

Community College

CAMPUS NEWS



Volume 15, Issue 4 FREE!

End of Spring 2017

Do not be like these students!



NEW ON NETFLIX 17

Jesse Fletcher
Campus News

I've taught at various levels for 15 years now. Someone recently asked me what types of students I disliked most. The truth (honestly) is that it's very, very rare for a teacher to specifically dislike a student; we do, however, have some pet behaviors that lots of students evidence from time to time (or all the time) that drive us up the wall. So, in answer to the question, I put together a list of the stereotypes of students that drive a teacher nuts.

Disclaimer: Yes, these are harsh. I'm of the opinion that criticism of a student lets them know you're actually paying attention and care. They're so used to generic praise that it rolls off - but specific criticism actually tells them you're paying attention. That way, when you deliver REAL praise later... that's special, indeed. You don't want to be like these students, types of students teachers dislike most:



BEST BAKERS 27



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The "Minimal Effort Kid" - I teach a class where - frequently - the sky is the limit. If you do an amazing job, I'll say you did an amazing job... and compliments in my class are rarer than saints in Las Vegas. Now I get that not every kid I teach wants to impress the teacher, but c'mon now. End of the year project, you get a month to sort it out, create some new knowledge or research on any subject you want and all you want to know is, "What's the least I can do to get by?" Well, you could practice the phrase, "Would you like fries with that?" 'cause that's where that attitude



will lead you, superstar!

Captain Consequence - The kid who finds any excuse in the book to avoid owning up to the consequences of

continued on page 7

Community colleges cost far less vs. State U.



Darren Johnson
Campus News

If your end-goal is getting a four-year degree from a public college in your state, how much can you save by getting a two-year associate's degree first?

The answer varies - a lot. According to a new study listed on the practical advice web site Student Loan Hero, New Jersey ranks No. 1 in the country when comparing the price of its com-

munity colleges vs. its public universities.

A student who attends, say, Bergen or Brookdale Community College for two years and then transfers to Rutgers saves nearly \$21,000 as compared to a student who had entered Rutgers as a freshman.

However, in New York State, the benefits of attending a two-year college first aren't as pronounced. While community

college prices may vary between the various counties, averaging \$4900 (including fees) per year, the SUNY four-year colleges have a fixed price of \$8100, when adding in typical fees. So the gap isn't as much, and thus why New York ranks only 38th as far as transfer benefit goes.

"New Jersey students see substantial savings when opting for community college because

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How to properly take notes in class

Laura LaVacca
Campus News

Effective note-taking is a necessary skill that many students overlook. A one-size fits all approach does not apply since students are different learners and may be more visual learners or auditory.

It may take a few tries to figure out the most effective method but trial-error is worth it. If you are struggling on quizzes or tests, then it's certainly time to switch up your note-taking routine.

There are different schools of thought on this subject. One of the better-known strategies is the **"Cornell Method."** This involves using a sheet of paper with a margin. The left of the margin is used to take notes while topics/headings are written in the margin. The wide space at the bottom of the paper is reserved for summarizing topics overall. This method relies on key words and phrases being jotted down in an effort to be concise and save time as a teacher is speaking during class.

"Using bullet points and abbreviations works for me," Danielle Caprio, freshman at Adelphi University, notes "For examples, b/c for because and w/ for with."

A traditional outline method may be something that students are more familiar with. This can be a well-organized system if done right. It reduces readings and lectures down to main points. The disadvantage, however, is that it is quite time consuming. In a classroom setting when a teacher is speaking quickly, this may be too much for students to organize. This is better reserved for review texts at home or re-writing lecture notes in a more organized format.

"I find that re-writing my notes at home in an outline format helps me study," freshman Christina Rodriguez explains, "I also like to outline any assigned readings. I'll then reduce those down even further into mini-outlines and put them on index cards."

For those of us who are simply not organized, **the mapping method** may work best. This method involves drawing webs or a chain of circles to visually map lectures. This method is easy to edit or amend by adding numbers, question marks, arrows or even colors. One disadvantage is the amount of paper you may go through since the web may take up a lot of space.

Adelphi Freshman Tiffany Drakes concurs, "I like to write what the professor says by using shapes, bubble quotes and a lot of highlighting. Overall, it must be visual and colorful."

Deciding how to organize your notes is just one part of the battle. The medium you use to take those notes is another part. In this day and age, students aren't just using plain 'ole paper and pen. They have the choice of every device including iPads, laptops, iPhones or even voice recording apps.

"I take notes on my laptop and like to put important things in bold. I prefer to type because I'm not the best speller and I like that I am able to hit backspace instead of crossing things out," Adelphi Freshman Gabrielle McDonald asserts.

Freshman Maria F. piggy-backs, "I find that typing is much neater. It's easier to print out my notes and I'm a fast typer -- more times than not I find myself getting all the information my professor says when typing rather than physically writing it on paper."

Having trouble deciding? Perhaps the style of note-taking you choose to adopt depends on the content of the class.

"When it comes to being a nursing major, there are many notes in every class. My first day, I brought a notebook and pen and I didn't take one full note because my professor went way too fast for me," Amy Vesey continues, "The next day, I brought my computer and used PowerPoint to jot notes down."

Briana Corredor, freshman, also judges based on content: "If it a sub-



ject I have no previous knowledge on, I record the professor."

Perhaps different note-taking methods should be used for different classes. Perhaps a combination of all of them is what you need to be suc-

cessful. No matter the strategy, it's important for students to figure out what works for them and to do so rather quickly. If it ain't broke don't fix it - but if it's broke, fix it quickly.

Looking for a summer internship project?

Campus News is looking for summer interns to either work with us in the Capital Region of Upstate New York or to work from home.

Here are some projects we're offering:

Graphic Designers: Redesign the paper using QuarkXPress or Adobe InDesign along with Illustrator and Photoshop for logos and web graphics. This project will look great in your professional portfolio!

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Entrepreneurs: Help us establish our new syndicated wire service. We are going to provide stories to college newspapers across the country! Or help us grow to new locations! Or sell ads (generous commission)!

For any of the above, contact internships@cccn.us.



It's time you build a better resume

Prof. John DeSpagna
Campus News

Did you know that Google receives over one million resumes every year for positions in their organization? Why do they receive so many resumes? Quite simple, they are a cutting edge, innovative organization that has great benefits and salaries for their employees. They want to attract and retain the best.

If you want to get a job at Google, it all starts with the resume so you can get an interview. The question that you should be thinking about is: How can they possibly have people read all these resumes? They don't. You have probably heard about next generation technology such as driverless cars and drones

delivering packages for Amazon. The same usage of technology is now used with resumes.

When you send a resume to these large companies, they have electronic scanners read the resumes. They look for certain phrases to see if you have the qualifications for the job. The phrases or words for a junior position may include, three years experience, bachelor's degree in Computer Science, internship, bilinguality or willing to travel.

You may not even be aware of this but what you have to do is tailor your resume to the job you are applying for. Look for the job specs and make sure your resume is aligned with this.

You need to write a good resume so you can get the interview.

There is no excuse for not writing a top-notch resume. You are selling yourself with your resume and you need to put your best foot forward. You cannot have any mistakes on your resume, as this simply tells the reader that you do not care. What better investment can you make than investing in yourself? Taking the time put together a quality resume is part of the investment in yourself.

You need to start with a clear objective. Clearly articulate the position that you are seeking to obtain. Everything that follows will show why you will be a success in that position. Make sure all the content is easy to read and boldface type is used where necessary along with bullets points to help make content stand out.

The next part of the resume should be your work experience. You are just starting out in your career and employers realize that. Your work experience should be in chronological order. You list the employer, your position, your responsibilities and dates of employment. The key point here is to show how you have made a contribution to the organization. Let the reader know how you helped improve customer service, helped to increase sales or received some type of award. It is helpful if your work experiences are aligned with the objective of the resume. You can even add volunteer work here.

You also need to write the resume in a way that you bring the content alive. A well-

written resume employs the usage of action verbs. Words like *accomplished, achieved, initiated* and *improved* are all examples of action verbs. You need to make your resume stand out and this is a strategy to utilize.

Your education also needs to be listed. As a motivated college student, you can list your applicable degrees and anticipated graduation date if you have not yet graduated. If you have an exceptional GPA, then you should list it along with any academic honors.

The involvement you have had in different activities on campus should also be listed on the resume. If you are President of a club, writer on the school paper, a member of an intercollegiate sport or a member of the student government, this should all be listed. Organizations want to

'You are just starting out in your career. Employers realize that.'

hire those who are doers and get involved. This involvement shows that you are motivated and want to achieve.

In order to get a job interview, you need to take the first step and create a well organized, structured and thought out resume.

You have to sell yourself and there is no excuse for making a mistake. Spend the time to create a quality resume and you will be taking a step toward success.

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



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Your big day – from blinging to hashtagging

Kaylee Johnson
Campus News

With graduation approaching rapidly it is easy to get wrapped up in anxiety. College graduates deserve to be celebrated. Decorating caps, planning parties, and receiving checks from cousins you never knew you had can be fun, but do remember the significance and the meaning behind your diploma. Here are my tips on how to enjoy your graduation day:

1. Walk at graduation. It may seem a lot easier to receive your diploma in the mail and put college life behind you, but you will probably regret not walking later. Many times older students feel self-conscious walking with younger students, they tend to forget that their accomplishment is just as worthy of praise. 20 years from now you may regret not walking across the stage to receive your diploma.

2. Decorate your cap. If you are as much as of a Pinterest fanatic as I am you must know about the elaborately decorated graduation caps. Nursing students embellish their caps with heart rhinestones and glue a stethoscope on top. Education majors glue crayons and felt apples to their caps. Culinary graduates decorate their caps with cupcake stickers and pastel glitter. I love the idea of personalizing graduation caps, it is a great way to express who you are and stand out in a crowd of hundreds of people who are dressed just like you. It is also a great way to start a conversation with a relative you barely know. Before you go out to your local craft store, make sure your college allows decorated caps. Therefore you can't blame Campus News on graduation day if you show up with a propeller on your head, and the rest of your classmates have plain black caps.

3. Create a hashtag for your party. Technology is the core of our millennial society, and it seems sinful to not involve it at your graduation



party. I've been to a lot of weddings and baby showers recently, and they all have an assigned hashtag to post pictures to. I love this idea because I often find I am far too busy to take pictures at my own parties. It is an organized and efficient way to encourage your friends and family to take pictures. I also love the idea of

'Graduation day should be joyous and full of pride.'

creating a photo booth for your loved ones to take pictures with you.

4. Send thank-you cards. I can't emphasize how incredibly important it is that you send thank you cards to anyone that took time out of their day to attend your graduation party. I try to send thank you cards out a few days after the event. I included a picture of me with the relative I was sending it to in each card.

It was a personal touch to show my appreciation.

5. Only invite a few people to your graduation ceremony. Your graduation day is about you, not your narcissistic relatives. Only invite people who care about you as much as you care about them. Graduation day should be joyous and full of pride. If you have a negative relative who ruins everything, it may be best not to invite them to your graduation ceremony. It can seem tempting to invite people you dislike to your graduation party because you know they will give you money, but in reality, it is unethical and manipulative.

6. Dress for the day. I always say dress in what makes you feel beautiful, but on special occasions I tend to encourage people to dress more modestly. Be respectful to the relatives who came to see you receive your diploma. I also advise female graduates not to wear high heels. You do not want to fall and embarrass

yourself.

7. Let your family take pictures. Your college graduation day only comes once in a lifetime. Your family wants to preserve the day, so they can remember the pride they felt for years to come. I have a huge Italian-American family, and I think we spent over an hour taking pictures on my graduation day. Sometimes you have to take one for the team and smile for hundreds of photos; and you will be grateful you have them to look back on when you are older.

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Don't copy these students (cont. from cover)

their own actions. From “my computer took three days to finish updating” to “I had a football game last night” to “I just have so much going on” and occasionally with a helping of “I just didn’t understand what to do,” Captain Consequence has a different excuse for every occasion. Because life happens TO you, not WITH you, gang! You have no ability to influence events, find ways to make it work, and you are a helpless passerby in your own existence. I mean, your teacher is a parent, an educator, and is going back to school (and therefore pretty much always working in his room during lunch) but you can’t BEAR to have FIVE minutes out of your social schedule to get your homework sorted out. Because you’re YOUNG, and life is HARD. Seems legit. Remember that “I’m a victim who can’t make change happen in my life” attitude down the line. I’m sure your cellmate will listen to you whimper in the middle of the night with real sympathy.

Nitro Nervous Ned - “Mr. Teacherman, is this right? Did I do this right? Should I turn this in now? Is this how you wanted it done? Is this good? Is a 98 a good grade? Should I do it again? Should I do it better? Which topic should I choose? Which nostril should I pick? Can I come in tomorrow morning so you can offer me advice on my attire? Can I weasel any possible information out of you about the test so I can delegitimize my own efforts? Do you know the name of a good psychiatrist for when I have my nervous breakdown when I’m 22?” Look. Stop drinking Red Bull.

Stop playing games until 3 a.m. Tell your parents to ease off the pressure a little, and stop thinking that teachers are the fount of all knowledge. It’s my job to guide. It’s your job to learn. Make a mistake or two. That’s the best way to learn. Really.

The Invisible Gamer - This guy. I sometimes wonder if the Invisible Gamer really does think he’s the next Harry Houdini or some other stage magician... or if I’ve got a kid who’s so idiotically stubborn that he can and will continue gaming, even when he’s been spotted, simply because he thinks he can be so persistent about it that I’ll give up. No man, it’s cool, you *pwn* those bad guys. I’m sure that will totally help you get what we’re learning today. Of course you’re still paying attention! That’s why your score on that game is higher than your score on the last test, because you really are THE ONLY KID IN HISTORY that can do both at once. Man, I’m amazed by you. I want to BE you. Here’s the good news, though: You can play games all the way through summer school too, Chucky! Bon Voyage!

The Militant Grade Chaser - This kid is frequently friends with Nitro Nervous Ned. “Teacher, I got a 98 on this. What did I do wrong? Why did I lose the two points? Can I get extra credit?” Look, my already-sociopathic-trending-friend, those two points? They don’t matter. No really - they don’t. Your average is going to be an A either way for the year. Never mind focusing on the learning, though, no sir. Chase that grade! I’m sure being magna cum



moron will impress just SO many people. Don’t forget that after your college graduation, you’ll still have to actually be able to function in the real world. Or maybe not. Colleges can always use a few more pie-in-the-sky intellectuals producing journals no one but other pie-in-the-sky types will read. Carry on, carry on.

The Funny Man - Now look: I like a good joke as much as the next guy. In fact, I teach with a very solid helping of humor on a daily basis. (Or at least, I think I’m funny.) But this guy. DIS. GUY. He doesn’t know when to quit, and when it tanks his grades and he doesn’t get the material, that’s okay, because people still laugh at me. Yeah, they’re still laughing at you, bro. The same way the king used to laugh at the court jester when he’d mess himself. Here’s a tip: the social approbation you think you’re winning right now? It won’t matter in a week, and it surely won’t matter five years from now. No, you can’t just “get serious” when you get to (insert conveniently far away academic time here) and you can’t just magically “turn it on.”

Academic success is a habit built over time, and the only habit you’re building right now is to tape a kick me sign to your forehead and hope for the best. Pro Tip:

Almost every paid comedian is a highly educated adult - even the Blue Collar Comedy Boys have a lot more learning than they let on. But maybe you can beg for tips at the local comedy shop when you grow up...y’know... between washing dishes and cleaning up for Happy Helga’s Dancing Cat show. Sounds like a life I’d want to live. Laugh it up!

Existential Girl - Exemplifying #firstworldproblems one day at a time. Now look, it’s entirely possible that you really do have real problems. Such things exist. It’s also possible that you have NO problems, and you’re choosing to perceive the smallest details as huge problems rather than accept that no one’s life is perfect and you need to muscle through and get with reality. Poor you. You’re the third prettiest girl in the school. Not QUITE everyone is your friend. Your parents OCCASIONALLY scowl at each other. Your grades aren’t QUITE perfect (but Militant Grade Chaser would love to help you with that) and your life is just SO HARD. I’m sorry for you. Living in your first world country, with your great education, clean water, healthy food, great life prospects and the world at your feet. It’s SO HARD to be you. Pro tip: Everyone has a skeleton in their closet, and everyone has a pebble in their shoe. Step up. Heroes are the people who walk on the pebbles and don’t make excuses.

Righto. That’s the bell. Time to go meet this year’s crop of those faces for another day. You know who you are.

Filbert by LA Bonté



By: L. A. Bonté

For more comics visit FilbertCartoons.com

Transgender supermodel visits Suffolk

Xavia Simmons
Campus News

Isis King, the first transsexual model to compete on “America’s Next Top Model,” spoke at Suffolk County Community College to share her story on February 7.

The Shea Theatre on the Ammerman Campus was packed at 12:00 in the afternoon, 30 minutes before King would be speaking to the college. Outside of the theatre, there were college students signing in to get extra credit from their teachers for coming to the lecture. Being very excited, Tayla Smith, a liberal arts major, said, “She’s inspiring women and people in the LGBTQ community to be themselves. That’s why I came here to see her speak and also for extra credit in my communications class.”

Soon after outside the theatre, there were about 40 students. Once welcomed

into the theater and seated, the number of students grew to about 130 with a couple of teachers there as well.

Before King finally came out to speak, the President of SCCC, Dr. Shaun L. McKay, stated, “The content of her lecture here today is multifaceted. She’ll discuss her experiences as a transgender individual, overcoming abusive relationships and bullying. She’ll also discuss how she overcame her obstacles and will discuss her motivation.”

King stepped out, shook hands with an administrator, and sat down on stage in-front of a mic. She started off by telling the audience to snap instead of clap for amusement and enjoyment. “You guys need to loosen up. Everyone seems a little too stiff, so let’s snap instead of clap,” she stated, while doing the Harlem shake, sitting down and laughing. The audience, laughing, too, agreed to snap.

She went on to discuss her child-

hood and how she announced her sexuality to her family and friends. The last year of high school, she came out to her single mother who had already suspected her son of being gay. With her mother not accepting her at the time, she won a full scholarship to University of the Arts in Philadelphia for fashion design and illustration. She got out of her hometown in Maryland as soon as possible and hopped on the next flight to Philadelphia. After college and after her family started to accept her, she moved back to Maryland because she was broke. Soon after arriving back, she had a falling out with her family and moved to New York.

The next topic King discussed was her name and how many people affiliate it with the terrorist group ISIS. “Everyone, especially on social media, always



calls me a terrorist for my name, not knowing the true meaning behind it,” she stated. The true meaning of her name, she explained, is Isis, the Egyptian goddess and mother of the throne. The audience, in awe, started snapping

and clapping after she explained the true meaning behind it.

Toward the end of the lecture, she gave advice to students, saying, “I was in a homeless shelter, and I didn’t let that hinder me at all. I still went for my dream. Don’t let anything or anyone stop you.”

The audience stood up and gave her a standing ovation.

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How stress can affect your health, and how to fix it

Carol Scalise

Special to Campus News

Ahh spring, it's finally here, warm temperatures, longer days, bluer skies and final exams!

There are projects to be done, deadlines are approaching. Your heart beats faster, your mind races, you feel extra alert and you can't sleep, you are experiencing STRESS!

For some of you, this may be your first semester, and you are trying to balance it all. For others, you may be graduating next month and have it all figured out, or do you? Unfortunately, stress affects everyone and it will be in your life even after you leave college.

Knowing how to handle stress is important because, it can cause havoc on your body.

It's the cause of many health problems. Stress can take its toll on both your physical and mental health.

Here are some examples of how it affects your body. (Source: Healthy Living for a Lifetime: 7 Simple Steps to Better Health)

Harms your heart: Stress can be as bad for your heart as smoking cigarettes.

Shrinks your brain: When you have trouble adapting to stress, it can lead to depression and anxiety. Over time this can damage brain cells.

Leads to belly fat: You feel stressed, so you eat, then you gain weight and feel stressed, so you eat more. On top of that, it rarely involves making healthy choices.

Disrupts your sleep: Experts say stress is the number one cause of insomnia.

Stress can be quite a menace, but there are some easy solutions that can help. Everyone reacts to stress differ-

ently. Here are some ways you can tackle stress.

Listen to music: Listening to your favorite song makes you feel good. It also reduces stress, depression and anxiety.

Get some exercise: One of the best ways to relax is to take a walk. Doing any kind of movement for 30 minutes each day will help clear your mind, give you energy and improve your mood.

Find a distraction: A great way to let go of stress is to occupy your mind with a distraction you enjoy. This could be reading a book, doing a puzzle, playing cards or perhaps even playing a board game.

Deep breathing: You can change the way you breathe to get control of your stress level. Research shows that practicing deep-breathing exercises

can lower anxiety, stress and depression and increase your feelings of optimism. This only takes 2 minutes, and can be done anywhere. It's called The 4-7-8 Breathing Exercise. It's done like this: sit in a comfortable position, back straight, feet flat on the floor, eyes closed. Inhale for 1,2,3,4, filling your lungs, hold for 7 seconds, exhale for 8,7,6,5,4,3,2,1, being conscious of breathing in a steady rhythm. Repeat this 5 times. You can watch the video of this exercise on YouTube.

You are always going to have stressful moments in life, but knowing how to deal with and handle them, will help you live a happier, healthier and longer life. In the long run, your body will thank you for it.

Carol Scalise is a Certified Health Coach and recent Middlesex CC grad available for consultation. Contact her at 508-631-2384 or scalise728@gmail.com.



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'Logan' bids adieu to two of its legendary stars

Noah Smith
Campus News

Not without great remorse does a generation of movie goers say goodbye to two of the most beloved X-Men. Hugh Jackman and Patrick Stewart bid farewell to their portrayals of Wolverine and Professor X for the last time in March's box office hit, "Logan."

With the first two movies of the Wolverine trilogy setting up a shaky foundation, a lot was at stake with this last installment in the franchise. This is something that both Hugh Jackman and the entirety of the cast was well aware of, not to mention all of the fans of Hugh's portrayal of Wolverine aka James Howlett aka Logan. Rest assured however: Logan keeps true not only to its source material but to the character as well.

With plenty of action packed scenes, heart breaking moments and magnificent character development, it's hard not to be a fan of this movie. Easily the best movie to come out so far this year, Logan grabs the audiences' attention right at the start and doesn't let go until the credits. The movie was certified fresh by Rotten Tomatoes with a score of 92%, making it by far the most well received Wolverine movie. From this point forward I'll be diving into detail about the best parts of the film as well as the flaws that are hard to ignore, so let this be a warning, SPOILERS AHEAD.

There are so many good things about this movie that it's hard to know where to begin. The storytelling though is what makes a movie; it is key and only through storytelling can such an epic tale be truly displayed in all its grand quality. While there is a morbid feeling that comes along by entering the theater, as well as the expectation of Logan/Wolverine's death, not in a million years would anyone have guessed how Wolverine would meet his end. With a unique take on the comic depiction of Wolverine's death mixed with some creative liberties, the writers of this movie create not only a heart-breaking but overly acceptable parting with Hugh Jackman's Wolverine.

By harnessing the R rating of the movie, the writers and studio managed to capitalize on the gruesome nature that defines Wolverine. The movie never pulls a punch, killing all but one main character and nearly every side character. Somehow, even though almost everyone with a name in the movie gets killed, the way the action is shown prevents the killing from getting too repetitive and even at times, is darkly humorous.

Yet another superb part of the movie was the acting. While Patrick Stewart and Hugh Jackman as always give a fantastic portrayal of their characters, it is Dafne Keen that steals the show by making her film debut portraying one of the most beloved X men characters of this generation, X-23. Her and Jackman's chemistry is flawless as the pair seems to almost naturally play off one another and in conjunction with Stewart's character, travel across a country in a world without mutants.

Now for the not so good parts of the movie. As with any comic book movie there are plenty of fights. However, with this one there is a lack of any real one on one's. Every single fight in this movie is a battle of groups. At best, there is a couple of moments when a

'Not in a million years would anyone guess how Wolverine meets his end.'

character takes on a group single handedly like Laura/X-23 (Keen)'s introduction as a mutant or Wolverine (Jackman) against X-24 in the final fight/outside the farmhouse. Yet even these moments are cut short by another group member jumping in to save their beaten comrade or tag team the enemy. With a lack of a clear one on one fighting there really isn't much showcasing on fighting skill, rather just the ability to be light on your feet and fast with your claws.

Another flaw of the movie is the



Patrick Stewart and Hugh Jackman

clear lack of logic in how one of the main antagonists of the film dies. X-24, a clone of Wolverine in his prime, dies via an adamantium bullet. Adamantium is the metal that Wolverine (Jackman), Laura/X-23 (Keen) and X-24 (Jackman also) have their skeletons encased in making them unbreakable. Still X-24 dies because of the bullet without an explanation as to why his brain wouldn't heal or why the bullet went straight through the skull rather than be imbedded inside which would have explained the lack of regeneration. Instead there is no way of knowing, by the facts made known during the film, as to why the bullet would and did put down X-24 for good.

The most apparent issue to any longtime comic fan may be the amount of differences between the Old Man Logan comic series and the movie, such as Hawkeye being replaced by Professor Xavier and the Hulk with X-24. Still the movie is well done even with the obvious issue of character rights, and arguably the story is even

improved.

Another issue with the characters in the film is the changing of Donald Pierce. While the altering of a character during the move from book to screen is common, Donald Pierce's entire character is altered. This includes his strong willed, racist, and fight loving personality as well as his aristocratic cyborg persona. Instead we see a very different person on screen. Despite claiming to be "enhanced" he has a single robotic arm and that is all that is special about him. Still, he never takes a fight into his own hand and is instead seen barking orders to subordinates, only taking up arms once to pursue X-23 and only with significant backup. The character on screen was a sharp contrast to his comic book self and lacked many of the defining characteristics of one of the X-men's most notable villains.

All in all, the film was a truly marvelous way to bid Jackman's and Stewart's portrayal of their roles farewell as the world welcomes Keen as X-23. While not without its kinks, it is without a doubt the definitive Wolverine movie.



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The recipe for a good essay

Daiki Yoshioka
Campus News

After two years of revising students' papers as an English tutor, I finally came to the conclusion; writing an essay is more like cooking. If we closely examine the both processes, similarities are easily found. Brainstorming is essentially gathering ingredients while outlining is creating a recipe by choosing what ingredients to incorporate. Based on this premise, it is obvious that both "over-cooked" and "uncooked" essays are not pleasing to chew from the readers' point of view. What are the tips that drastically make essays more savory?

What's It For?

A gorgeous beefsteak with garlic sauce might not be appropriate for an appetizer but for a main dish. Essays are written for specific purposes and they are categorized according to their purposes. If an essay will be used by an admission office in college application processes, the content will inevitably be centered on the writers themselves. If an essay will be written for the purpose of persuasion, then the essay will be mainly focused on the endorsement of certain products or actions. If the purpose of an essay is to describe an object, then the content will primarily be detailed descriptions, including size, smell, sound, taste and touch of the object. Before constructing an outline, it is strongly encouraged to review what the essays are aiming at so it would be easier to generate ideas.

Who Will Taste It?

A bitter *gateau au chocolat* or black coffee might be traumatic to children. Likewise, if the essay is filled with "jargons" or technical terms while it is targeting at the general audience, it is obvious that the essay would fail to convey its message. Examine the audience before starting to draft an essay. According to the Aims Community College, audience can be specified in the thesis statement. For instance, if the paper focuses on addiction to smart-

phones, it would make the essay more solid by stating "The majority of teenagers in the United States have....," rather than saying "Young people have..." Also, by narrowing down the audience, it would be dramatically easier to write an essay since writers are able to know who they are addressing.

Give a Unique Taste

Don't make an essay rapid — give it a unique taste that makes readers want to eat more. A hook, or the very first sentence of the introduction, is the best place to imprint a unique impression on readers' mind. According to the Harvard Writing Center, good hooks

'Perhaps write your body paragraphs first.' are an anecdote, a question, a quotation and a surprising fact. It is also effective

to start an essay from a general statement and gradually narrow it down to the thesis statement. From my personal experience, if the hook is too irrelevant to the topic, it would make the readers confused. It is advised that the hook be idiosyncratic yet still relevant to the topic.

Tell What Will Be Served

Readers are "blind tasting" in the introduction since they do not know what the paper will be about. The thesis statement, which is the last sentence in the introduction, is the place where writers are able to view a guide of what will be served in the course. It is commonly advised that the thesis statement be specific and have an argument. According to the Harvard College Writing Center, considering the counter argument would be a significant help for the refinement of thesis and the overall content of the paper.

Use the Right Ingredients

=A spoon of salt might spoil the whole cake. Likewise, a single sentence might ruin the whole unity of the essay. Make sure that every single sentence is

vital for the central argument of the essay. According to my former English teacher, pasting thesis statement on the top of every single page helps writers to check the thesis quickly and enhance the unity of the essay. The integrity of an essay is crucial, otherwise the essay makes readers confused. Also, an overuse of academic language and so-called big words causes confusion as well. For instance, rather than stating, "The statistics evince electrifying ramifications," "The data shows surprising results" sounds familiar and is easy to digest. Academic words must be contextually used. The simpler words are sometime powerful and convincing.

Steps Can be Shuffled

This might be the biggest difference between composition and cooking. Unlike the steps for cooking where a slight mistake will spoil the whole dish, steps for writing an essay are flexible. My former English professor advised us, "It might be a wise choice to write body paragraphs first and go back to the thesis if you struggle with writing thesis." Not everybody is good at writing an introduction; in fact, I have tutored many students who have a difficult time starting an essay. It might be better to write body paragraphs first and complete the introduction at the end, de-

pending on your forte and the topic.

Always Sample a Taste

Sampling is crucial in cooking because a chef can adjust the taste. Similarly, proofreading is also essential in the process of writing an essay. Proofread your essay frequently while and after composing an essay. Essays cannot be written instantaneously but must be refined and gradually completed. Also, it is effective to ask your friends to review your essay; consulting one's opinion always enriches the content and strengthens the logic.

Writing an essay might sometimes be tiresome, but an essay is more than a mere collection of sentences and paragraphs; it is rather a dish served for readers. Before writing an essay, it is important to know what the essay is for and who will read it. The uniqueness of an essay can be "seasoned" with a hook, or a starting sentence of the essay. The thesis statement is pivotal in composition, giving readers a guide of what the essay will be about. The clear difference between cooking and writing an essay is that the essay is more flexible; writers can even start from the conclusion. Proofreading is also significant for the refinement of the taste.

Bon appetit! Enjoy your essay!

The Media vs. Trump

The Nassau Community College Cultural Program will present "The Media in the New Age of Trump," on Wednesday, April 19, at 2 p.m. in Room 252-253 of the College Center Building. During the program, Kyle Pope, Editor and Publisher of the Columbia Journalism Review, will discuss the media's role in the brave new world of President Trump.

Pope is a media veteran who strongly believes in the Columbia Journalism Review's mission to be the intellectual leader in the rapidly changing world of journalism, shaping the ideas that make media leaders and journalists smarter about their

work. He spent a decade as a reporter, foreign correspondent and editor at The Wall Street Journal before joining Conde Nast's late Portfolio magazine as deputy editor, where, among other accomplishments, he edited the Michael Lewis cover story that later grew into the book and movie *The Big Short*. Pope also served as editor of The New York Observer. Most recently, he was Editor in Chief at Straus News, overseeing eight Manhattan weekly newspapers. Pope's work has appeared in The New York Times, the New Republic, the Los Angeles Times and elsewhere.

What if Pokemon GO were real?

Yesenia Coello
Campus News

Pokémon GO is something Millennials have been dreaming of for a long time. And, sure, it may fall short of some of our expectations, but at least we're finally living out our crazy childhood fantasies. (I used to pretend to be a Pokémon trainer all the time when I was younger, and you probably did too if you were a nerdy kid.)

But what if Pokémon were real? We know from the games that the Pokémon universe is radically different (and probably better) than our own. If these critters did exist in our realm, just how different would life be?

1. Talking to strangers would be A LOT easier.

This is a blessing for anyone with social anxiety. Literally, you could probably approach just about anyone and

challenge them to a battle. Certainly there's the possibility that the person you're dealing with isn't a trainer, but if they are then there's a good chance that you'll make a new BFF. In fact, you could probably make a ton of new friends since multiple people will share the same interest. Pokémon would be our current equivalent to Hamilton.

2. Tinder would be non-existent

You wouldn't run the risk of potentially embarrassing yourself in front of the whole Internet if Pokémon existed. Instead of using babies and dogs as hook up bait, you could use your supernatural critters to do the work for you. You'll never be lonely again if you have a Squirtle as your wingman.

3. You'll finally have excuses to avoid responsibilities

If there's one thing that's fact in the Pokémon world, it's that Pokémon get

hurt. A lot. Sure, you may be concerned for your battling companion after they've been KO'd by a powerful opponent, but you'll come to learn that Pokémon are durable creatures. So, if your Pikachu is having a rough day after a battle, you can call in a sick day at work or avoid school to tend to your little friend. (And just in case, you were wondering, trips to the Poké Center are free and probably covered by insurance.)

4. You'll probably go out more

This has been proven true by Pokémon GO. If you're the kind of person who's too self-conscious to go to the gym or just finds exercising to be boring, then you're out of excuses. If you want to be the very best, you bet your butt, you have to walk around if you want to fill your pokédex.

5. You would never be lonely

Pokémon are essentially cooler version of household pets. Not only could you use them for battle but also as companions. Tired of human interaction? Need to vent but you're too embarrassed to talk your friends or therapist? Pokémon are perfect for that. Feeling sad and need to some quiet time? A Pokémon can keep you company without judging you. Seriously, who could ask for a better friend?



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Community colleges are more affordable (cont.)

the average cost of attending a four-year public college is much higher than it is for other states,” according to Student Loan Hero’s Elyssa Kirkham. “New York ranks No. 38 on our list. However, it is important to take into account that the cost of tuition at a public four-year school is less expensive in New York than it is in New Jersey.”

The larger question may be, considering Rutgers is so much pricier than SUNY, if New Jersey residents would be better off crossing the border into New York when transferring? The out-of-state SUNY rate is about \$18,000, factoring in tuition and fees, while Rutgers for New Jersey residents is \$14,200. Both have room and board costs that tack on about \$12,000. Overall, not a major difference for Garden Staters.

How did other states in our region do on Student Loan Hero’s list? Connecticut placed No. 11 in transfer benefit, with students who did their first two years at a community college saving \$15,700 vs. those who went straight to public four-year schools as freshmen. Massachusetts came in at No. 28, with about

\$10,000 in savings.

The states that ranked last, North Dakota, Nevada, Florida and Kansas, had community colleges that cost about the same per year as their four-year counterparts, so there is little financial incentive to attend a two-year college first in those states.

Though, as with any such choice,

it’s sometimes better to attend a two-year college first for a variety of reasons, such as proximity to one’s home, saving on room and board, or to shore up one’s academic record – and garnering credit – before heading to a big four-year college.

“Spending your first two years of college at a community college is a great plan for many students,” Kirkham added. “When deciding on which community college, it is helpful to enroll in a community college that has a partnership with a major four-year college. Many schools have agreements with four-year schools that guarantee the

university will accept your community college credits. Also, many community colleges offer classes that complement working a full-time job, so students can work during the day and take classes at night to further reduce the cost of their educations.”

Thus, going to a community college for the first 60 credits may not only be a frugal choice, but also the right choice for many, regardless.

‘New York ranks No. 38; Connecticut No. 11.’



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The great shows I decided to dump

Darren Johnson
Campus News

Ah, time. That bandit, making you think you have a lot of it left, until you don't.

And this is part of the reason I write this column – time is valuable. Before you know it, you'll be old, and wonder why you wasted so much of it.

Perhaps with this column – pointing out what's worth your time on Netflix, Amazon Instant and similar services – I can save you time. Taking five minutes to read this article may save you hours of your life.

Therefore, this column I'm going to devote to Netflix and Amazon Instant series you may have wanted to watch – they have been heavily hyped – but I'd given up on them early, because they involve a lot of episodes, and you may want to avoid such commitment, too.

In other words, while they may



be great – they aren't worth my time, and probably not yours, either. Here is my top-five drop-out list – too many episodes, too little time – and the much more succinct movie/show I suggest watching instead.

“Stranger Things.” This series was heavily hyped around Christmas time. The critics loved it. It got a lot of buzz. It's about a bunch of adolescents solving some supernatural mystery in the 1980s. There's lots of retro kitsch and the kids are cute enough – just, I remember the 1980s, and my memory works just fine. I don't need a reminder that people had tacky wallpaper, tube TVs and dial phones back then. Second, I hate movies where kids are solving huge crimes. When I was



‘The People vs. OJ Simpson’

that age I barely could figure out my paper route. I quit this after one episode. **Instead, to see kids solving a mystery during a retro era, queue up “Stand By Me.”**

“Lost.” The pilot is really cool. A plane crashing on a deserted island with a few dozen survivors. OK, you piqued my interest, Netflix. But it quickly gets into the metaphysical aspect of some weird happenings on the island. I'd really prefer something more realistic; 97 cliff-hangers are just too many. **Instead, for a gritty, stranded-on-an-island adventure, queue up Tom Hanks’ “Castaway.”**

“The People v. O.J. Simpson: American Crime Story.” Watching the pilot, I had a good laugh recalling all the zany events surrounding the O.J. trial from a long time ago. But then I saw John Travolta playing one of O.J.'s lawyers with his face totally pulled back and frozen by plastic surgery and realized this was supposed to be tongue-in-cheek. He was doing Vinny Barbarino, not Robert Shapiro. **Instead, if you want to get the con-**

densed, less silly version of “The Trial of the Century,” try the relatively new documentary series “O.J.: Made in America,” produced in 2016 by ESPN's excellent 30 for 30 crew. It's only 7 hours in total.

“The Man in the High Castle.” This Amazon Instant franchise has great set work and the premise grabbed me – an alternate reality where the Allies lost World War II and now Japan controls the West Coast and Germany the East Coast of the US. But this series, despite its arresting scenery and set/costume design, is so damn slow. I did give it one season, but can't commit to another. If you're going to show me an alternate reality, make it move! **Instead, queue up the “Star Trek” episode “Patterns of Force” (Season 2, Episode 21)** – banned until recently in Germany – where Captain Kirk goes back to an alternate reality like the aforementioned, and also dons a Nazi uniform. Spock and “Bones” McCoy, too. Way faster pace!

“Sneaky Pete.” I gave this Amazon Instant vehicle a chance because “Breaking Bad's” Bryan Cranston attached his name to it, and I did watch the whole first season. It's

about a professional faker who cons everyone – including a small-town family in the bail bonds business. Just – spoiler alert – they end up being corrupt, too. While the action is fast, the issue with this show is that no one is all that likeable. I really don't care what happens to any of them. And the cliffhanger at the end of the first season is way too heavy-handed. **Instead, if you want to follow a con man – this one very likeable – queue up “Better Call Saul,”** in full on Netflix with new episodes appearing now on AMC.

Let me add, this column is not to say I am a quitter. I have kept up with or finished “Orange Is the New Black,” “The Walking Dead,” “Making a Murderer” and many other well-known series on streaming services. It's just I don't have time for everything.

Don't feel bad quitting an acclaimed series after an episode or two. Go for a walk, get some fresh air, instead – because time is NOT on your side.

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.

April's top releases on Netflix



Avail. 4/1/17

A Weekend with the Family (2016)
 A Nightmare on Elm Street (1984)
 Across the Universe (2007)
 An American Tail I, II and III (1986, 1991 and 1999)
 Boy Bye (2016)
 Born To Be Free (2016)
 Cool Runnings (1993)

Good Witch: Season 2 (2016)
 Gremlins (1984)
 Only for One Night (2016)
 Richard Pryor: Live & Smokin' (1971)
 Scooby-Doo (2002)
 Schindler's List (1993)
 Something's Gotta Give (2003)
 Thunderstruck (2012)
 Trouble with the Curve (2012)
 Tropic Thunder (2008)
 The Tenth Man (2016)

Disney's Homeward Bound: The Incredible Journey (1993)

Avail. 4/22/17

The Great British Baking Show: Masterclass: Season 1-3 (2016)
 The Secret Life of Pets (2016)

Avail. 4/25/17

Disney's Queen of Katwe (2016)
 The 101-Year-Old Man Who Skipped Out on the Bill and Disappeared

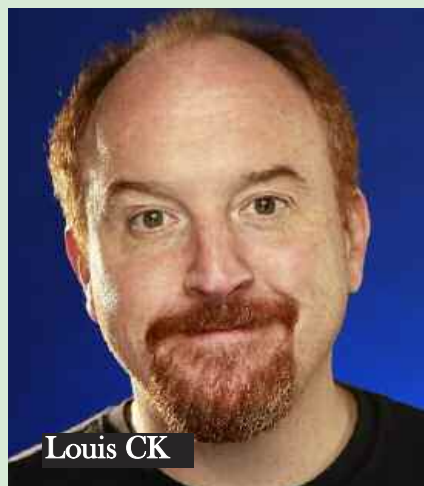


'Sofia the First'

Small Crimes

Avail. 4/30/17

Sofia the First: Season 3 (2015)



Louis CK

Avail. 4/4/17

Louis C.K. 2017

Avail. 4/11/17

Kevin Hart: What Now (2016)

Avail. 4/12/17

DC's Legends of Tomorrow: Season 2 (2016)

Avail. 4/15/17

Avail. 4/28/17

A Murder in the Park (2014)
 Casting JonBenet
 Dear White People: Season 1
 Rodney King



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Successful Job Interviewing 101

Prof. Jack K. Mandel
Campus News

This time of year, many students seek part-time summer work or full-time employment. Now is the time to prepare. Field training experiences (internships) can make the transition from student to employee an easier endeavor.

For many NCC students, going on a job interview can be a difficult and somewhat daunting experience. It is easier if you know what is expected. A personal job interview is really a learning experience for both the employer and job applicant. A company looks for the best person to fill the position by conducting job interviews with many candidates. Today, many employers use online as a front-line screening process. Be

very careful to answer exactly what is being asked of you.

Placement counselors agree that an applicant's dress and overall appearance directly affects the ultimate outcome of the interview. It is never wise to dress in "ultrahigh style." Women: A business suit or conservative dress and minimal jewelry and make-up always work. Men: A blue or gray suit are good colors and should be worn with a coordinating shirt and tie. A man's hair should be neatly trimmed and his face clean. Most interviewers (especially in business) frown upon beards, long hair and to a lesser degree, mustaches. And of course body (including ear) piercings and/or visible tattoos are still considered a "NO NO" by many interviewers for both sexes.

During a job interview, the applicant should let the interviewer set the pace for the meeting and follow his or her cues about where to sit and whether or not to shake hands. Arrive a few minutes early before the arranged time. It is also very important to maintain eye contact.

I advise students who are new at the interview game to be careful of "trick" questions. For example, if the interviewer mentions that he looks forward to his weekend so he can sleep late, should the applicant agree and give the impression that he or she does the same? Certainly not! The fact is that the interviewer may not sleep late, but may be trying to see how the applicant spends his or her free time. Employers prefer self-motivated individuals who enjoy constructive leisure time pursuits such as jogging, swimming, working out or other productive activities. They are not impressed by anything that hints at a lack of ambition, even if it is on your own time.

Another favorite is the "cigarette test." Here, the interviewer invites you to join him outside for a smoke while you chat. Should you accept the offer? No! The way you hold the cigarette or smoke it may be used against you. Your chance of getting the job may just "go up in smoke." Never accept an offer to eat, drink, or chew gum during an interview either.

Remember to back up what you put on your resume and job application. For example, if you only worked a few weeks during the summer, what did you do the remainder of the time? Avoid showing long gaps of time between work and school schedules.

It is a good idea to know enough about a company to discuss it intelligently with the interviewer. You may be asked why you want to work for the particular company.

Show interest, ask questions, and be enthusiastic about the prospect of working for the company in question. It's so easy to have knowledge about the company by using Google. The more you know, the better prepared you will be to speak with authority.

Do not make excuses for what you lack. Concentrate on your positive assets and your ability to do the job (or to learn fast). Don't be afraid to ask when a decision will be made. It indicates to an interviewer that you value your time and wish to join the organization as soon as possible.

Follow up the interview with a handwritten "thank you" note or telephone call. Use the opportunity to again express your interest in the firm. Texting is not an appropriate method to express your appreciation.

In conclusion, consider the interview process a game. You must prove yourself "both on the field" and "off the field" by your record of accomplishments. You can't always succeed at every tryout, but you can always give it your best effort. Good luck.

For almost 40 years, Nassau Community College Professor Jack Mandel has striven to produce a "Winner" work ethic in his students. Be it academics or a career, only you can make it happen!



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We can learn from international students

Amy Radik

Special to Campus News

Fulton-Montgomery Community College has a long history of international students – more than 100 each year, representing 25 countries and 6 continents. In a 2015-2016 report from NAFSA: Association of International Educators, the economic impact of international students from across the country was highlighted. For the first time ever, the United States surpassed the one million number of international students studying at U.S. campuses. In New York alone, there were 114,316 international students during this academic year contributing \$3.9 billion to the New York State economy.

This year, FM has 113 international students studying on-campus. Three of these students include Li Chen from China, My Nguyen from Vietnam, and Keiichiroh Ono from Japan. Although each student's story is unique, they have one commonality – they came to the United States for a quality education.

Li Chen's husband moved from China to Milwaukee to pursue a Ph.D. in Engineering. Chen held a Bachelor's and Master's degree in Teaching and was a teacher in China. After being apart three years, Chen moved to Wisconsin to be with her husband. Looking for work, Chen was told she needed a degree from the United States if she wanted to stay in the teaching field. Also, her English was not as good as she'd have liked and wanted to strengthen her speaking skills. With the encouragement of her husband, she took some engineering courses at Milwaukee Area Technical College (MATC). Chen found her new studies interesting.

Soon after starting classes, Chen's husband was transferred to General Electric in Niskayuna where they moved and now live. She did not want to lose her educational momentum and looked at local colleges. The one she believed to be the right fit was FM.

"I communicated with three different college's administrators and staff and the one that always got back to me the fastest was Mrs. Spencer (Director of International Student and ESL Program) at Fulton-Montgomery," says Chen. "She was always helpful and informative. She explained that I could transfer my credits from MATC to FM. I was happy to start at FM."

With the help of Spencer, Chen enrolled at FM where she is doing quite well for herself. Last semester, Chen was one of only two students nationwide who received a scholarship/internship at National Institute of Standards and Technology (NIST) in Maryland (NIST sets standards for measurement technology). She spent most of her time working in a Cleanroom similar to the one found at FM. Chen earned eight college credits through this internship.

When asked the toughest part of coming to America and taking college courses, Chen says the language barrier. "It's very difficult to take chemistry and pass when you don't know a lot of the terminology," she says. "However, I was determined to get a job. If I couldn't work as a teacher, then I would work as an engineer. You have to do whatever it takes to find a job you like and go after it. I

'In Asian culture, you don't show your true feelings.'

would say a college degree is what will get you the job."

Chen said whether married or not, she would always want to work. "I feel every person, especially young women, need to be independent. A job is independence. Education is independence. Family is very important but they can only help for so long. I have a family in China but now I'm in the United States. I can't rely on them or my husband. I want to feel I am doing something impor-



Li Chen

tant. Not being able to teach did not stop me. I am very comfortable in the electrical technology field. The job opportunities are vast. In China, you have to compete with 1.4 billion people for a job. Think about that. America really is the land of opportunity."

My Nguyen, a native of Vietnam, is a second year student at FM. Only 20 years old, Nguyen has proven to be a very brave young woman.

Her father a doctor and her mother a nurse, Nguyen's parents wanted her to follow in their footsteps and enter the medical field. She passed the college entrance tests in Vietnam to go into either pharmaceuticals or biology, but Nguyen did not want to go to college in Vietnam. She wanted to come to the United States where, she says, "education is much better."

"My aunt came to America six years ago and now lives in Johnstown," says Nguyen. "She told me about FM and said if I came, I could live with her." Two years ago with her parents' blessing, Nguyen came to the U.S. to attend college. She spent her first year in the ESL program (English as Second Language). She

then enrolled in the Health Studies program to honor her parents' wishes. Nguyen, however, was not happy. She struggled with classes, especially anatomy and physiology, but was afraid to seek help. Rather, she considered herself "dumb."

"In the Asian culture, you don't show your true feelings," said Nguyen. "You have to be the same as everyone else; if you are different, people notice and think there is something wrong with you. I was afraid to tell anyone that I did not like my studies."

Nguyen started to feel depressed and alone. It wasn't until Nguyen took art courses that she started to feel hopeful. "I took 2D Design; I was good at design and I enjoyed it." She went on to take Stagecraft where she found a confidant in Anthony Rich, her instructor.

"On the first day of class, Mr. Rich asked each student to talk about themselves. I decided to tell my story. I told about my parents wanting me to be in health care. I told how lonely and scared I felt. Mr. Rich changed my life that day," says

continued on page 21

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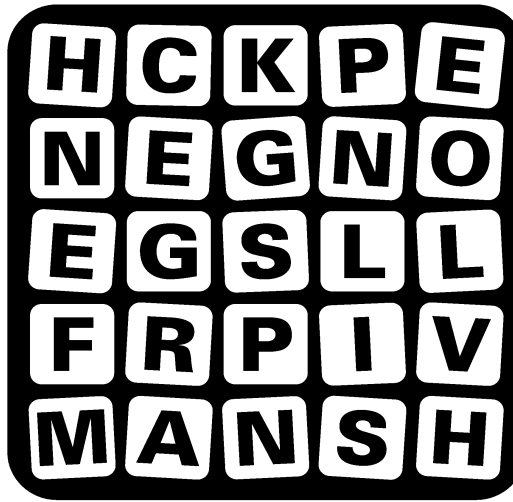
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By David L. Hoyt and Jeff Knurek



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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Answers to Boggle BrainBusters: GREEK FRENCH GERMAN POLISH SPANISH ENGLISH

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JUMBLE

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

LOVEH

□ □ ○ □ □

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SIVOR

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LUBOSE

□ □ ○ □ □

TENCED

□ □ ○ □ □

A: □ □ ○ □ □

BE " □ □ ○ □ □ "

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.

Answers: Jumbles: HOVEL VISOR BLOUSE DECENT
Answer: What the couple said when the poetry reading left them puzzled — "COULD BE 'VERSE'"

(cont.)

Nguyen. “He told me it’s okay to accept who I am, to love myself. He explained that I am not alone. He made me see that if people did not like me for who I am - even my family - that was their problem, not mine.”

She continued, “America is where you can be whoever you want to be. Whether people accept that or not is their choice. I did not understand this until I came to FM. I am so lucky to have selected this college. People here help you. They want to see you fulfill your dreams. They want you to know it is okay to be different. They want you to embrace who you are. I love who I am now.”

With her new courage, Nguyen told her parents her plans on becoming an Interior Designer. When she completes her degree from FM, she is considering continuing her studies in Santa Monica, California or FIT in

New York City. She said her parents surprisingly accepted her news. “Even though my family is very strict, they love me. They could hear the happiness in my voice. Family is everything. Whether you get along or not, you just keep loving them.”

Keiichiroh Ono, or Kei as he likes to be called, came to FM from Japan. Why? His answer was simple, he wanted to learn English.

“Throughout high school my goal was to speak English. If I can speak English, I can make more friends. My goal in life is to travel the world. English is a necessary language to reach my goal. I did not want to learn through class, I want to learn by seeing the world through my own eyes,” said Ono.

After high school graduation, Ono did an online search for colleges in the United States. He read about FM’s International Studies and spoke to a Japanese agent about it. To his surprise, the agent was a graduate of

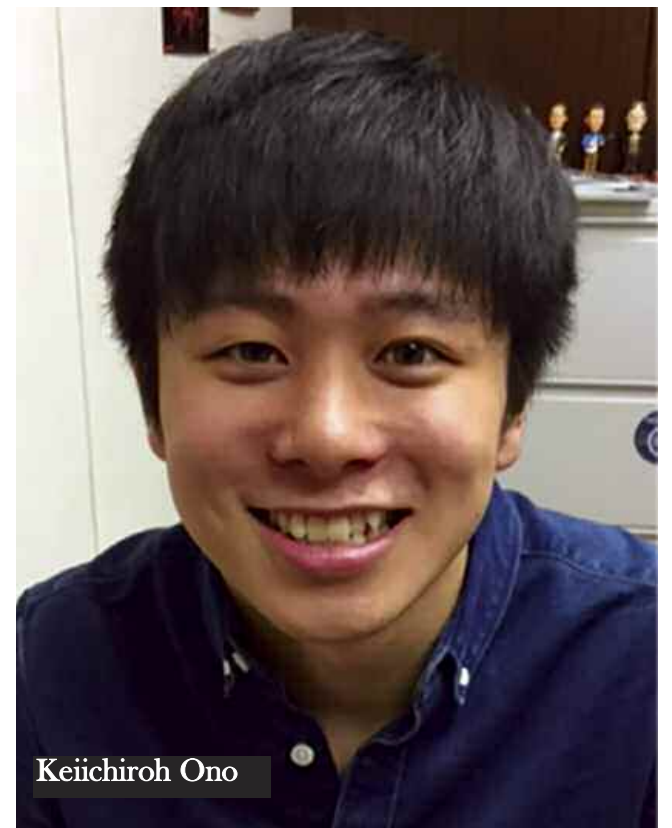
FM who gave high praise to the college. Ono was sold. However, his Japanese teachers were not.

“My teachers told me I needed to speak better English before coming to the United States,” said Ono. “They told me going to the States without the proper speaking skills could be very bad. They were looking out for me but I knew the only way to learn the language was to dive right in.”

In the summer of 2016, Ono left his parents and older sister and came to FM. He moved into Campus View Student Housing and took a course in physical education and ESL. He now speaks English impeccably well.

“I am so lucky to be at a campus like FM,” says Ono. “There are many cultures not only in America but also right here on campus. I have made many friends. I thought all my friends would be American but some of my closest friends come from Albania, Pakistan, and Sweden. They teach me about their culture. We traveled to New York City where I made even more friends with their friends. I am also making friends with Spanish and Chinese students. I want to learn all their languages. The more languages I learn, the more friends I will make around the world.”

The reason Ono is so interested in learning several languages and the cultures of others is that his career goal is to be a tour guide and interpreter at the 2020 Olympics which will be held in Tokyo. Ono plans to graduate from FM and transfer to another SUNY four-year institution to be sure he will reach his career goal



Keiichiroh Ono

before moving back to Japan.

“Although there seems to be much racism in America, there really is no need for it,” says Ono. “I agree terrorism is awful. Terrorists need to be kept under control. But those from other cultures who are not like you are not bad people. They are just

‘There are many cultures not only in America but also right here on campus.’

different. Once you talk and get to know them, they can teach you many things. I am one of the lucky ones. I came to America with the support of my family and I am making my dreams come true. Many are not so lucky. They do not have the means to make a better life. I think everyone should have the opportunity to live their dreams.”

For further information on FM, visit fmcc.edu or contact the Admissions Office at (518) 736-FMCC (3622), x8301.



“This way I never worry if I have the latest upgrades.”

CAMPUS NEWS

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

Regular Writers: Writers are usually college students, very recent grads or staff/faculty, including Shahael Myrthil, Prof. John DeSpagna, Takara Lawrence, Peter Briguglio, Gianluca Russo, Prof. Jack Mandell, Laura LaVacca, Jonathan Lopes, Kaylee Johnson, Daiki Yoshioka, Noah Smith and Yesenia Coello. Additional writers include the publisher/editor, the occasional student freelancer and college interns working for the Scripps Howard Foundation Wire.

Publisher/Editor: Darren Johnson.

Original Layout Template: Thomas Johnson.

Photos and Art: Photos are taken and/or provided by the authors of articles or are archive/stock or PR images, unless noted. Comics and puzzles are provided in agreement with Tribune Content Agency.

Subscriptions (\$19.99/year):

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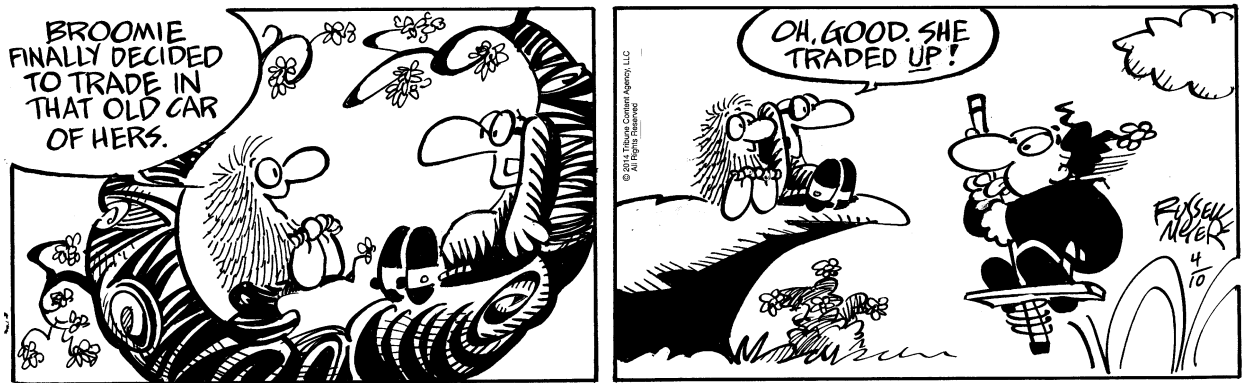
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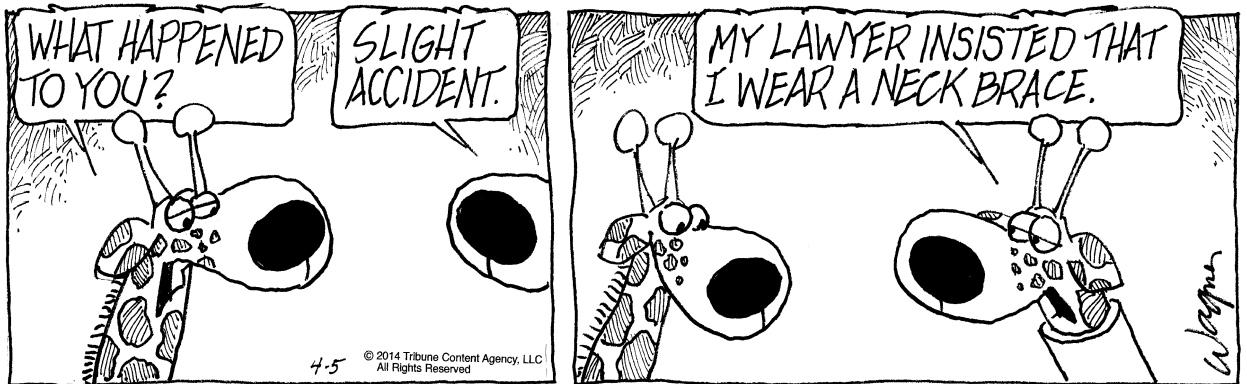
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Football hot stove is already cooking

Noah Smith
Campus News

While football season ended back in February, the heated rivalries of the NFC East remain as intense now as they were in the regular season. Upon the start of 2017 Free Agency, numerous teams have lost and gained season making players. Yet especially in the NFC East these gains and losses may change the way the division will go this upcoming season as each team has been doing their best to get a leg up on their competitors through signing players in this year's Free Agency.

While the Dallas Cowboys won the division, even in one of their most successful seasons in the past decade, they were unable to defeat the Giants even once. Instead the 13 and 3 team suffered two of their three season losses to their division rival, never defeating them. But 13-3 was still excellent.

Unfortunately for Dallas, a repeat of last season looks unlikely as multiple key players on both their defensive line and offensive line are free agents now. The Dallas Cowboys were in such rough

shape that one of their star wide receivers, Terrance Williams, was not only a free agent but expected to sign with another team. The Cowboys can breathe a sigh of relief, though, as Williams was "loyal" as he mentioned upon resigning with Dallas, telling of how he willingly took less money to play for his team, the Dallas Cowboys. Still even with the keeping of Williams, the Cowboys have much work ahead of them and the April 27-29 draft seems like their only chance to fill in the major holes.

The Giants on the other hand have taken full advantage of their position. Whereas the Cowboys were focused on holding onto players, the Giants were focused on acquiring them. Which is just what they did. With the addition of Brandon Marshall the now ex-New York Jets wide receiver, the Giants now have yet another top tier receiver. The Giants also made a phenomenal move reacquiring Jason Pierre-Paul for their defensive line, which while coming at a hefty price is undoubtedly a top tier Defensive End.

The Washington Redskins took a

different approach than either Dallas or New York by firing their Team Manager at the very start of Free Agency. Still they made quick and effective decisions which ultimately allowed them to benefit greatly from the veteran market. Claiming players from their rivals' teams and players from all over the NFL, the Redskins while not without their share of risky picks have overall done well.

The Eagles however remained quiet and arguably made off with one of the jewels of Free Agency signing Alshon Jeffrey, the Bears former star wide receiver. A big name already, this seasoned player was an excellent ac-



quisition that may solve the Eagle's offensive problem. The latter of which played no small part in the Eagles not seeing the playoffs this past season.

While all teams have had to face new challenges at the very start of Free Agency, not a single NFC East team has failed to capitalize on any and all opportunities. The rivalries burn as intense as ever as the draft approaches and shortly behind it, the kickoff to the 2017 season.

Sports shorts

SCCC Hoops Star

Medford second-year Suffolk County Community College Women's Basketball player Tah'Joe-nae Hinton has been named National Junior College Athletic Association (NJCAA) Division III Second-Team Region XV All-Star for the 2016-2017 basketball season.

Only ten women are chosen for the prestigious award from NJCAA Region XV.



Tahj Hinton

Hinton suffered an early season shoulder injury, but returned stronger than ever to complete her last season as a Shark.

Hinton was a team co-captain whose leadership and experience on the court helped her excel.

This season Hinton: averaged 11.1 points and 10.6 rebounds a game.

"Tahj has developed as a player but more importantly has grown as a successful student and a productive young woman with a bright future," said Coach Kevin Foley.

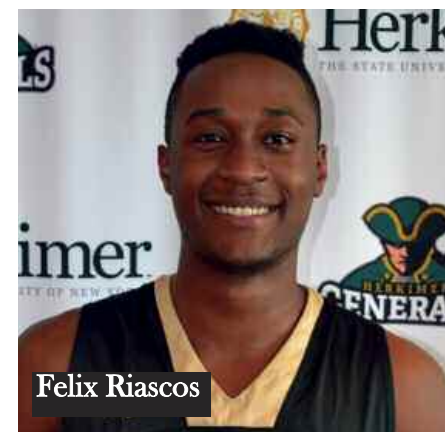
Green & Gold Winners

Herkimer College has announced its Green & Gold Athletes for the month of February. They are men's basketball guard Felix Riascos (Poughkeepsie, NY) and women's bowler Korena Kinney (Taberg, NY).

Riascos earned a double-double in the Region III quarterfinal game versus North Country Community College producing 11 points, 12 rebounds and 4 steals. Head Coach Matt Lee said, "Felix has been a great captain on the floor for the Generals down the stretch. He has brought a level of toughness that we have been missing." Riascos and the men's basketball team will be competing for a national championship in Rochester, Minnesota.

Kinney helped lead her team to fourth place at the regional match held in Utica, NY and finished second individually in All-Events earning her a spot on the All-Region team. In her last two matches, Korena finished strong and averaged 181. She was also an honorable mention to the All-Conference team.

Have a sports story or photo to send us? Don't be shy. Get it in print! Send to collegestories@cccny.us.



Felix Riascos



Korena Kinney



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Add TED Talks to your bucket list

Jonathan Lopes
Campus News

According to ted.com, “TED is a nonprofit devoted to spreading ideas, usually in the form of short, powerful talks. TED began in 1984 as a conference where Technology, Entertainment and Design converged, and today covers almost all topics from science to business to global issues in more than 110 languages.”

I should start by mentioning that I do not work for TED. Apparently TED is not a real person, but more of a concept. I have been able to attend two TED events. Yes, be jealous. One was in Pennsylvania and the other in New Jersey. The events ranged from 3-5 hours with breaks and 5-8 total speakers. It was a legitimate bucket list item I was able to check off.

Famous and influential past speakers include Bill Clinton, Jane Goodall, Al Gore, Bill Gates, Bono, and Google founders Larry Page and

Sergey Brin. With that said, TED is built on the premise of providing a platform for individuals in all walks of life the opportunity to articulate their passion, skills, and experiences in such an intimate and accessible fashion.

Talks typically have a max of 18 minutes and minimum of 6 minutes on any and all topics. One of the most distinctive aspects of TED presentations are the sensational ability to connect viewers to a topic they may have never heard before. Anytime you watch a speaker online or see one in person a few things come straight to mind: Will this be boring and low long do I have to be here? According to a TED Talk representative, this is taken seriously noting, “Long enough to be serious and short enough to hold people’s attention.”

I know of TED all the way back from high school and now, recently finishing my master’s degree. TED talks are becoming more prevalent in schools. In fact, I’ve had to watch for assignments and to supplement class

seminars, leadership development, business, teaching and criminal justice classes are going to showcase TED Talks as they tend to have popular subjects connected to courses. Don’t be scared. This is a good

thing. My mother works at a bank and it’s now even spreading to businesses as a way to help with training and leadership development.

I mention this resource for two honest and real reasons. They are free and good! Speakers can range

from inventors, influencers, military veterans, prodigies, teachers and MANY more. To expand on that, every speaker has real knowledge and understanding of their topic that makes presentations informative and engaging. Visit ted.com or simply YouTube away. I’m a fan and if you give it a chance, I think you would be as well. I guarantee you will enjoy it and probably learn something too.

‘They provide informative and entertaining methods to help students learn.’

lectures. I have pals and peers in school who experienced the same. Everyone agrees, it’s worth it. It helps bridge the gap in terms of providing informative and entertaining methods to have students learn.

Public speaking is not easy. Not many can do it and more importantly, do it well. Chances are, if you haven’t already, you will be exposed to it soon in your classes. First-year

Off My Meds.net© Copyright 2016
L. Taha



This always seems to happen to Dave whenever he’s in a big hurry.

Cupcake winners

Fourteen Suffolk County Community College Culinary Arts student-competitors were challenged with a two-and-a-half hour time limit to whip up a winning cupcake at what has become an annual competition at the Suffolk County Community College Culinary Arts Center: Cupcake Wars.

Jacqueline Segovia of Brentwood, center, took first place and was awarded a \$750 scholarship and assorted baking supplies. Jacqueline created a mango cupcake with a mango cilantro salsa and an avocado icing. At left, second place and



\$500 went to Yvette Boucher-Denning of Mastic Beach for her Hummingbird cupcake with salted caramel filling, cream cheese icing drizzle with salted caramel and chopped pecans. At right, Heather Hoffmann’s third place chocolate potato cupcake with a mint pastry cream and Baily’s Irish Cream buttercream, earned a \$250 prize.

Dealing with Traumatic Brain Injuries

Samir Thomas
Campus News

This past month was “Traumatic Brain Injury (TBI) Awareness Month.” With that in mind, I’ve asked Randolph “Randy” Bleiwas, Executive Director, and Daniel “Dan” Schiavo, Community Liaison and Therapeutic Recreation Consult-

ant at Beacon Place in Highland Mills, N.Y., to help us understand how we can help those who suffer from TBI and its devastating, life-changing, effects.

What is TBI?

“TBI often occurs quickly, due to a car accident, sports impact, or other

high density impact which causes the brain to lunge to the front, back, or sides of the head and changes your life instantly.

“While there are common features of TBI, particularly when a concussion is present, it is unique to the individual and has many different strengths and challenges. Some people suffer with Short Term Memory and Recall. Others suffer with “Sensory Problems” such as ringing in ears, feeling hot or cold, anxiety, or other problems.

“Also, a concussion, frontal lobe, or TBI to the centers that control emotion, social behavior, and impulse control, may cause severe to moderate levels of difficulty with attention span, poor coordination, goal setting, initiating conversations, understanding and answering questions, understanding the environment, and filtering one’s responses.”

What can we do to help?

“Tell the person suffering

from TBI, ‘We’re in this together and we’re going to take all of the steps necessary for you to get better.’

“Reassuring our students who have a TBI that their condition is not their fault, not a character flaw, and is often quite repairable, in due time, is highly important.

“New discoveries and research in the world of TBI has uncovered many opportunities to help people with it to find new ways to re-learn and accommodate in order to re-live specific tasks and enable the neurons in the brain to attempt to mend, or repair itself.

“Students with TBI have many issues and may have many questions that go unanswered or not asked. Developing a team-based approach to helping students with TBI is an effective way to help these students succeed. That’s what we do here at Beacon Place. We provide a welcoming, family oriented, structured environment, counseling, and day program, to persons suffering from TBI, their immediate family, and spouses.”

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Rapper Wale to perform

Grammy-nominated hip-hop star Wale will perform at 7 p.m. Saturday, April 22, in the Robert R. Jorgensen Athletic and Event Center at Mohawk Valley Community College's Utica Campus, 1101 Sherman Drive. Tickets are \$15 general, \$10 for MVCC employees, and free for MVCC students (limited supply). This event is sponsored, in part, by MVCC's Student Congress. **The concert will be for mature audiences only.**

Wale is one of the most idiosyncratic talents in hip-hop and one of the most prominent figures in music today. After signing with Rick Ross' Maybach Music Group imprint in 2011, Wale released his breakthrough sophomore album, "Ambition," which spawned the Grammy-nominated single "Lotus

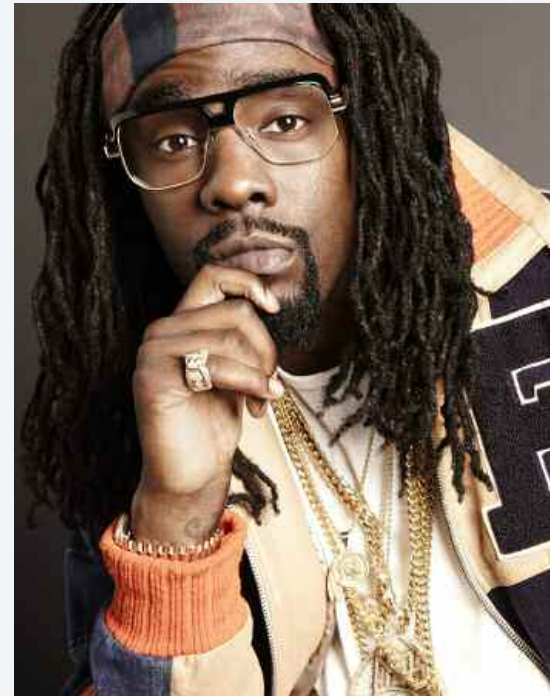
Flower Bomb (feat. Miguel)" followed by 2013's "The Gifted," which debuted atop Billboard's "Top 200 Albums" chart. In 2015, Wale released his highly anticipated fourth studio album, "The Album About Nothing," which features the hit "The Matrimony (feat. Usher)." The album sees Wale continuing his famed "About Nothing" mixtape trilogy, inspired by his favorite TV show, "Seinfeld." Wale also serves as the CEO of a hat and accessory line, Wrkng Title, and recently was named creative ambassador for the NBA's Washington Wizards. Learn more about him at walemusic.com.

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, or over the phone by calling 315.781.5721. Most Cultural Series events are \$5 or less to the general public and many are free. Events include concerts, comedians, lectures, film screenings and discussions, workshops, family fun events, and more.

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



maintains a major social media presence that can be followed on Facebook at "MVCC Cultural Series." For the complete series lineup and ticket sales, visit www.mvcc.edu/culture.

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That professor who dropped the mic

Darren Johnson
Campus News

I found myself recently channeling that old crank political science professor I'd had back in the day. One day he yelled at the class and ended it abruptly, sending us on our way.

Coming from a family of dreamers and underachievers, I'd felt the need to study something practical, so double-majored in Pre-Law -- which was largely composed of political science courses with this guy -- at a small college that wasn't really known for anything other than the Fine Arts and Marine Biology.

At least when I'd bump into people when home on break in my depressed hometown, I could simply say I was majoring in that, as opposed to English/Writing, which was my other, preferred major. But the kind of major people without degrees make fun of.

But, really, the Pre-Law major was a dumb move. First, my English degree would have been just as good a qualifier to get into law school, should I have chosen that path. Law schools look fondly at applicants with English degrees, as the major proves someone is a strong reader and writer -- useful skills for a lawyer.

Second, that Pre-Law major, with the professors from the tiny, unheralded department that almost wholly gave C's, killed my overall GPA, later hurting my graduate school opportunities.

The program was a real downer. This professor -- who seemed ancient back then, but I think he's still teaching, so won't name him here --

would regularly belittle us, saying he deserved better than our lot, that none of us were truly college material. None of us were as good as him. With the little books he'd published in his younger days, that no other university assigned.

But that one class he did a drop-the-mic. The class was mostly male, and, admittedly, because this was one of the least popular majors at this small college, it didn't attract the academic cream of the crop.

The night before was full of parties. People passing overflowing, foaming, plastic cups under the glow of stars and Christmas lights outdoors -- in February -- and laughing, for hours -- and, before we knew it,

we were in that 10 a.m. class, and none of us had done the reading.

And we stared blankly at him as he kept asking questions. "Did anyone do the reading?"

Silence. We were only five minutes into this class. "Anyone?"

And the look of disgust he had for us. "Then leave. Get out of here."

My classmates and I looked at each other, disappointed in ourselves. He made us feel that way. We slinked out of the class, grasping our unread political science books, with their perfectly crisp, unturned, bright white pages.

(In retrospect, I think the problem was we were just 19, and he was assigning us heady books that required a more mature mind. Granted, we should have tried harder, though.)

And I vowed not to be like him if I ever taught: Mean-spirited, out-of-touch, unapproachable. He once told the class, "If you don't like the grade I give you, you can come and see me. I might raise it, or I might, after further examination of your work, lower your grade."

Despite being dumb and 19, we got the message. Don't bother him.

(Once from a distance, I saw him walking up the hill to the academic building, holding the hand of a little girl. It was his daughter; perhaps he had weekend custody of her. Another time I saw him sitting alone in a McDonald's, eating and reading a New York Times -- he'd once told the class that's how he'd like to go out, with a Big Mac and that paper. Both times I didn't feel I could approach him; even just to say hi. He didn't raise his eyes from his reading. Neither sighting really human-

ized him for me.)

And that was a long time ago. I went and got a Master of Fine Arts in Writing instead of a law degree, and wrote thousands of things that were published -- even once in his beloved New York Times. I also taught a lot of college courses, in a wide variety of subjects, for several different schools.

But it wasn't until recently when I channeled my old professor and ended my class early with a drop-the-mic. There was some raising of voices, but today's students don't just sit there and take it. Some students ducked their heads, as if the verbal sparring back and forth were flying arrows.

And maybe this helped humanize me. Showed I have some emotions, and take it seriously when the class doesn't come in prepared. I ended class curtly, grabbed my well-worn class book and left before them, as they wondered what was happening.

And they all were on-time and prepared next class. In fact, the class has run a lot smoother since then.

What I've realized is, most students appreciate a professor who is "tough but fair." My old professor was tough, but unfair. I'm very fair, but rarely tough. Especially after my wife and I had a kid, I became a softie. Though I keep changing my teaching style, evolving, and maybe I'll employ the drop-the-mic tactic again, if needed.

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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