shenker, the first president of LaGuardia Community College.

Each year over the next three years, a new group of Gardiner–Shenker student scholars will develop



Joseph P. Ancona and President Randall VanWagoner.

research projects that illuminate the history of the NYC metropolitan area—focusing on a theme, such as infrastructure, immigration, or housing. Faculty and staff at the LaGuardia and Wagner Archives will guide the students through their work. The Archives, a repository for NYC’s social and political history, is regularly accessed by scholars, journalists, and policy makers; it is housed on the LaGuardia Community College campus.

“We’re proud to have the La-

Guardia and Wagner Archives on our campus,” said LaGuardia President Gail O. Mellow. “Its presence reflects our faculty’s dedication to scholarly work—work that is normally assumed only to occur at four-year colleges and graduate centers. Giving a select group of students the opportunity to work with our Archives faculty, and to conduct original research for a public audience, will be incredibly valuable for these students as they begin their careers.”

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Valentine's Day gift ideas, big and small

Laura LaVacca
Campus News

February 14th. A controversial day that some lovingly refer to as Valentine's Day while others sarcastically (okay, maybe seriously) call Singles' Awareness Day. No matter your feelings about the holiday, Valentine's Day spending is expected to hit \$19.7 billion this year.

Part of the angst can stem from what to get that new boyfriend or girlfriend whom you've only been dating for a short period of time.

"Something they like books, clothes, even dinner," Christine Moise, Adelphi freshman, offers.

In addition to the typical flowers, stuffed animals and candy, Briana Corredor, 18, suggests a saccharine alternative, "A sweet serenade."

Long-term relationships can bump gift giving to the next level with jewelry or electronics.

Adding to the anxiety of what to get, is the anxiety of how much to spend. Most college students seem to agree that a range of \$50 - 150 is appropriate depending on the level of commitment. Friends and family gifts drop down significantly to about the \$10- 20 range. These include small gifts like goody bags or chocolate bars.

Adelphi University freshman Kerri Hayman advises to have a little fun and not take the holiday so seriously, "Gag gifts! Who doesn't like to have a little fun? Give a friend a good laugh."

Aside from tangible presents, excursions are a nice way to enjoy each other's company and not buy a gift for the sake of it. From dinner to a hike in the park, gifts of experiences are unconventional. One such out-of-the-box experience comes from the fast food chain, White Castle. Instead of pulling through the drive through, the restaurant offers table service this one night of the year --for the 26th year in a row. Tables are adorned with red table clothes, flowers and candles. Reservations are recommended.

A burger not your date's idea of Valentine's Day? Head to Romance Under the Stars at the American Museum of Natural History's Rose Center for Earth and Space. The night begins among the stars while a jazz quartet hums in the background. Then move on to the Hayden Planetarium while an astronomer shares mythological love stories.

Frugality your middle name? Try a home-

made gift or an up-cycled take on a classic.

Freshman Taylor Romanelli agrees, "I kind of love receiving homemade gifts. It shows that that person really cared enough to put in time and effort to make something for me. I wouldn't mind making a present for someone else because it's a lot more personal and meaningful,"

"Something homemade is much more personal and comes from the heart," student Danielle Caprio continues, "like

a deck of cards with 52 reasons why I love you."

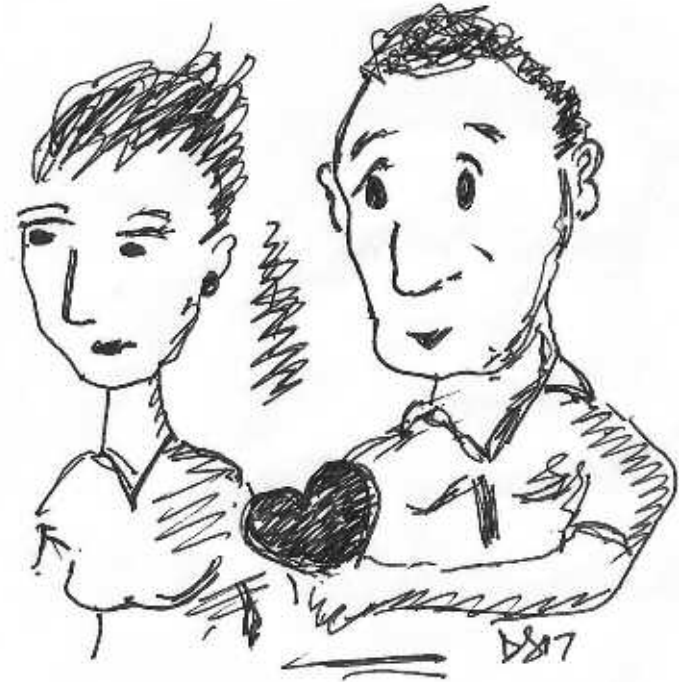
Caprio is referring to the "love-deck" of cards DIY that is floating around Pinterest. Head to the website for other how-tos.

Not feeling crafty but want that homemade look? Etsy is home to hundreds of homemade creations from personalized picture frames to custom-made. Companies like Eco-flowers make flowers from recycled materials that don't require water and don't die after just a few days. Their website explains that they create wood flowers, paper flowers, corn husk flowers, brooch wedding bouquets, pine cone flowers, and many other materials that are great for the planet. An economical take on a classic.

Completely strapped for cash? Keep it simple, Elizabeth Meneses, 18, notes, that "a hug" goes a long way.

Just won the lotto? "A house," Roy M., Adelphi freshman, deadpans.

"I feel that as long as you make an effort and put thought into the gift, any unselfish human being would appreciate it. There is no need to spend hundreds of dollars in order to show someone



you care about them," notes Gabriela Bernabe, 20, a student from Staten Island, NY.

We couldn't have said it any better ourselves...even if it's not a house.

Excursions are a nice way to enjoy each other's company.

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From special ed to college ed, my story

Samir Thomas
Campus News

EDITOR'S NOTE: *The following is an excerpt from a longer piece the author is writing.*

Somewhere along the line, between the ages of 4 and 5 years old, both my brother and I ate lead paint chips, and became disabled with lead poisoning. My mom wanted a better life for us, so she moved us from the Bronx, N.Y., to Orange County, N.Y., to give us a better lifestyle.

As a little kid, I was embarrassed to go to school, until I grew up to know what special ed. was all about. This article focuses on what it is like going from High School Special Ed. to College. There are a lot of fears, unknowns, and uncertainties any one in special ed. would have entering college, namely, "Will they find out about me?" and "What will they do?" - they being the other college students.

The thought of going to college was simply something that didn't apply to me and my friends, because no one at school had ever seriously talked to us about college. Sure, we were asked what we wanted to do after high school; we saw the posters on the wall, and attended some of the visiting College Workshops; however, beyond that, all of our days in school were spent focused on not having passed an exam, not finishing a class assignment or homework, or simply "tuning out in class" after being laughed at or teased by one of our classmates, and sadly, at times, some of our teachers and teacher's aides, as well, for not understanding our work while we were in class. Our days were simply filled with just getting a passing grade of sixty-five or seventy and moving on to the next class.

Don't get me wrong, we'd had some wonderful times in high school and some great teachers (Mr. Moore, Mr. La Rosa, Mr. Chugranis, Mr. Bundor, Mr. Disbrow, Mr. Roraback, Mr. Wilson, Ms. Hughes, Mrs. Caldera, "Thanks to all of you for tak-

ing the extra time necessary to help me study, understand, and succeed in my coursework"), Mrs. Ramirez (lunch lady smile), guidance counselors (Ms. Kudan, Ms. Roman, "Thanks for helping me understand how to succeed in high school."), and principals (Mr. Rodriguez, Mr. Woody, "Thanks for teaching me how to graduate"); we did learn a lot - just there was just no image of a special ed. student succeeding at, or going to college. We had no hero, no one of our own tribe to look up to. That's what I hope to change writing this article and my book about my life.

Thinking about going to college made me extremely nervous. I didn't believe I would understand what my teachers, a.k.a. professors, said, or the classwork. I had a fear of the big words they would use or not knowing where to go for help. I also thought everyone in the classroom would be "smarter" than me and I would "standout" as if I had a big "Special Ed." sign on my forehead, like I did in high school.

One of my main concerns was not being able to answer the "adult" questions from the people who work at the various offices at the college. For special ed. students, we very rarely answer any questions about the "paperwork" concerning ourselves, without our parents or some other adult responding and signing the paperwork for us; and believe me, we wouldn't have it any other way. I knew most of the time I really didn't understand what was going on or the outcome of the many IEP meetings (Individual Education Plan) I had in high school and would ask my mom "what happened?" at the meeting when we got home.

I also had a great fear of seeing some of the kids from high school at the college who knew I was in special ed. and how they would react to seeing me at the college. For most kids,

getting up in the morning means going to school; for special ed. kids, getting up in the morning means, "going to Special Ed." I knew the kids at high school could be cruel at times, going so far as to take videos of the special ed. students to laugh about on Facebook and YouTube; I didn't want that to happen to me or anyone else, and I was afraid it would. I wondered if there were "special ed. classes for college students" and if those "special ed. classes were located in some out of the way place in the college basement or a converted broom closet." These are all some of the very real fears, unknowns, and uncertainties special ed. students face whenever someone mentions "going to college" and many of us decide at that moment "college is not for us." However, I can tell you,

**'I thought I would
"stand out" like I did in
high school, with a big
Special Ed. sign on me.'**

having taken that step to apply and be accepted into college, most of those fears can be solved by contacting the college you are interested in attending and speaking to someone in the Office of Students with Disabilities AND to search for other programs on your colleges website that help students with disabilities AND speak with an admissions counselor.

Attending a freshman orientation is also an excellent way overcome many unknowns and uncertainties because the Office of Students with Disabilities and any other programs the college offers for students with disabilities will be present or information about these programs and services will be presented or given to everyone in attendance. Your attendance in these programs and services are totally confidential. Only your counselor, other students with disabilities (for group

events), and yourself would know you are part of the program.

The TRIO program at community colleges offers the following services: adjusting to college, course selection and enrollment, freshman mandatory advising, searching student databases, study skills, time management, campus resources, information on financial aid and literacy, information on careers and majors, resume writing, graduate school planning, plus many more. My TRIO counselor is absolutely awesome; her name is Melissa Barczak; she is my success advisor.

I also had an awesome admissions counselor, Joanne Penzato, who corrected many of the uncertainties I had filing out the enormous amounts of "enrollment paperwork" and helped guide me through the enrollment process.

Most importantly, my financial aid counselors were awesome. Rosemary L. Barrett and Judith Cunningham helped to make sure everything was in on time and I received the financial aid I needed to pay for my classes.

Special thanks to the admission committee for allowing me to attend Orange County Community College.

I'm happy to say, entering college for the first time, as an admitted student, with my college ID, was very exciting!

If you have any questions, need additional information, or help searching for answers, please feel free to contact me via email at samirthomaswriter@gmail.com.

Thanks MOM, for never being ashamed of me; you are the best mom in the world. You are AWESOME!

Thanks, Darius, for graduating high school first. You inspired me. They said we couldn't graduate, yet we did!

Thanks to my mentor for teaching me, and helping me, write this article and my book.

Free SUNY/CUNY college (cont. from cover)

SUNY Chairman H. Carl McCall commented on the Gov. Cuomo's plan, saying, "Governor Cuomo's Excelsior Scholarship Program takes college affordability to a dramatic new level. This plan positions New York State as the first in the nation to not only provide free tuition for students from low- and- middle-income families pursuing two- and- four-year degrees, but to also go a step further, incentivizing full-time enrollment and college completion - both of which are proven game changers in students' success."

Chancellor Nancy L. Zimpher adds: "This is what college affordability is all about. Governor Cuomo's plan will ensure true success for our students while also protecting the state's investment in public higher education. SUNY strongly supports the Excelsior Scholarship Program and we will be making it a top priority in the upcoming budget session."

New York will be the first state implementing a free college tuition plan for both four year universities and community colleges, whereas Tennessee and Oregon have plans covering only community college costs. Some, however, are concerned with how much Gov. Cuomo's plan will cost the state. While no definite

cost has been announced, the administration has estimated that the plan will cost somewhere near \$163 million. This number largely depends on the number of eligible students who participate.

Others are concerned that the costs of college tuition will increase

'The plan punishes private colleges that increase tuition by more than \$500.'

as more students are able to attend for free, leaving non-eligible students with a higher after graduation

debt. Private colleges are concerned that the new plan and budget will decrease their admission numbers. The budget proposes that state funding be taken away from private colleges that increase tuition by more than \$500 yearly.

However, the SUNY Student Assembly is standing firm with Cuomo's new plan, saying that it will benefit a tremendous number of students. "Millions of SUNY students have realized the potential of a college degree and have gone on to earn more money, live longer, lead healthier lives, and achieve more fulfilling careers," says President and Trustee Marc J. Cohen. "It is incredibly exciting to hear the Governor's plans to make the SUNY promise of opportunity one afforded to all New Yorkers regardless of their zip code or their bank statement. The Excelsior Scholarship is an important facet

of this march toward greater access, and we hope for its success.

While optimistic and supportive of any form of college affordability, we realize that there are many important logistics yet to be determined, and we eagerly await those



details. Ensuring that the program is both inclusive and comprehensive is paramount."

Prof. for a day

Kristin Tisdale, Branch Manager of the Roosevelt Field Nordstrom store, joined Nassau Community College marketing students for a recent "Guest Professor" lecture. She is joined by Prof. Jack Mandel and NCC alumnus Drew, who now works for the organization. Her energetic talk focused on the

Nordstrom culture and future trends in retailing and marketing. She is shown receiving her "Professor for a Day" certificate.



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Trump's travel ban affects students (cont.)

military federal workers. Of all the new policy changes he's implemented so far, the worst one yet has to be the ban that he's imposed on Muslim immigrants, prohibiting them from entering into the U.S. The reason being is that he wants to make America safe and keep the Islamic terrorists out, who are from what he considers as the "terror-prone" countries: Iraq, Syria, Iran, Libya, Somalia, Sudan and Yemen. This order will have an impact on approximately 134 million people, according to the 2013 World Bank census data.

In response to this ban, a huge rally had taken place outside of JFK Airport on January 28, 2017, where people were heard chanting "Let them in, let them in," when it became apparent that Trump's new ruling had put been in effect. There

were reports of people being deported and others were detained and forced to spend the night in the U.S. Customs and Border Protection custody.

According to USA Today, DHS revealed that "its agents had stopped 109 foreigners at U.S. airports based on Trump's order and prevented another 173 people from boarding U.S.-bound flights." This number will surely grow as the days go by.

For college students of Muslim descent, who are studying in the U.S. on green cards and visas, this scares them, knowing that if they travel to see their families in their native countries, they might not be able to come back. So everything that they've worked for, in trying to escape their hardships and get a better life for them, undergoing years of schooling, can all be thrown away in

a matter of seconds.

One Iranian student named Nasiri stated, "Mentally, it's really tough. ... You realize your family can't come. You have no options. You're stuck, and if you have to leave the country, all that you've gone through for all of these years is for nothing."

One of his fellow classmates mentioned that he "had really high hopes about the country, and now that has changed."

Nasiri expressed how much he loves this country, but he unfortunately does not see a reason for him to keep living in this country. He wants to move to Australia.

BuzzFeed reported that American colleges have been warning their students not to leave the country.

"The dean of faculty at Princeton University 'strongly advised' international students covered under the ban to delay their travel out of the United States, and to seek out lawyers, if they had to leave the country."

SUNY

Board Chairman H. Carl McCall and Chancellor Nancy L. Zimpher released a statement on their website on January 29, 2017, stating: "As always, our commitments to diversity, equity, and inclusion are unwavering. Our founding principles and support for undocumented students, restated by the SUNY Board of Trustees at its meeting last week, continue to guide our actions as we review and react to new federal mandates with regard to immigration."

Out of the 22,140 international students enrolled in the SUNY



schools, 320 of them are from the seven countries affected by the current ban on travel. They informed us that as of right now, "SUNY is reviewing President Trump's Executive Order and is surveying its campuses to determine the impact it may have on our students, faculty, and staff both abroad and at home on our 64 college and university campuses.

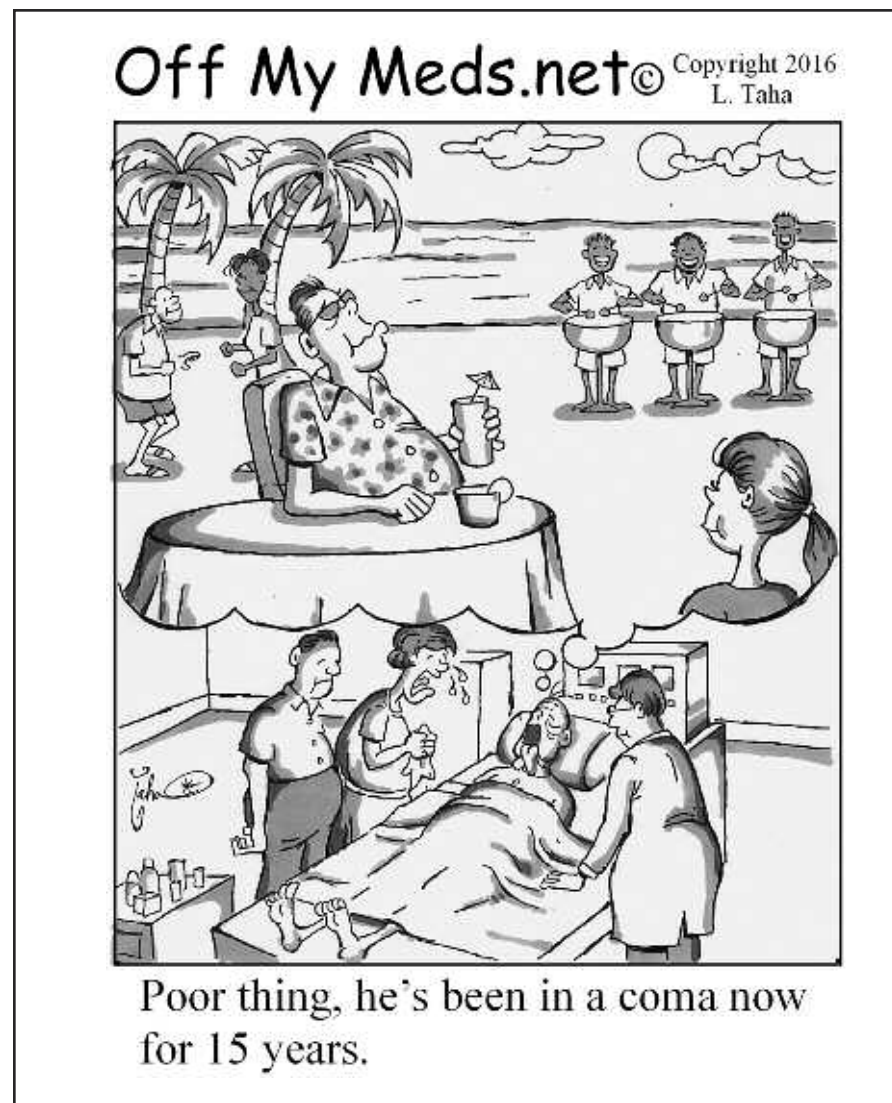
"SUNY leadership and university police will do all we can, within the law, to support any students, faculty,

and staff affected by the Executive Order. In the meantime, we recommend suspending travel plans to the countries included, and

urge individuals affected to keep in contact with their campus Office of International Student and Scholar Services," McCall and Zimpher said.

For those seeking more information on this matter, or any helpful resources, can refer to their website (www.suny.edu/immigration).

'Muslim students fear if they go abroad, they won't be allowed back.'





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The end of the world with a positive spin

Darren Johnson
Campus News

I'd watched the two-season series "Jericho" on Netflix last year and been meaning to write about it. It's still on the streaming service.

Maybe I hadn't taken the time to write about it until now because it's a good series, but, compared to all of the end-of-the-world dramas and movies out now, it's not a great series.

But, at only 29 episodes of about 43 minutes each, you could definitely marathon watch this in a short amount of time. What reminded me to finally review this series was seeing Lennie James on a recent episode of "The Walking Dead." He is a key player in "Jericho."

"The Walking Dead" is obvi-



ously much better and has a much bigger budget than "Jericho" did - because "Jericho" wasn't doing well in the ratings when it ran in 2006-08, the episodes vary widely and season 2 diverges a good deal from the first

season. Season 2 delves more into geopolitics and conspiracy theories.

But "Jericho," which did run on CBS, was merely ahead of its time, entering the post-apocalyptic genre a bit too soon. As I'd written about in a previous column, such works tend to do better when the overall economy is worse - like now.

The basic premise is that several nuclear bombs are detonated in the USA. Jericho is a Midwestern town between some major cities that were hit. It loses power, so the people in the town have little clue what is happening in the outside world. Some of the domestic terrorists also filter in and out of the town. But what makes "Jericho" different is that most of the people are relatively good and try to help each other out. Some people are clearly opportunists and profiteers, but, overall, most of the characters mean well.

This is a different take than practically every other work in this genre. In "The Walking Dead," other clans of humans are more dangerous than the zombies. In "Falling Skies," some bands of humans sell kids to the aliens. In "The Road," most humans have become cannibals. The prevailing theme is,



once government collapses, most people revert to some primitive state. But not in "Jericho." The local cops continue to try to keep order and people tend to look out for each other. There are some evil outside forces, though, and the question remains, how long can the little town hang on?

Where Jericho seems weakest is with its main character, Jake Green, played by Skeet Ulrich, the prodigal son of Jericho's mayor. He never seems deep or developed enough to turn this into a landmark series. We never feel his angst. I guess he is more the type of actor one would see on a major network like CBS; someone who looks good on a poster. Nevertheless, "Jericho" is worth the watch if this type of popular, end-of-the-world genre has piqued your interest. Add a point if you like conspiracy theories.

February Picks

Glancing at what's coming this month (see chart on the following page), this reviewer would suggest you take a look at 1999's "The Blair Witch Project." Shot on Hi-8 tape by a bunch of young amateurs on a tiny budget (\$60,000), it made a

fortune and changed filmmaking. Now, lots of newbies attempt making mainstream films with tiny budgets, but back then such success was unheard of. The movie is not very good, in my opinion, though has a great Rotten Tomatoes score, and it did make history - and \$250M!

For kids (and the young at heart), you can't go wrong with "Disney's Finding Dory," which is very fresh, having just been in theaters this past fall. "Babe" and its sequel, "Pig in the City," from the 1990s, may have hit before your time, but are ultra-cute and hold up well. I wish "The Lion, the Witch & the Wardrobe," from 2005, were better. I really loved those books as a kid.

Netflix seems to have changed its strategy a bit in recent months. They upped their fee to \$10 a month and have more original content. However, I watch very little of it. I just don't have time to wade through their too-long series. They require too much of an investment. Maybe the marathon-watching trend will end.

Give me a good 87-minute movie any day!

Started seven years ago, "It's New to You!" was the first column to discover hidden gems on Netflix and other services. Read more reviews at www.Nu2u.info.

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February's new releases on Netflix

Avail. 2/1/17

Ashley Madison: Sex, Lies, and Cyber Attacks (2016)
Babe (1995)
Babe: Pig in the City (1998)
Balto (1995)
Balto 2: Wolf Quest (2001)
Balto 3: Wings of Change (2004)
Contact (1997)
Corpse Bride (2005)
Disney's Finding Dory (2016)
Eleven P.M. (1928)
From This Day Forward: A Trans Love Story (2016)
Gun Runners (2015)
Hell-Bound Train (1930)
Highly Strung (2015)
Hot Biskits (1931)
I Am Sun Mu (2016)
Invincible (2006)
Les beaux malaises: Season 1-4 (2014)
Magic Mike (2012)
Masha's Spooky Stories: Season 1 (2012)
Mother with a Gun (2016)
Paris Is Burning (1990)
Project X (1987)
Silver Streak (1976)
The Blair Witch Project (1999)

The Chronicles of Narnia: The Lion, the Witch & the Wardrobe (2005)
The Five Heartbeats (1995)
The Furchester Hotel: Season 1-2 (2014)
The Girl from Chicago (1932)
The Longest Day (1962)
The Nightmare Before Christmas (1993)
Twilight (2008)
Women in Gold

Avail. 2/2/17

American Crime Story: The People v. O.J. Simpson (2016)
Frequency: Season 1

Avail. 2/3/17

*Daniel Sosa: Sosafado**
*Imperial Dreams**
*Santa Clarita Diet**

Avail. 2/4/17

Superbad (2007)

Avail. 2/5/17

Elvira I Will Give You My Life but I'm Using It (2014)
Los herederos (2015)

Avail. 2/6/17

Girls Lost (2015)
Me, Myself and Her (2015)

Avail. 2/7/17

*Michael Bolton's Big, Sexy Valentine's Day Special**

Avail. 2/8/17

Tiempos Felices (2014)
Girl Asleep (2015)

Avail. 2/10/17

Abstract: The Art of Design
*David Brent: Life on the Road**

Avail. 2/11/17

Crazy Ex-Girlfriend: Season 2 (2016)
*Stronger Than The World**

Avail. 2/12/17

Clouds of Sils Maria (2014)

Avail. 2/13/17

Code: Debugging the Gender Gap

(2016)

Magicians: Life in the Impossible (2016)

Avail. 2/14/17

*Girlfriend's Day**
*Katherine Ryan: In Trouble**
King Cobra (2016)
*Project Mc 2: Part 4**
White Nights

Avail. 2/15/17

Aram, Aram (2015)
Before I Go to Sleep (2014)
Fire Song (2015)



Avail. 2/16/17

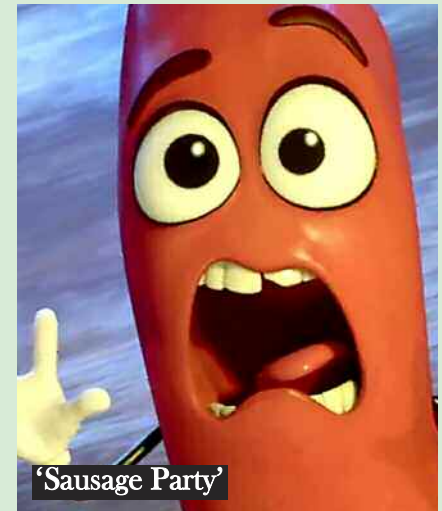
Milk (2008)
Sundown (2016)

Avail. 2/17/17

*Chef's Table: Season 3**
*DreamWorks Dragons: Race to the Edge: Season 4**
Kill Ratio (2016)
*The Seven Deadly Sins: Season 2**

Avail. 2/19/17

Girl Meets World: Season 3 (2016)
Growing Up Wild (2016)
Tini: El Gran Cambio De Violeta (2016)



'Sausage Party'

When Calls the Heart: Season 3 (2016)

Avail. 2/23/17

Sausage Party (2016)

Avail. 2/24/17

*I Don't Feel At Home In This World Anymore**
*Legend Quest: Season 1**
*Ultimate Beastmaster**
*Ultimate Beastmaster Mexico**
*VeggieTales in the City: Season 1**

Avail. 2/26/17

Night Will Fall (2016)

Avail. 2/27/17

Brazilian Western (2013)

Avail. 2/28/17

Be Here Now (2015)
*Michael Birbiglia: Thank God for Jokes**

*Netflix Original.



'Finding Dory'



'Magic Mike'



'Crazy Ex-Girlfriend'

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'Axes' art exhibit

A two-person exhibition of sculptures by Sarah Bednarek and paintings by Nichole van Beek will be featured at Suffolk County Community College's Flecker Gallery from February 9 - March 7, 2017. The exhibition's opening reception will be on Feb. 9 from 1-3 p.m.

Pivotal Axes sets the stage for a dialogue between two artists who are largely concerned with form, geometry, and the abstract, but also who also believe that these concerns carry meaning that has social and political implications. This is a thought provoking exhibition; a collection of exquisitely made objects and images that call into question the role of the hand-made and the individual in a time of extreme consumerism, as well as the role of perception in an age where truth is increasingly elusive.



These artists works are imbued with subtle elements and clues, revealing themselves fully only to the sensitive viewer engaging in slow, thoughtful, and contemplative ways of seeing. Nichole van Beek earned her MFA from The University of California, Santa Barbara. Sarah Bednarek earned her MFA from the Sculpture and Extended Media program at Virginia Commonwealth University.

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I ₁	O ₁	Y ₄	F ₄	S ₁	P ₃	B ₃	RACK 1
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A ₁	I ₁	Y ₄	L ₁	N ₁	F ₄	L ₁	Triple Word Score RACK 3
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A ₁	I ₁	D ₂	N ₁	S ₁	B ₃	D ₂	RACK 5

PAR SCORE 220-230
BEST SCORE 299

FIVE RACK TOTAL _____
TIME LIMIT: 25 MIN

DIRECTIONS: Make a 2- to 7-letter word from the letters in each row. Add points of each word, using scoring directions at right. Finally, 7-letter words get 50-point bonus. "Blanks" used as any letter have no point value. All the words are in the Official SCRABBLE® Players Dictionary, 5th Edition. **SOLUTION page 30**

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Editorial: Free college plan deserves a try

You have to give Gov. Andrew Cuomo credit sometimes. While he is controversial, he does come up with a lot of ideas and is not afraid to execute them. OK, StartUp New York didn't work out so great, but the free college tuition plan — essentially the state making up the difference for state students to get a no-cost education, if their parents earn less than \$125,000 a year, and if they don't qualify for complete coverage with other forms of aid, as long

as they attend a SUNY or CUNY college, graduate on time and don't live on campus — is exactly the right remedy at the right time. Kudos, gov!

It's those people who earn between \$80,000 and \$125,000 in the state who often feel the playing field is unfair. They pay a similar income tax rate as richer people, own homes and thus pay property taxes, like richer people, and have costs associated with working and commuting, but get few if any of the benefits of

poorer people. These are the people who would benefit the most under this plan (those earning less would also get tuition covered, but this hasn't been as much of a problem with the current FAFSA plan). So middle-earners are the ones who often have to take out student loans, adding to their burdens. The Cuomo plan would give the people who are the lifeblood of the state's economy some deserved relief.

Yes, this will make SUNY and CUNY four-year colleges harder to get into, as applications rise, and, thus, some weaker applicants may cry foul. But everyone, in the long run, benefits from having more competitive colleges. Failed applicants can always take the community college transfer route to a four-year SUNY or CUNY.

The state's four-year private colleges are also crying foul. They fear their applicant pools will shrink as people instead apply to public colleges. Free is free, after all. As well, the Cuomo plan threatens to take state aid away from private colleges that raise their tuition faster than the rate of inflation. That said, in this day and age, such colleges are already hurting and their raising tuition is not the answer. As for usurping students, wouldn't that already be the case? SUNY/CUNY schools now are more competitive and far less expensive than many private schools — especially for those who don't qualify for much aid, like the people Cuomo is targeting.

The private colleges will continue to exist, as long as they have a good product and market well. (Shameless web-only plug: Maybe they should advertise in community college newspapers and go after the SUNY/CUNY transfer market?)

New York is losing its best and brightest people — either college grads, who go out of state to college and don't come back, or their hard-working parents, who earn a tad under \$125,000 a year and feel like they are getting little for the high

'This plan is an investment in the people of New York State.'

taxes they pay. Free SUNY/CUNY educations are a great perk.

Can the state pay for it? While that seems to be what's being debated in our legislature right now, surely there are some wasteful programs that can be cut. Cuomo's free SUNY/CUNY tuition plan is not wasteful; it's an investment in its people. It will be revolutionary, save future generations from the absurd avalanche of student loans current grads suffer and keep our best and brightest right here, where they can revitalize our cities and expand the tax base. What are critics afraid of?



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By David L. Hoyt and Jeff Knurek



INSTRUCTIONS: Find as many words as you can by linking letters up, down, side-to-side and diagonally, writing words on a blank sheet of paper. You may only use each letter box once within a single word. Play with a friend and compare word finds, crossing out common words.

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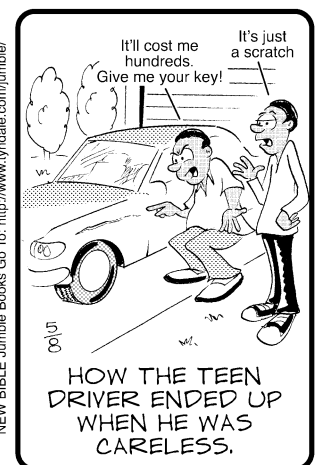
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THAT SCRAMBLED WORD GAME by Mike Argirion and Jeff Knurek



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

Print answer here: ○○○○○○

Jumbles: COCOA SHEAF EXCISE FAIRLY
Answer: How the teen driver ended up when he was careless — CARELESS

SUNY/CUNY news

The State University of New York Board of Trustees Chairman H. Carl McCall and City University of New York Board of Trustees Chairman William C. Thompson, Jr., co-hosted a 25th anniversary celebration of the Queens Educational Opportunity Center (EOC), a collaboration between New York's public higher education systems and serving the Queens community.

"Educational Opportunity Centers across New York State forge a path to academic and career success for some of our neediest students," said SUNY Chairman McCall. "For 25 years and counting, the Queens EOC has evolved to meet the changing needs of the local community, serving as a catalyst for individual achievement, as well as boosting the community's economic development through a skilled labor force."

"CUNY is proud to collaborate with SUNY at our Educational Opportunity Centers, where our neediest families

have the opportunity to gain skills, move into the workforce and advance their careers," said CUNY Chairman Thompson. "They also get a taste of college life at our campuses. EOC, SEEK, and College Discovery are emblematic of CUNY's longstanding and enduring commitment to providing affordable opportunities for all New Yorkers."

Each year, the Queens EOC enrolls more than 1,000 students, providing academic, college preparation, professional and technical programs, as well as high school equivalency programs. More than 500 students graduate annually.

Queens EOC is certified by the New York State Education Department as a Test Assessing Secondary Completion (TASC) High School Equivalency (HSE) testing site. To date, it is the largest testing site across the nation, administering more than 6,000 examinations annually.

Queens EOC programs are tuition-



free for eligible participants and are offered in the day and evenings. Current programs include: Basic Education, English as a Second Language, HSE Preparation, HSE Assessment Project (HSEAP), Pathways to College, Home Health Aide, Certified Professional Coder and Billing, Security Guard Training, Computer Fundamentals, Microsoft Certification Specialist, Job Readiness and Employment Counseling.

SUNY to Glow Red


The State University of New York's historic building on Broadway in downtown Albany will glow red Thursday, February 2, on the eve of National Wear

Red Day to build awareness about women and heart disease. National Wear Red Day is one of many events during the month of February, American Heart Month.

"SUNY is proud to support American Heart Association efforts to address the threat of heart disease, and to partner with them to increase awareness, enhance education, and advance critical research," said SUNY Chancellor Nancy L. Zimpher. "It is our hope that lighting SUNY Plaza in Albany as well as buildings on our college and university campuses across the state in red will underscore the importance of this work and encourage others to get involved."

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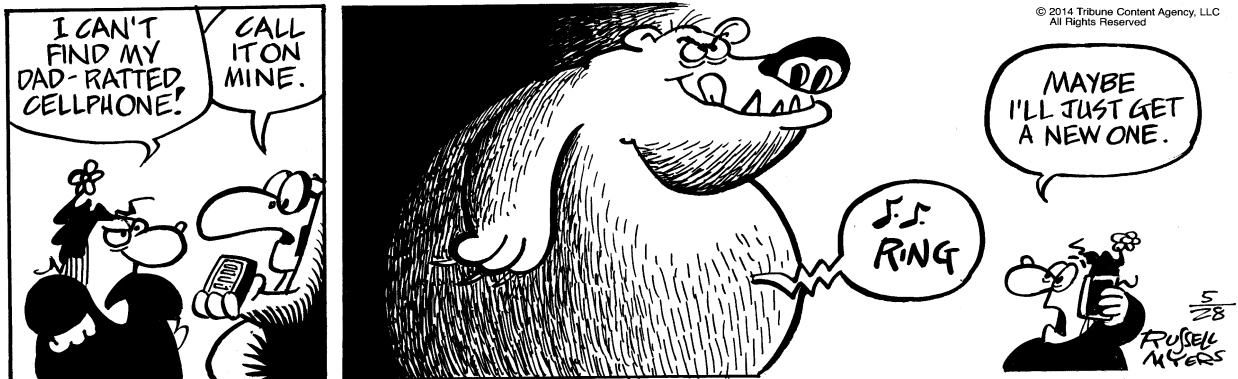
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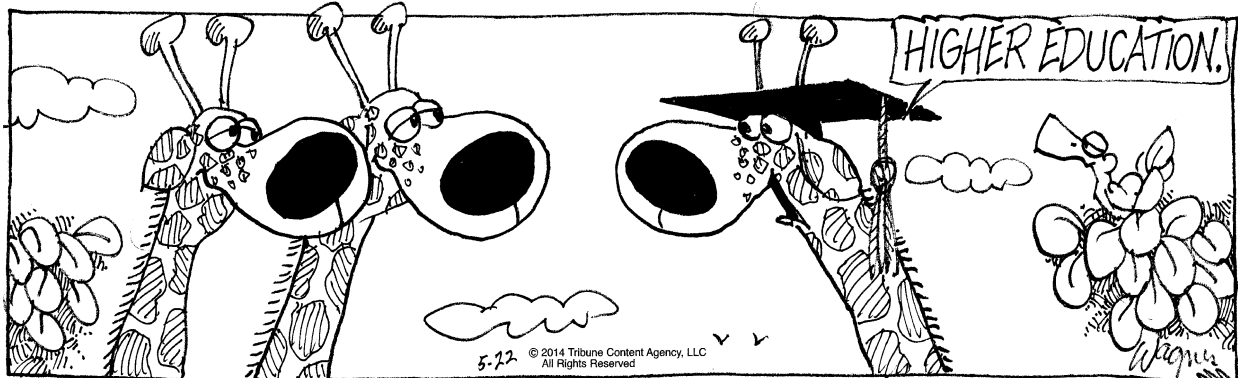
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Region XV community college sports roundup

Peter Briguglio
Campus News

The month of January marked a new year for everyone around Region XV. As the focus shifts to the spring semester for student-athletes in 2017, various men's & women's basketball teams in the Region hope to continue their winning ways into February as others wish to simply insert themselves into the playoff picture. Below we recap some key results through the month of January and take a look ahead at the key matchups and playoff races ahead.

DIII Men's Basketball

Region XV basketball has been dominant once again, as three teams have found themselves on the national rankings list throughout the month of January.

The #5 ranked Nassau Lions

began the new year exactly how they ended it, playing the best basketball in the region behind their all-American caliber sophomores Charles Wingate and Terrell Williams. Through nearly three months of the season, Nassau still only has suffered one Regional loss--an early November loss against BMCC. Since then, the team has played over two months of perfect basketball and etched themselves into the national top 5.

Sullivan County fell out of the top-10 rankings in mid-January, but the team regained their positioning after a win over LaGuardia back on January 21st, who was ranked #14 at the time. In that contest, Romero Collier of Ulster fell 2 assists and 1 rebound short of recording a triple double in the game as he managed to score 28 points against Sullivan.

LaGuardia continues to garner acknowledgment from the Men's

Basketball NJCAA Poll Committee behind the outstanding performances of the Region's third leading scorer George Pena. The freshman guard opened the first week of January with a string of games against Kingsborough and BMCC where he averaged over 30 points per game on his way to being recognized as one of the NJCAA Players of the Week. The Red Hawks have already earned the #1 seed in the CUNY Athletic Conference tournament and have their sights set on making a deep run in March's Region XV Tournament.

DIII Women's Basketball

#6 ranked Sullivan County continued winning big in the month of January. One of their most recent victories came at the misfortune of Kingsborough, where the final score would finish up 91-23 in regulation. The final tally would be Sullivan's

biggest win of the season in terms of point margin. Leading the Regional standings since the beginning of the year, last season's Region XV Champion is consistently improving as the season goes on.

The Hostos Lady Caimans are poised to make a run at dethroning the Generals, however. The team has been steadily climbing the rankings throughout the season and finally cracked the nation's top 10 in the most recent rankings poll. The 2nd-ranked team in the region at 8-1 in regional play and 16-3 overall have the high-powered Sullivan team on their schedule in the last game of the regular season. An important game for both teams, it seems as though Sullivan and Hostos may meet later in the season with much more than playoff seeding on the line.

Sports shorts

Suffolk Cheer Places

The Suffolk County Community College Cheer team garnered a silver medal at the Universal Cheerleaders Association (UCA) 2017 College Cheerleading and Dance Team National Championship held at Discover Disney's ESPN Wide World of Sports Complex on January 14.

The team competed against 9 other top college teams, earning a silver medal in UCA's Open All Girl Division on only their second visit to the national competition according to the team's head coach, Gina Caputo.

"I am extremely proud of the accomplishments made by this team. It is a great moment for the Suffolk cheer program. The support from our families, friends, and alumni fueled us every step of the way," Caputo said.

Softball Hitting Clinic

Herkimer College's softball program will host its annual winter softball hitting clinic on Sundays from February 12 through March 5. The Herkimer Generals coaching staff and current play-

ers will provide instruction on the keys to successful hitting.

The clinic will run from 2 p.m. to 4 p.m. with registration beginning at 1 p.m. Pre-registration is not necessary. The cost is \$30 per session or \$100 for all four sessions. Girls are encouraged to bring their own equipment such as helmets and bats. Some equipment will be available to borrow on a limited basis. Sneakers must be worn in the gym.

To register, contact Head Coach PJ Anadio via email at anadiopr@herkimer.edu or by phone at 518-848-6693.

Hoops Milestone

The #7 Onondaga Community College women's basketball team defeated Broome Community College, 82-63, in Binghamton on a Tuesday night in mid-January to give Head Coach Mike Wheeler and the Women's Basketball program their 100th straight Mid-State Athletic Conference victory.

Mike Wheeler is in the midst of his sixteenth season at the helm of the program, tallying an overall record of 389 -



99. His program has not lost an MSAC matchup in the last seven years, accumulating seven straight MSAC Tournament Championships.

Once again the Lazers defense and unselfish play were the stars of the game, forcing 31 turnovers and racking up a season-high 24 assists. The defense was hot in the first quarter holding their opponent to just 15 points and forcing 11 turnovers. The Lazers jumped out to an early, 14-2, lead against the Hornets, fin-

ishing the first quarter with a 32-15 edge which carried them through the remainder of the game.

Four Lazers scored double digits in the victory, led by Morgan Deland's 21 points and 7 rebounds. Jaleya Bryant dropped 13 points with 3 treys.

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Off to Cuba

Margarita Espada, coordinator for the Shakespeare Festival at Suffolk County Community College, and a performer artist and educator in collaboration with Joan Wozniak, a Suffolk County Community College Media Services photographer and videographer will travel to Santa Clara, Cuba to represent the United States at the International Women Festival Magdalena sin Fronteras from January 10 - 20. The festival theme will be Lives: Group, Theater, and Reality; and will include theater makers worldwide.

Espada's "Resilience" is a devised performance installation that explores language on stage and investigates new narratives. The actor's body and new technology are used to create a conversation about borders, identity and adapting in the face of adversity, trauma, or crisis. Espada and Wozniak will

also lecture about her research on the role of the actor and theatre narratives in the new digital era.

Joan Wozniak is a multimedia storyteller who collaborates with Espada as a visual artist. Wozniak integrates images, projectors, connectors, digital sensors and created new computer code to control the performance's interactive technology. Wozniak uses images to represent the facets of experience, reality, and memory. Interaction and projection give scale and context to the live actor. This piece will explore new theater language and relationship of image/actor/audience.

The Magdalena Project is a dynamic cross-cultural network of women's theatre and performance, facilitating critical discussion, support, and training.



Margarita Espada

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What a whirlwind this new president has become

Takara Lawrence
Campus News

What a time it has been so far. We are only in our second month of 2017 and so much has already happened, or should I say changed? Going into 2017 we already knew what was going to happen. We would be losing our President and having a new President sworn in. All within the first 20 days of the month. With the division we have been experiencing in these days, most people are still living in denial or protesting to bring awareness. I've been following what has been going on since the election and the more I follow the more I become confused. We want to be founded on unity, but we instead take different sides. We draw a line in the sand and stand proud, forgetting we need to unite to win. This is how we will succeed. We have celebrities taking sides and defending our new president. I feel as though a lot more people stand behind him but are afraid to be vocal because of the backlash. Honestly if

you agree with him and you stand with him, be proud of that. You should never be afraid to stand up for what you believe. I took a creative writing class and one of the students was worried that his poem about being Republican offended some of the people in the class. I see why he cared because no one wants to offend anyone, but this is who you are - own it and help others understand your stance. We should be able to have healthy conversations amongst one another and grow from them. There are many outlets that have the conversations; we just need to be open to hearing them.

I find time to watch television. I have a pretty busy schedule with working and going to school, but I manage to stay current on my favorite shows. One show I enjoy to watch on Wednesdays is "Black-ish." It's a show about an African-American family living in the suburbs and becoming adjusted to raising their children differently from the way they were

raised. The main character, Andre, played by Anthony Anderson, was raised in the hood and went to college and became a successful Advertising Executive. During the show his family tackles current issues going on in society. The most current episode talked about our new president. As he has been doing, Trump tweeted about the show saying, "How is ABC Television allowed to have a show entitled "Black-ish?" He made this tweet because of the episode but had he watched it, he should have been pleased. What I gathered from the episode was that we need to all accept each other and listen to each other if we want to get ahead. We can agree to disagree but we have to have the necessary conversation. This is the core message I got from the show, and I'm surprised our President did not realize that. He seems to always be on the defensive, ready to defend his name, but why? You already accomplished becoming the President of the United States of America, why are you worried about the negativity? You had the Press Secretary give a conference on how many people were actually at the Inauguration, as if it matters how many people attended. You were sworn in; that should be the most important thing talked about. Instead of feeding into the media and saying CNN is fake news, own your position and run a country. We all know the purpose of the media is to tell a story the way they want it told or to sell stories based off of a headline. You should know this; you are a former celebrity.

I want to believe that the changes happening will benefit us all, but so far hope seems distant. My grandmother recently told me she's scared she may lose her insurance if Obamacare is repealed. Already her med-



ication price has risen. This will not only affect her but it will also affect many people around the Country. This will affect the middle class the people who were told they were forgotten. Most of the documents he's been signing so far will affect the ones who have felt forgotten.

Dear Mr. Trump: The mortgage premium cut will make it harder for new homeowners to get homes, and you signed this moments after receiving the power. It makes you wonder what else will you sign so quickly. When you are being told these things, are you thinking about the people it will hurt? The words you say and the documents you sign, just remember who will be hurt in the end. As the year progresses, I hope to not receive more "alternative facts" and instead the truth. You have garnered the highest level of power; I hope you use that power wisely and remember to take care of us all. Take care of the people you said you cared about and aim to understand the ones different than you.

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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Jonathan Lopes
Campus News

Do I really need a resume? Yes, you really need a resume. It may not get you the job, but you will not get the job without it. Anyone who tells you that you do not need a resume or that it is a dying resource may be out of touch with the entry level job market. It is a snapshot of who you are professionally, socially and as students, academically. With this being a community college based newspaper, a college resume has another reason for importance. It can help with internships and applying to school for transfer. It is virtually impossible to interview everyone.

'You're supposed to be working on it before graduating.'

Therefore, recommendations, transcripts and the ever-vital resume gives a recruiter and employer a more detailed overview of who you are, what you have done and potential you bring.

Please do not depend on it to magically get you the job offer. It is the most common element of the job process and a popular tool in the admissions process. However, any additional essays, interviews and references can help or hinder. Your resume is a professional reflection of you as the potential product. Think of it this way: professional resume, professional product. Poor resume equals poor product. Take the time to develop your resume as the very best reflection of you, because at the basic level people are looking at your quality of writing.

Besides a college degree or an internship, building a solid resume is arguably the most important step to landing a job after graduation. Your extracurricular activities, such as jobs, sports, clubs and volunteer work, give

colleges a better sense of who you are and show them what you can bring to their campus community.

As a recent graduate or one who is applying to another school, your degree is one of your best selling points. Try to feature it near the top of your resume. In addition to the degree title and school name, include bullet points, if any, that can illustrate your academic accomplishments.

Some college students make the mistake of thinking, "I'll build my resume after I graduate, when it's time to job-hunt..." In reality, you're supposed to start working on your resume way before graduation. IF you wait until the end or after, you lose out on precious time and possible open opportunities. Since applying to college is very competitive, developing a detailed and strong resume can put you ahead of other applicants. Use the student resume to draw attention to your scholarly achievements and awards, special skills, and community service activities and relevant experiences.

Take time to think about your accomplishments over your high school years and community college years. Ask your parents and your ad-



viser or counselor to help with brainstorming. Organize the information into an easy-to-read document that is no longer than two pages. Think about the valuable skills you have learned while in college. Your transcript will speak to the courses you have taken. Stating an objective can focus the hiring process on your needs, when you should be asking how you can fill the needs of your potential employer. Prioritize those positions you have held while in college, with an emphasis on internships

and practical, hands-on experiences.

I knew nothing during my college tenure. Toward the end of my first year at a community college, I went to the career services office and simply asked questions. Break all of this down to easy, simple steps. The overall thought is massive and possible overwhelming. Make a few meetings, "Goggle" a few templates and make a list for what you have done. Everyone has a story and skills to market. A resume can be the paper documentation for the potential you possess.

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SUNY 'Poetry Out Loud' contest tours colleges

The State University of New York announced its ongoing partnership with the Teachers & Writers Collaborative, National Endowment for the Arts, New York State Council on the Arts, and Poetry Foundation to facilitate New York's Poetry Out Loud Contest, which is held simultaneously across the United States.

Beginning this month, SUNY campuses will host regional recitation competitions for high school students.

"SUNY is proud to partner with the Teachers & Writers Collaborative and New York State Council on the Arts, and open its doors again to such an important national competition," said SUNY Chancellor Nancy L. Zimpher. "These events provide a valuable learning experience for so many of our high school students, and it is an opportunity for all of us to celebrate literary talent in our local communities."

"With more than 10,000 students involved at the local level this year, a higher percentage of participating high schools are sending students to the SUNY campuses for regional competitions," said Dave Johnson, Poetry Out Loud's New York Manager. "We hear again and again how fantastic the regional

'Now, more than 10,000 students participate at local levels.'

events are at SUNY. Our thanks to SUNY for making these regional competitions such successful events."

"Each year we have significant student participation in Poetry Out Loud in large part to the tremendous efforts of SUNY and Teachers & Writers Collaborative," said Dr. Barbaralee Diamonstein-Spielvogel,

Chair, New York State Council on the Arts. "NYSCLA is honored to support a program that fosters an appreciation of poetry in high school students. We thank our partners for their ongoing dedication to this program and wish all the student competitors the best of luck."

The competition schedule, which is free and open to the public, is as follows:

Nassau Community College, Long Island Region, College Center Building, Friday, February 3, 6:00 p.m. (snow date: February 10)

Purchase College, Mid-Hudson Region, Neuberger Museum of Art, Monday, February 6, 6:00 p.m. (snow date: February 13)

Clinton Community College, North Country Region, Stafford Center, Tuesday, February 7, 3:00 p.m. (snow date: February 28)

Onondaga Community College, Central Region, Storer Auditorium, Tuesday, February 7, 6:00 p.m.

(snow date: February 9)

SUNY Oneonta, Mohawk Valley Region, Hunt Union, Waterfront Café, Wednesday, February 8, 6:00 p.m. (snow date: February 13)

SUNY New Paltz, Mid-Hudson Region, CSB Auditorium, Thursday, February 9, 6:00 p.m. (snow date: March 2)

Stony Brook University, Long Island Region, Wang Center, Wednesday, February 15, 6:00 p.m. (snow date: February 28)

Fashion Institute of Technology, New York City Region, Katie Murphy Amphitheatre, Thursday, February 16, 7:00 p.m. (snow date: February 28)

Following these competitions, the state finals will be held at Everson Museum in Syracuse on Friday, March 10. The 2017 National Finals will be held April 25 and 26 at the Lisner Auditorium at The George Washington University.

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Saying good-bye to Mr. Chips

Darren Johnson
Campus News

My academic career hasn't exactly gone the way of Mr. Chips. In case you haven't read that book, or seen the movie, he's the school teacher whose whole adult life was spent teaching generation after generation at a single institution, to the point where he sees the ghosts of those who have passed away in the same classroom seats they used to occupy; he teaches their sons and perhaps even grandsons – I can't remember the finer points of the plot now – to where he's on his deathbed at the end,

surrounded by his students, they telling him his life had meaning, after all. He became at one with the institution, physically and spiritually, forever ...

Must be nice. My academic career has been quite the opposite.

So far, I have taught, at least as an adjunct, though sometimes at a full-time capacity, for two SUNY community colleges, two SUNY four-year universities and two private colleges. Often, my full-time capacity was in administration, and I also taught part-time at the same place. My administrative office would serve as a spot for my students to visit, as if I were a full-time faculty member. I have been unionized and sometimes not, playing for Darth Vader's team up on the hill (at colleges, the alleged bad guys are always up on a hill). Though often I was unionized in some way, even if it were in some relatively powerless adjunct union. Currently, at 47, I am teaching full-time in a non-tenure track, but am in the full-time union (I think; they've never really formally welcomed me or anything – they

have been reeling a bit due to various department cuts, and the mass emails I get from them tend to be in panic mode, not exactly warm).

I have been a fly on the wall in all key college areas in this new century, where tenure isn't what it used to be, and the right-brain part of colleges is atrophying while the left-brain is fed and prospers. There's the adjunct issue, of course – essentially a B-team of low-paid, benefitless mercenaries – which isn't fair whatever way it's looked at. There are fewer students to choose from, so enrollments are down at middle- and lower-tier institutions. At least at those colleges that don't market well. Online colleges steal some bodies.

There's what's called administrative bloat – administrations have grown over the decades while the number of full-time faculty has plateaued. Does anyone in administration ever get fired? Or, is it, when an administrator's skills diminish, they just give him a management title and more help? Assistant directors, coordinators, etc. Thus the bloat. Then there are the faculty members who are full-time, but not on the tenure track. They better have an interesting side gig, or else there will be some Christmases without presents for the kids. These instructors can never get comfortable, and have to always keep their skills up to date, as well as their resumes. I know I have yet to cancel my e-subscription to HigherEdJobs.com.

The first college I worked for went broke, in essence, turning me into an untrusting mercenary, infuriated to know that there is no Santa Claus, and that Mr. Chips was just a fantasy. From there, I re-branded myself as a change-agent, and gravitated to colleges that were at various levels of dysfunction and need, sometimes helping right their ships and getting enrollments back up. Now I'm just a mere instructor and can only help students one class at a time. But there was a time when I was doing a lot more for helping colleges with their enrollments. It was a lot of

fun, but also a lot of work – and rarely appreciated. So I've simplified my life a bit.

At one point, Mr. Chips is challenged by the administration. They say he sucks as a teacher, that he's boring the students to death, that someone younger could do better. But he survives that challenge, and eventually old becomes new again, and the students learn to appreciate the guy.

But in reality, faculties and administrations are divided everywhere. In these trying times, both sides hate the other. Here's what needs to change, but probably won't:

Both sides have deadwood and need to put it into the wood chipper. "Deadwood" is a term that refers to employees who have lost their zest and usefulness, but hang in there. The administrations need to admit that they have bloat. They have some high-priced members who really aren't all there any more, and some positions that perhaps were created once-upon-a-time and no longer are trendy or needed. The faculty have to admit that some professors are mailing it in. They got tenure many moons ago and haven't really been all that active academically since, regurgitating the same lectures decade after decade. For public colleges, are either type of deadwood fair to the taxpayers? The students? Perhaps like an episode of "Survivor," the faculty and administration could get together and vote an equal number of people off the island? And replace them with some with eager new grads? *Which brings us to the next issue ...*

There are too many grad schools, which mostly are a money-grab for four-year colleges, producing more people with doctorates than society really needs. *Which leads them to become ...*

Adjuncts. This situation can't go on much longer. They get academic graduate degrees but can't get real academic jobs, so they have to settle for teaching gigs that pay a tiny fraction of what everyone else is earning. They often have equal education compared to the full-timers, but have very unequal pay. *Which makes me wonder ...*

Is hiring full-timers a popularity contest? Are people hired who "fit in?" Or



are they truly the best and brightest and hardest working? *And this makes me question all of academic culture, including asking ...*

Why are people trained in analytics and the scientific method so reliant on rumor and gossip to make decisions? I've seen so many academic people suffer through whisper campaigns and even false accusations, sometimes losing their positions, because of the vitriol people pass in secret in the corridors. Maybe academia could learn from their law schools: Innocent until proven guilty, hearsay is not admissible, etc., etc. *Which makes me conclude that ...*

Sometimes the Mr. Chips are the spreaders of the worst information, the most bitter and unhappy, the most likely to resist change. Or, they fly under the radar and become deadwood, counting the days to retirement. Either way, it's not productive. Perhaps they have gotten to a pay grade where they can't in good conscience leave, and it's not like other colleges want to hire someone disgruntled, who hasn't published much in decades. They are stuck, and unhappy, and they make us all suffer for it.

Except for Mr. Chips, life is short. We need to start acting better. Colleges surely are going through a revolutionary transition. Some will go broke, if they drag their feet and don't adapt. If costs are too high and morale too low. Every middle- and lower-tier college employee – in administration and faculty – has to decide, *How am I going to help the students? Help my colleagues? Save this place?*

Maybe Mr. Chips needs to go into the wood chipper...

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.



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