

Community  College

# CAMPUS NEWS



Volume 15, Issue 6 FREE!

## Get the most out of summer

### Summer 2017



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Kaylee Johnson  
*Campus News*

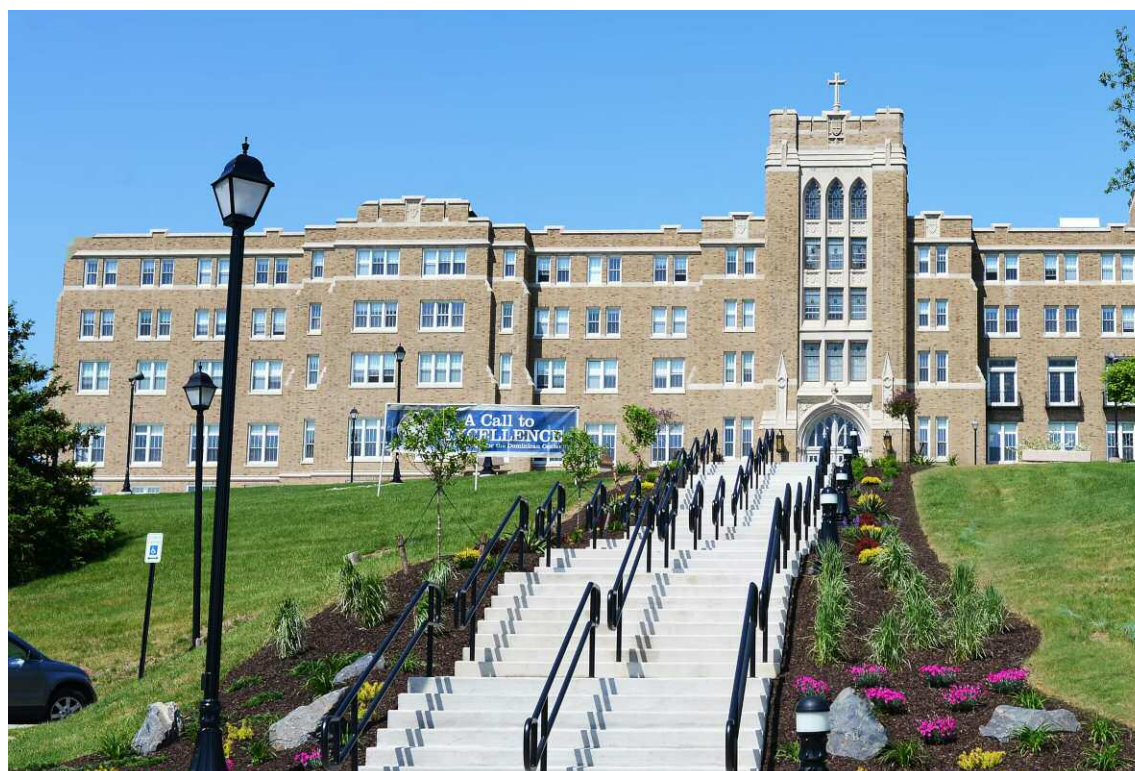
It can be easy to throw away your graded essays and let your pile of books collect dust over the summer, but how you spend your summer will determine how well you do in your classes during the fall semester. It is important to use your time constructively, since it seems like we are always running out of it. Some people assume that the college experience includes going to wild house parties and waking up with one shoe on and blue mascara running down your face. In reality each student is different, and some people are not wired for that lifestyle. After a certain age you

have to retire your bright colored makeup and spend your time productively, at least most days.

I suggest you devote this summer to yourself. So many times I see students who seem like they have a lot of potential drop out because of a lack of confidence. I encourage you to browse your local bookstore and find a few books that speak to you. I also recommend you finish the books even if it is painful. Reading has so many great benefits such as expanding your vocabulary and stress relief, and it keeps your brain sharp. When you are young summers are busy; most students spend hot summer days working or taking summer classes. It is still

vital to take at least 20 minutes per day to do something that makes you more valuable. I once had a classmate who said he had not picked up a book in 10 years, but was reintroduced to reading in a literature class. I wondered how that was possible, and jumped to the automatic assumption that he must have had terrible parents who never read to him as a child. After speaking with him I realized that even if you disliked reading as a child, you can enjoy it as an adult. Read the newspaper, magazines, and history about the places you travel to. What some don't realize is you can travel without leaving

**continued on page 12**



## Mount Saint Mary College AN EXCEPTIONAL EDUCATION IN THE HEART OF THE HUDSON VALLEY

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# Free tuition enrollment begins in NY

**Gianluca Russo**  
*Campus News*

College decisions will soon become much easier with Governor Andrew M. Cuomo's free college tuition 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,'" said Gov. Cuomo. "And New York State — New York State is going to do something about it."

Applications for the Excelsior Scholarship are available now through July 21. By the end of the first available day to apply, over 3,000 students had filled out the application.

To be eligible, students must be residents of New York State and plan to attend a SUNY or CUNY two or four-year degree program. Household income of students must be \$100,000 or less to qualify. Students must take 30 credits per year and make progress towards graduation, maintain a good academic standing, be on track to graduate on time with an Associate's Degree in two years or a Bachelor's Degree in four years.

Gov. Cuomo estimates that the new plan will help around a million New York families with potential college applicants. With college attendance and graduation rates dropping over the past few years, specifically at community colleges, the Excelsior Scholarship is intended to boost enrollment dramatically.

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 added: "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 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 tu-

ition 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."



Gov. Andrew Cuomo with Bernie Sanders at LaGuardia CC earlier this year.

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."

## 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!

**Writers:** Help us write and put together several stories to be published this fall. We can also place your stories on the web and Google News. Learn writing and copy-editing. Again, great for the resume!

**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](mailto:internships@cccn.us).





# What you should do over summer

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

Final exams are finally over and you are thinking about taking a break over the summer. You can finally relax a little and catch up on things in your personal life. As the summer approaches, let's take a look at things from a different perspective: "What can I do to help improve myself over the summer?" The people who most successful are those who are self-motivated and always pushing to do better. Why don't you take that approach to get a step ahead of the competition this summer?

Let's take a few minutes and do something simple. Write out your plan for the next year. This

is something I learned from a manager, and I still do this every year. Write down what you want to accomplish academically, athletically and in the work environment. Writing this down helps and you should challenge yourself to do better.

Another part of your plan should be to start thinking about your next degree. Try and visit some four-year schools and decide where you want to go. The more education you can get, the more doors and opportunities you will open for yourself. I have always felt that education is the great equalizer in this country. The more education you can get, the more you are helping yourself.

Something that I did a few

times while I was in college was to take some summer courses. Summer sessions are available and why not try to take a couple of courses in one of the condensed sessions? You can get a little closer to graduation and taking a course in a shortened summer session may help you focus and concentrate more.

When you select a job for the summer, try and find a position in the field that you want to work in after college. This will enable you to get some experience in that field and help build a better base for future employment opportunities. Employers like to look at a resume that shows some consistency in it a student who has direction. They will look for those who seem to plan out their future and are on the right path. If you are planning on being a teacher, try working at a camp as a counselor or as a tutor. If you want to work in brokerage, approach an organization like Merrill Lynch.

As we are discussing employment, something that you should strongly consider looking into is an internship. Check with the representative at your school that handles this. See if they can set up an internship in your field. You can also approach an organization to see if they offer internships and report back to your school. The internship will provide you with invaluable experience and employers often ask you about your internship experience on job interviews.

While you have a little free time, see one of the academic advisors at your school and register for your fall courses. You have more class openings now that can fit your schedule than waiting till the end of August

when sections will have closed out. You can also contact some of your professors now to write recommendations for you so you will have them available when you start applying to your four-year school.

This is also a good time to update your resume. You have some free time now, so use it productively. Ask some other people to look over the resume to make their suggestions to improve the resume. You can also approach someone in your Career Services office to help you with this.

Part of college is experiencing new and different things and seeing the world around you, which has differing viewpoints. Why not take a trip somewhere and see something different? I remember telling a friend that I wanted to travel a lot when I retired. He mentioned that I should not wait and do a little bit of travelling each year. This is one of the best pieces of advice I ever received. The little trips every year have led me to visit 49 states, every one of the US Presidents' homes/museums and every major league baseball stadium. Currently, I have visited half of the NFL football stadiums and am planning to see the rest. A little good advice in college has led to a lifetime hobby.

Summer is here, but use the time fruitfully to help build yourself into a college graduate and a better person.

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



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# Reflections from a former C student

**Julianne Mosher**  
*Campus News*

Growing up I always strived to get good grades... but I didn't. I was in the honors English classes, but the underdeveloped maths, and I would skate by with grades to just pass me through. My parents didn't pressure me into being a straight-A student, and I didn't win a scholarship when I graduated from high school in 2010.

Fast forward to college. I struggled hard. I worked four jobs and took full-time coursework to graduate, and unfortunately my GPA took a hit. I was interning, writing and experiencing life as a 20-something-year-old, and by doing so I adopted the motto that "C's get degrees." All I needed was a C for every class to pass and get out of there. My near future goals were far too important and a perfect GPA didn't really mean much to me. It was hard, but not striving for an "A" was just something embedded in me. I knew that once I got out of school, I'd get a job, and I just wanted to get out there and begin my life.

I read an article recently that discussed "Why C students are better than other people." At first I shared it and laughed to myself because I al-

ways would say that I got out, I got a job and I'm doing well for myself. So what that I didn't graduate Cum Laude? I still got a bachelor's degree.

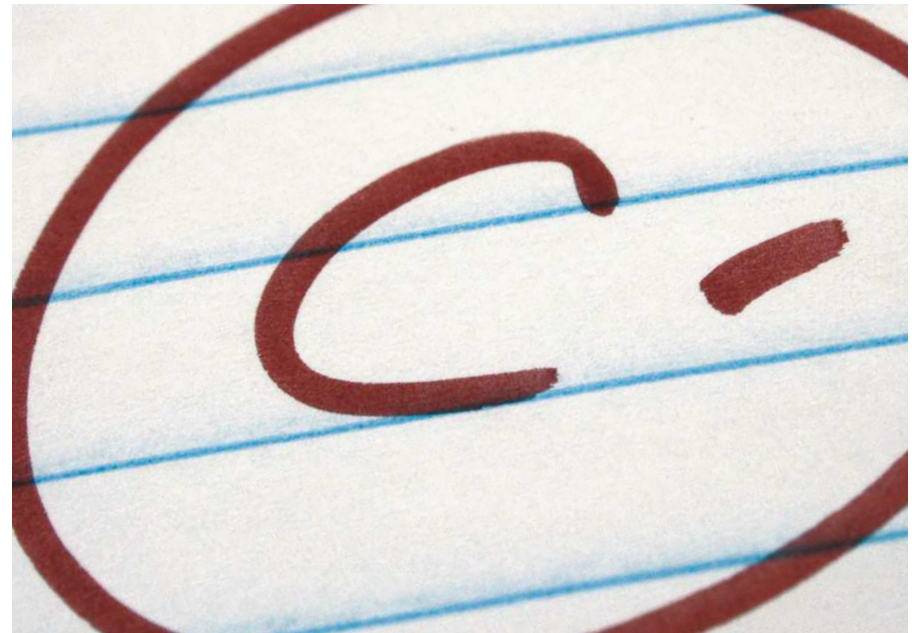
The story said that there are a dozen people who are multi-millionaires even though they dropped out of school or were poor students: Steve Jobs, Mark Zuckerberg, Michael Dell and even Julian Assange all left college and are some of the most successful entrepreneurs of all time, and the author promoted that bad grades are okay because "if they can drop out and be terrible at school, I can do the same and still make money."

Although I agree with it – or did – as I've gotten older I've begun to regret what a crappy student I was over a year ago. Yeah, I got through it and everything worked itself out, but on the other hand I passed college

**'Picking up your grades now will alleviate some of your struggles later.'**

by the skin of my teeth, which eventually led to future issues... graduate school.

When I was working on my



bachelor's, I was most definitely not thinking about going to grad school... Like I said, I just wanted out. I got a job in August the year I graduated and found out that my employer would pay for me to grad school. A free degree? Of course I had to take advantage of that.

My GPA was lower than a 3.0, the minimum grade point average required of most graduate colleges, so finding a school that would take me was tough. I did phone interview after phone interview and spent over \$100 in application fees. Schools would look at my resume and be impressed with all the internships, freelance work and my main employer now, but ultimately they said, "Sorry, you're not qualified because of that GPA."

I was discouraged, but the resume was helpful when I finally accepted the offer I received from Southern New Hampshire University. Although my GPA was bad, they decided to take a chance on me because my skills and experience were rather good.

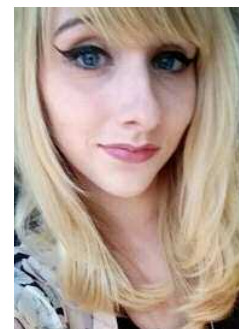
So why did I just rant my life story to you? I want to give advice to anyone who is either worried or not concerned at all. If

you're worried about the application process for grad school and your GPA is 3.0 or lower, you should be scared. If you have time to pick up your grades, do it so it will alleviate some of your struggles later. If you're reading this and that ship has sailed, create a resume and brag about yourself like no other. The colleges will appreciate your confidence. If you're just starting out, seriously just do your homework on time, go to class and get closer to a 4.0 because you won't regret it.

For now, I'm going to work my hardest to get straight A's... My tuition reimbursement is on the line this time, and who wants to pay for a master's when you don't have to, right?

Stay smart, kids.

*A regular contributor to this paper, Julianne Mosher has attended Suffolk County Community College, Stony Brook University and now is a graduate student at SNHU.*



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# Writing the college transfer essay

**Daiki Yoshioka**  
*Campus News*

If you are thinking of transferring to a 4-year university, then writing the college application essay may be an inevitable hurdle that you have to cross. Although not all the schools will ask you for supplemental essays, students are required to write the general statement nonetheless, especially if you will use the Common Application. What is a must for a strong application essay?

## A Hint of Uniqueness

According to the Associate Director of Admission at MIT in an online article, the admissions office annually reviews a plethora of applications and has already got used to seeing “unique” essays. In other words, their major criterion does not solely rely on the uniqueness of applications but rather on the content itself, specifically how well you describe who you truly are. According to the Coordinator of the Honors Program at Rockland Community College, an admission office, especially that of selective and competitive colleges, allocates a minimum amount of time, presumably up to 20 minutes, for reviewing one applicant. So, uniqueness still matters but not as much as the content. This also applies to fairly non-competitive schools as well.

## Show Who You Are

It may sound ambiguous, but the college application essay is all about showcasing your unique personality and experiences. According to the Yale Admissions Office site, more than three-quarters of applicants are academically ready and successful applications have “a lot of little things, when added up, tip

the scale in their favor.” So, in order to “stand out” from the rest, you would need to focus on the multiple aspects of you that would match with what schools are looking for. One way to accomplish that is to avoid consulting a thesaurus; as Harvard admission office’s site stresses: “Don’t feel the need to consult a thesaurus to impress us with your vocabulary,” the list of “arcane terminology” will not always help. Sometimes, simple conversational language is more powerful and shows your personality.

## Research the School

It is really crucial for students to thoroughly research the schools and understand their unique assets, such as programs, majors, or even faculty members; since one of the objectives of college application essays is to convey that the school is your best fit. Some schools even ask students to explain why schools are appealing to them. Go ransack the school website for the unique tradition or program that would align with your interests or your academic plan. “Shooting” emails to or calling an admissions office for specific school-related questions would also help since current students sometimes reply.

## Outline Your Plan

Many schools ask students to give their specific plans after transferring or even after graduating from the college. This is another reason why a college application essay needs a considerable investment of time; you would need to come up with a solid plan of how to utilize resources on campuses, such as courses, programs, internship opportunities, or even unique extracurricular activities. It might be a good idea to start jot-



ting down ideas on a piece of paper to see what you really want to do in the college and how the college helps you accomplish the objective.

## Avoid Struggles

Although struggles serve as a strong testimony of your mental strength, be careful with recounting your past struggles too much since it may sound as if you were playing the martyr. In order to imprint your positive impression on the admission office, it would be better to spend the fair amount of ink for explaining how you bypassed it and how it has changed you. If you are planning to include your life struggles, pick one or two that have radically changed yourself positively and elaborate on them, focusing on how you have overcome it.

## Start Writing NOW

Most importantly, don't start writing essays at the last minute; this is the most common mistakes made by applicants. Needless to say, excellent essays require countless refinements and considerable time. A former Harvard student, Dan Milaschewski, advises to jot down any idea relevant to the prompt

and whittle down afterward in the official blog of Harvard. Another former Harvard student, Taylor Reneau, advises in his YouTube video to start writing essays as soon as the prompt comes out. It is clear that the good college application essay needs exhaustive preparation.

To sum up, a college applica-

**While it's good  
to be unique,  
don't sacrifice  
substance.**

tion essay is more than a mere essay we write in our college writing classes; it requires a significant investment of time and thorough research. To reiterate, it is very important to understand that the uniqueness of the essay is far less important than the content. Almost a majority of the successful applicants start drafting their masterpieces as soon as their interest in a college piques and they continuously edit it. Also, their essays are specific yet concise, also including specific details that compel admissions offices to accept them.

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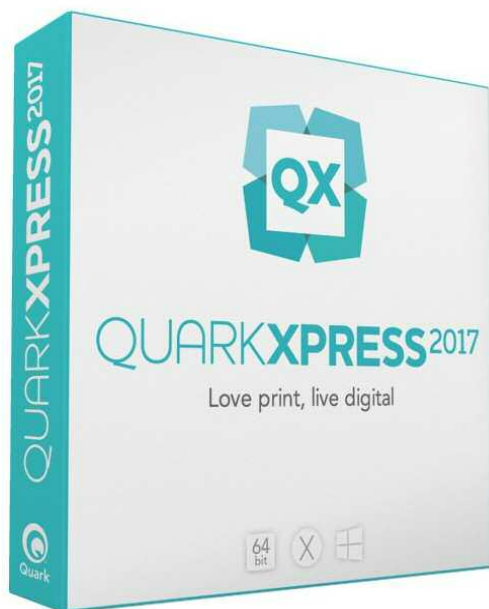
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# Molloy has perfected the art of transfer

Laura LaVacca  
*Campus News*

Winning awards for its excellence is nothing new for Molloy College. Located in Rockville Centre, NY, the college is consistently named one of the top academic institutions in the Northeast by Princeton Review and US News & World Report. However, Dean of Admissions Marguerite Lane is most proud to share that most recently "Money magazine has selected Molloy as the #1 Value All-Star in the Nation!" The rankings were based on student retention, graduation rates, early career earnings of graduates and low loan default rates.

Dean Lane continues, "What this means is that students who come to Molloy stay at Molloy and graduate from Molloy. When our students graduate they succeed in their careers. In fact, in a Georgetown University survey, starting salaries of our graduates were among the highest in the country."

The college has over 50 academic programs to choose from and many internship experiences. Programs ranging from education to nursing to business all have low faculty to student ratios of about 10:1. Just last year, the College opened the Hagan Center for Nursing, designed to support its nationally-ranked nursing program. The



Hagan Center features the latest technology in classrooms and laboratories. Each of the seven laboratories houses approximately 20 high-tech simulator "men, women and children" that students practice clinical procedures on. This will help prepare them for real-world experiences in hospitals and other medical facilities.

"Molloy was named the #1 college to study Health Professions by College Factual," Dean Lane adds.

Putting these accolades aside, Dean Lane is adamant about the community at Molloy and cites the personal attention students receive as a reason for their close-knit community and success as an institution.

Transfer student Jan Mark Casco concurs, "Molloy's campus is smaller and more beautiful [than other campuses on Long Island]. I do like that it's basically in the middle of a residen-

tial area and that it's open; it blends into the community, which adds more to the home-like feel."

Casco, like so many other Molloy students, transferred to the campus after a community college or experience at another four-year school. Molloy has many programs in place to help such students. There are different welcome programs including different orientations for different types of incoming students, "We have an orientation for transfers. They are a different population than those who are 18-year-old incoming freshmen from high school. Instead, they may be 20 or even 60-year-old students from different backgrounds," Dean Lane explains. There is also a transfer day event and welcoming committee to help students adjust and receive mentoring.

"Being a transfer, I would give others a strong suggestion to take a proactive stance in everything from the application process to financial aid and coursework," Junior Randy Gliebe offers. "Particularly with Molloy, the process was smooth and welcoming. If you have a question, either the person helping you will gladly assist or they will redirect you to someone who can more effectively."

Molloy has numerous articulation agreements with such colleges as Nassau Community, Suffolk Community and Queensborough to make transferring a smooth and easy process. Students who transfer to Molloy with an AA, AS, or AAS degree have their General Education requirements waived as well. The college website has a section devoted to incoming students and a multitude of resources. Admissions counselors are available to sit with students and evaluate credits, program choices and help incoming freshman students on their educational journeys.

Transfer students should explore the website to be prepared about the process and make sure all requirements are met. For example, all accepted nursing students are required to take the Nelson-Denny Reading Test and a writing test in composition. These results are used to determine a student's eligibility to take certain nursing and science classes.

Don't forget to fill out financial aid and apply for scholarships. There are even specific monies for transfer students.

"Molloy is one of the most affordable private colleges on Long Island. We offer Transfer Scholarships, Phi Theta Kapa Scholarships and we are a Yellow Ribbon Participant," Dean Lane emphasizes. Transfer





# (cont.)

scholarships range from \$1500-5000. To be considered, scholarships are awarded to full-time undergraduate transfer students who have completed at least 30 credits of full-time course work at a previous college and have a cumulative GPA of at least 3.0. For nursing majors, the requirement is at least a 3.3 GPA. The Yellow Ribbon Scholarship is awarded to veterans, and more information is available on the website.

Aside from academics, the

**The college  
boasts over 50  
programs and a  
10:1 faculty ratio.**



campus offers a vast opportunity for students to get involved in from extracurriculars to Greek life. With over 60 clubs and organizations, there is something for everyone. The American Sign Language Club, Business & Accounting Club and Club Italia are just a few. Students may also choose to participate in student government or be a student orientation leader.

Dean Lane notes, "We have a

vibrant student life which will help transfer students to become engaged and transition to our campus."


"Be sure to integrate as much of yourself into the environment as possible for the sake of networking, socializing, and individual growth. Ask questions, to everyone," Gliebe urges.

In addition to the many resources and events on campus, the location of Molloy is also a plus. Students are in a great lo-

cale for internships and careers, being under an hour away from Manhattan. There are also many community-based internship opportunities.

Molloy strives to give students a solid education while also giving them real-world experiences.

For more information about the transfer process, please visit: [www.molloy.edu/admissions/transfer-admissions](http://www.molloy.edu/admissions/transfer-admissions).




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# Mercy helps 2-year students transition

**Laura LaVacca**  
*Campus News*

Transitioning to a new campus after graduating from a community college or even after completing high school can be a nerve-racking experience for any student. The decision of where to apply, what paperwork to fill out and what credits will transfer can be overwhelming.

Mercy College, with its main campus located in Dobbs Ferry, New York, is a private liberal arts college. Founded in 1950, Mercy offers more than 90 undergraduate and graduate degree and certificate programs within five schools: Business, Education, Health and Natural Sciences, Liberal Arts and Social and Behavioral Sciences.

“Mercy is the #1 choice for transfer students looking to complete their degree at a private college. We transfer in approximately 1400 students a year,” Anne Gilligan-Evans, Director of Transfer Recruitment, explains.

The College’s mission is to provide educational access for traditional and nontraditional students. These include students those who have serious financial needs or perhaps those who are first generation-college students.

Small class sizes paired with affordable tuition rates makes Mercy a popular choice and viable option for students seeking an affordable, but good, college experience. Part time undergraduate credits are \$761 each while a full course load is \$9042 per term. Tuition rates are comparable to CUNY schools and financial aid packages and generous scholarships are available.

“Mercy’s tuition is comparable to CUNY tuition rates with many students with low EFC attending Mercy for less than \$1,500 a year – many being first

generation students. Many of our transfer students work full time to support their families and are adults looking to complete their degrees and move ahead with their careers,” Gilligan-Evans adds.

Scholarship opportunities include those for athletics, education majors, accounting students, those applying to the health professions and those enrolled in Honors College. The complete list can be found on Mercy’s website. The website also outlines the transfer process, necessary paperwork and articulation agreements that Mercy has with many surrounding schools.

“We have articulation agreements with community colleges throughout the New York region that guarantees a seamless transfer of credits. We also have transfer orientations at all our campuses,” Gilligan-Evans explains.

Worried about the lengthy process? She continues, “At Mercy we have a fast turnaround for evaluating credits. Students should know exactly how their credits are applied to their majors, not just know that they are accepted by the college. We accept up to 75 credits from a two-year college and up to 90 credits from a four-year college. Students can get all this information in one visit as well as register for classes.”

Mercy strives to be generous with the transfer credits they take. They acknowledge that students have worked hard at other institutions and that shouldn’t just be erased. “We try to take as much as we can,” Deirdre Whitman, Vice President for Enrollment Management states.

When students register, they are assigned a PACT advisor “to mentor and coach them in navigating the academic, student life, career preparation and financial



aid aspects of college.” These coaches are the point people students go to when any questions or issues arise. In addition to college life, they track academic progress to help students develop necessary career skills that can help them attain an internship experience or even a job after college.

It is this constant attention and engagement with faculty that results in high retention rates. “The national average of students meeting with an advisor is two times per semester,” Whitman, offers, “At Mercy, it’s 20 times a semester.”

Furthermore, students work with their PACT mentor and faculty advisor to complete a portfolio of their career experience for which credits can be awarded. “Many adult students returning to college complete our Organizational Management degree in Business. The core courses for this degree program (39 credits) are completed in one year over three terms and can be taken online,” Gilligan-Evans adds.

“We have great campus locations in Manhattan, the Bronx, Dobbs Ferry and Yorktown as well as distance learning classes!”

The campus is also very easy to navigate and commute to: “The campuses are very accessible to all forms of public transportation,” Whitman notes. “We make sure that we make everything very streamlined for commuter students.”

The campuses also house many gym facilities and cafes that commuters can access when not in the classroom. Those choosing to dorm will have a chance to take in the scenery. Residential halls are along the Hudson and offer amenities ranging from meal plans to computer labs with free printing.

In addition, upon completing construction of a new building with more study areas, there’s also a student commons that includes a convenience store, Starbucks café and a 5000 square foot fitness center. There’s also a newly constructed pedestrian quad and exterior gathering areas.

So, why Mercy? Simply put, “Individual attention from award winning faculty and staff, small class sizes, affordability, generous scholarship and need based financial aid packages,” Gilligan-Evans states. “Our students have the drive and grit to succeed.”





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# Summer success (cont. from cover)

your home with the power of books.

It may be a good idea to volunteer your time, even if it does not count as community service. Volunteering at a local soup kitchen or nursing home can be extremely rewarding. If you plan on working with children eventually you should volunteer at a daycare center to gain knowledge and wisdom from people who have experience. If you are an animal lover, spend your days at your local animal shelter. Volunteering can be very humbling, and it's an excellent way to give back to your community. It can help you to come out of your shell and gain social skills as well.

I urge you to think about interning this summer. Not only will you gain experience, but it may make you more valuable to employers. There are plenty of businesses that could benefit from interns. At the end of the summer you will leave feeling a step ahead of your classmates.

Using your summer constructively is important, and if you practice these habits you will eventually become the master of time management. I still believe that in order to fully enjoy your life you need to make time for pajama days, movie nights, shopping, and brunch with friends. Those fun activities can be compared to junk food; they should be done in moderation. As the summer progresses hope-

fully your mindset will shift and reading outside while absorbing sunlight will be added to your list of fun activities.

Make sure you are prepared for classes. Order your textbooks in July or early August, so you can be sure you will receive them in time. Buy your school supplies when they are cheap. Professors notice the students who are not prepared; they stick out like sore thumbs. Also, there is nothing worse than a college student showing up to class empty handed.

Everybody has a different balance. Most of this depends on whether you are introverted or extroverted. Each person is unique, but I still believe that



there are books that even the most reluctant readers will love. I wish you all a bright and lively summer. I sincerely hope you can sprinkle some of my constructive habits into your day to day life, even if it is in small doses.

## Book review: 'A Man Called Ove'

**Kaylee Johnson**  
*Campus News*

Every summer I make a vow to myself to read one book per week. Last week I entered my local bookstore and read the back of a dozen books. I like romantic novels, but I roll my eyes at corny cookie-cutter love stories. "A Man Called Ove" by Fredrik Backman fit my criteria, and it exceeded my expectations.

Sometimes I pin lists of books meant for book clubs. These book clubs are aimed towards women in their 50s, and most of the novels are about love, divorce, and dysfunctional families. Those are the types of books I enjoy reading on the beach or on vacation, because it doesn't matter if I miss a sentence or two. "A Man Called Ove" was on one of these lists, so of course I was skeptical of it at first. Most of those books consist of formulaic writing, but "A Man Called Ove" was different.

The main character in the

book was Ove, who was a hostile older man who thought one way and refused to see things any other way. The chapters alternated between past and present, which I preferred because I could understand how the character came to be. All of the characters in the novel were extremely well developed. Most of the characters that were introduced made frequent appearances throughout the chapters, and each one had a distinct personality.

Without Ove's judgmental attitude and dark humor this book would not have been nearly as wonderful. Ove appeared rigid and grumpy to his neighbors, but deep within he had the capacity to love. After being let go from his job and the tragic death of his wife Ove felt like he died too. He didn't know how to fill the hours in the day, and he contemplated suicide throughout the whole novel.

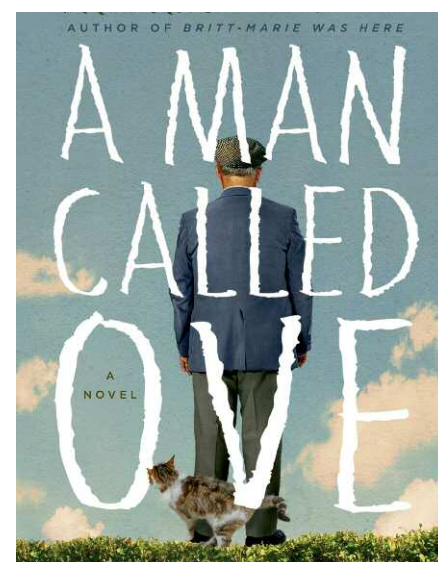
This book had romance, and it wasn't the cookie-cutter type

that I despise. Ove and his wife's love story was a beautiful one. Little details about Ove were exposed throughout the novel, and I like that that the flashback chapters did not go in any order. Ove's past told me a lot about who he was.

I always say that it is important to have at least one likeable character in a novel, but Ove was bordering between antagonist and protagonist. In most books suggested for women's book clubs a character is either good or bad: the cheating husband, the bimbo blonde, and the heroine who risked it all to save her family.

I kept thinking about how "A Man Called Ove" did not try to avoid stereotypes, but rather used them constructively and hilariously. The novel was brutally honest and a breath of fresh air.

This summer I suggest reading "A Man Called Ove" under blue skies and bright rays of golden sunshine. Ove was such a



charming character, and I am sure I will not forget about him anytime soon. I found myself still thinking about the novel days after I finished it, and to me that was a sign that it was well written.

If you are like me and automatically judge novels on book club lists, I can reassure you that that "A Man Called Ove" is the diamond in the rough. It's not your mother's book club novel.





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# TV review: ‘The Handmaid’s Tale’

**Yesenia Coello**  
*Campus News*

Disclaimer: I’ve never read “The Handmaid’s Tale” by Margaret Atwood. In fact, my overall impression of the show so far rests on the observations I’ve made while watching the pilot. “The Handmaid’s Tale,” however, possesses the unique ability to latch its viewers into its allure by raising just enough questions and answering a handful in the span of an hour. The pilot does its job by telling its audience that there is a story to be told rather than raising questions that will be answered later in the series. This ability, perhaps intentionally, draws the parallels between fiction and reality. Like any piece of good art, the discrepancies between our reality and the fictitious one are made more recognizable when established early in the story.

“The Handmaid’s Tale” is set in a fundamentalist dystopian society in the remnants of New England. This new society, Gilead, has all the characteristics of a medieval kingdom. The Bible is the highest authority in the land and women are stripped of their rights, to the extent that they are merely objects. (They can’t read or write.) Non-fertile women (which are the majority in Gilead), are simply admired as trophy wives. Fertile women, known as handmaids, are subjected to the worst treatment within the system, forced to bear children for non-fertile women and their husbands. The narrative follows Offred (Elisabeth Moss) as she navigates through an oppressive system while trying to keep her sanity and identity intact. Being forced to deal with an eclectic cast of characters, it becomes difficult to discern friend from foe as the horrors of Gilead are exposed.

While not as exhilarating as other dystopian fiction such as “The Hunger Games,” “The Handmaid’s Tale” is a story that thinly resembles our own. Or at the very least is a hyperbolic manifestation of what the human condition is. It’s like taking a trip in a time machine and finding yourself in a classical realm dictated by dogma and deductive reasoning. It also raises the question: Would someone from the 21st century survive in such a backward culture? Obviously, this question impacts women more than men, so how would women, who are used to enjoying the juices of freedom, react in this hostile environment?

The reactions are mixed. Those who defy the rules are killed or mutilated. Those who don’t are ignored (which is better than being noticed), and can live another day. To cope with the psychological pain of losing their identities, some blindly resign their fates and carry on nonplussed. (As seen with one of Offred’s closest friends). The few in between are clinging to the dim possibility that they can escape and resume their lives outside of Gilead. Offred, passively defies the system by reassuring herself that she will escape and be reunited with her family. A challenging form of resistance, the payoff from the agony could be well into the future – or non-existent at all.

Interestingly, Gilead’s influence is solely concentrated in the ruins of the former United States. The rest of the world, from can be insinuated, is stable (or the very least functional). Neighbors Canada and Mexico are known to exist but are not pivotal to the plot so far. It would be safe to assume that the series and novel are a commentary on American society. Ironically, Margaret Atwood is Canadian. However, she is a

known critic of American politics. Could her work be a critique of American society? On a surface level, I would say yes. However, the period when the book was published also needs consideration. Published in 1985, the novel came out in a delicate time in not just American history but also world history. And while American cynicism over a potential

nuclear war have been renewed (thanks to films like “Wargames”), the global stage was active and began to show signs that society was ready to evolve again. Just as it did after Napoleon’s conquest of Europe, the fall of the Qing Dynasty, and World War I. The balance of power throughout the modern world was shifting and very well ran the risk of falling into chaos if a smooth transition wasn’t enforced. For the most part, these changes were absent from American and Canadian society, whose histories have been relatively calm compared to the Old World and Latin America. Americans are proud of their freedom and toot that it’s the glue that holds society together, however, American society also has a reputation for its hypocrisy and mistreatment of minority groups. These same groups are forced to endure brutal treatment in Gilead, in a society dominated largely by white men. In my opinion, a story like “The Handmaid’s Tale” was meant to serve as mirror for our culture. And as previously stated, a drastic exaggeration (almost parody like) depiction of relations between social groups and classes.

In 2017, Margaret Atwood’s tale has been reincarnated into a warmly-received television se-



ries that has recently garnered media attention. What does this say about our current decade? In a world where the definition of equal rights is blurred and triggering, even this question is difficult to answer. Have equal rights activists done enough or are they holding back due to fear of backlash and the repercussions of the traditional norm? That’s a question that can be debated and simply can’t be resolved by bold fiction. Many other television shows try to tackle this question in a confrontational manner, an action that has both its pros and cons. Not only does this leave certain parties unhappy but it also does little for the imagination. The use of clever allegories and metaphors is slowly being brushed aside for tales that assert their knowledge over their audiences. Fiction should be an escape from reality, not a reminder. To tell a story, in my opinion, is to reimagine reality into something fictitious, divorcing it from established associations and preconceived beliefs.

Then again, I’ve only seen the pilot. But I look forward to seeing the rest of this show and hoping that it will meet my expectations.

The first season of “The Handmaid’s Tale” is currently being streamed on Hulu.



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# Advice for writers from a top editor

Writing is not easy. When I started out, I wish I had reached out to some professionals for advice. From my short time as a freelance writer, I've seen firsthand that breaking into the business can be incredibly difficult without a mentor to guide your every move. It can be very easy to make a bad impression and lose out on an opportunity that could have a big impact on your future.

Well now, as I begin my first summer as a full time freelance writer, I've reached out to one of my favorite writers/editors to get some advice for new writers joining the freelance game.

Rosemary Donahue is an editor and writer who I admire tremendously. I first read her work in Britt + Co, which she serves as a freelance editor for, and have continued to enjoy her work in Nylon Magazine, Allure Magazine (which she now serves as weekend editor) and more. Donahue's pieces on mental illness, body image and other important issues are honest and relatable works that I immediately resonated with.

Donahue always loved reading and writing, but never saw it as a career until she took some time off in her early twenties. When returning to college, she pursued an English degree in creative writing and was immersed in the literary world. After spending time editing her school's literary journal, she found that her passion was as an editor. "When you edit the work of other people, you can help others get help, you can see what you like and don't like and can incorporate that into your own work," said Donahue, "and that's really where my skill and my passion are."

Now, after years of experience both as an editor and writer, Donahue was incredibly kind to speak with me about tips for freelance writers and about some of the first things you need to know when venturing into the world of media.

**On only writing about what you know...** "A lot of people think that they should and can only write about what they really, really know about...but all of these things that are going on impact all of us, and we all have something to say. We all have something important to add to the conversation, and especially with what places like Teen Vogue are doing, they're empowering people to be informed."

**On perfecting your pitches...** "Know the publication you are trying to pitch and make sure that you not only know that your story is right for them, but even that your email and your tone are right for that publication. State a little about your qualifications and who you've written for before, but, personally for me, that doesn't matter as much as why you're qualified to write that story. Say why your take [on a story] matters, because with so much content being produced on any given day, it's likely that a few other places are going to be covering it if it happened already. State to the editor why your take is important, why your angle is different, why you should be the person to write it, why they should pay you in particular to cover it and why they would want to work with you."

**On networking and making connections if you're still in school or not in a big city...** "Especially because of how prevalent Twitter and even just email are these days, you can still reach out. Find the writers and editors that you admire and send them a

## Read Gianluca Russo's full interview with Rosemary Donahue on [www.cccn.us](http://www.cccn.us).

personalized email or DM them on Twitter or even just "@" them, because that's what really makes a difference. A lot of editors and writers who you may try to make connections with are super busy, but also really want to feel like their work has made a difference."

**On accepting a flat rate or asking for a higher pay...** "We're all at different levels and I think that any money for writing is really great. I do think that you need to value your work, and if you think that your work has more value to it and you're not getting paid enough, you should ask for more. If an editor likes your idea and you ask for more money for it, they're not going to say that they don't want the piece at all. Value your own time and think about whether or not you can get more money elsewhere. It's just based on your personal idea of if you're willing to pitch it elsewhere, but it's always worth it to ask, and you should never feel bad



Rosemary Donahue

about asking."

**On the difficulties of women and marginalized writers...** "I can only speak from the standpoint of being a white, cis-gendered woman and from what I've seen from my other coworkers and friends who are coming from different standpoints, but I think it definitely is harder for us to compete for certain jobs. Once we have put something up, we get different levels of criticism on Twitter; there are lots of things that we have to contend with that more privileged people don't have to contend with, and that's something that I think people are starting to converse about, but I don't necessarily know how quickly it will change."

**On the biggest mistakes she sees as an editor...** "Sometimes writers get overly excited about an idea, especially with newer writers, and they'll just pitch it to anywhere without really looking up what's the right place for their pitch. Because of that, the editors will likely remember them and not be as likely to open an email or look among them favorably in the future."

For more about Donahue's work, visit [www.RosemaryDonahue.com](http://www.RosemaryDonahue.com).

*Gianluca Russo is a freelance writer for Campus News. His words can be found in Playbill, BroadwayWorld, the Albany Times Union, 518Life Magazine and more. Visit [www.GianlucaRusso.webs.com](http://www.GianlucaRusso.webs.com) for more about him, and follow him on Twitter and Instagram @G\_Russo1.*





# SUNY student leadership named

New and returning SUNY Student Assembly leaders anticipate to build a wider platform for student advocacy in public higher education awaiting changes in leadership and policy make ripples across the system.

For **Marc J. Cohen**, who in May began his second term as President of the SUNY Student Assembly and Trustee of the State University of New York, further progress is still critical to improve the lives of SUNY students across the state.

“One of the most significant issues facing student governments today is a lack of continuity in leadership,” said Cohen. “With a new Chancellor on the way, the search for the next Provost imminent, legislative battles yet to be fought, and so many critical issues facing the 600,000 students of the State

University of New York, I am excited, proud, and humbled to have been elected for another term. SUNY is home to the greatest students in the world, and helping to lead them has been the highlight of the college career.”

At Cohen’s right hand is **Nicole Pereira**, who will serve as Vice President in the coming year. Pereira, President Emerita of **SUNY Oneonta’s** Student Association, was elected following a successful tenure as a representative and committee chair with the Assembly. As Chair of the State-Operated Campuses Committee, Pereira oversaw nine other representatives and worked with more than two dozen campus student governments on developing policies aimed at enhancing transparency and accountability from both student leaders and admin-

istrators alike, including the Assembly’s first comprehensive policy on broad-based fees at state-operated campuses.

**Margaret Ketchen**, another rising student leader, will continue building on her experience in student advocacy with her election to a full term as Secretary of the Student Assembly. Ketchen was elected Interim Secretary in January to fill a vacancy after serving as Deputy Director of Communications, having joined the Assembly’s Executive Cabinet last June. Ketchen has also served this year as Student Government President at **Schenectady County Community College**.

Rounding out the Executive Board this year is Treasurer **Michael Braun**, former President of the **Cortland Student Government Association**. While

this will be Braun’s first year involved with the day-to-day operations of the Student Assembly, he is no stranger to student advocacy and leadership in the SUNY system. Braun has repeatedly involved his peers at Cortland in statewide and federal advocacy efforts and brings invaluable experience with state politics to the Student Assembly.

“This past year saw students leading the charge to “move the box,” select the next Chancellor, advocate for increased state aid, and push for application fee waivers for active duty and military veterans, among countless other initiatives,” said Cohen. “I look forward to working with three extraordinary student leaders, each of whom brings unique experience from serving as president of the student governments at Schenectady, Oneonta, and Cortland.”



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# Entrepreneurship: Do you have what it takes?

**Prof. Steven Levine**  
*Campus News*

Have you ever had an idea about a business or a product, that you felt would have a significant impact on society? You searched, and never found anything quite like what you were thinking of. Every now and then, at random times, the same concept would pop into your mind, but you never took the time to investigate the possibility of actually creating this concept. After a period of time had elapsed, you forgot about it, since you were so involved in other pursuits. Then, one day, you see the very idea that you had, about this new product or business, either online or in a store. What happened?

This scenario plays out time and time again. The person who brought your concept to life is the Entrepreneur. How do you define this person? Is he or she so different from you? People say that this person works very hard, and never takes any time off to relax. You have your own a

business or work in a career, where you put in long hours. If you own your own business, it's what keeps you up at night. So are you an Entrepreneur? Maybe not. There is a type of business that may be defined as a "lifestyle" business. Your motivation for this business is to provide your family with standard of living that is acceptable to you. The thing that you are missing can be defined with one word, PASSION.

## Most people are discouraged by failure.

This "PASSION" is the driving force that keeps the Entrepreneur focused on the product, whatever it happens to be. He or she will utilize every financial resource that they can lay their hands on, to make sure they have enough capital to bring this concept to life. Having the

Entrepreneurial spirit also requires that you have the ability to accept failure.

Let me explain: You had a concept for a product that nobody had conceived before. You financed it, started to sell it, but for some reason, the business failed. The ordinary person would be discouraged, and would vow never to do this again. This person would do very well, working for someone else, since the environment, in terms of risk for himself, would be very safe. The Entrepreneur would look at this scenario very differently. Instead of being discouraged, his mindset would be; why did the business fail, what went wrong, and more importantly, when I go back into business, how can I fix that problem so it does not happen again? He eagerly accepts the challenge of climbing right back into the business environment, and starting again.

After doing some serious self-analysis, you realize that you have the right mindset and pas-

sion to create this new groundbreaking, never-thought-of-before concept. But how? That is the reason for the Business Plan. The creation of this document will force you to test your ideas in the cold harsh light of day. I will discuss the basics of the business plan, and why it is different than a business model, in my next article in September.

*Steven Levine teaches Accounting and Business at Nassau Community College. He has an MBA from Baruch and has owned his own business and worked for Charles Pfizer and Mobil Oil, as well as very large electrical distribution firms.*



## LaGuardia CC graduates 1735

On June 8, the largest graduating class in the history of LaGuardia Community College—1,735—celebrated earning their associate's degrees at the college's 2017 Commencement. The ceremony, which marked the 45th graduation for the college, a member of the City University of New York (CUNY), had an audience of over 10,000 family members and friends of the graduates, college faculty and staff, CUNY Trustees, elected officials, and invited guests. The event was held at Barclays Center.

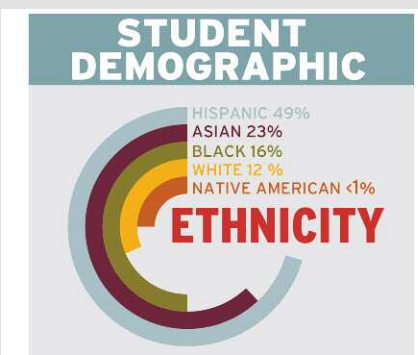
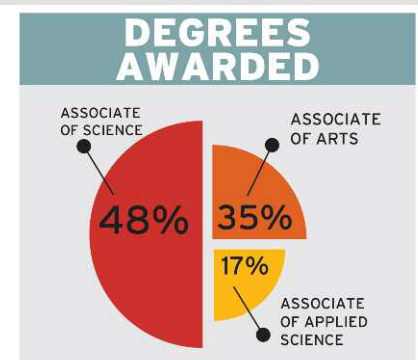
"LaGuardia graduates are

what our city and nation need to thrive! Because our students overwhelmingly come from low-income, recent immigrant, or other disadvantaged backgrounds, earning their associate's is an incredible accomplishment," said LaGuardia Community College President Gail O. Mellow. "And the grit that many have shown—learning English, juggling work, raising young children, and dealing with other obstacles along the way, often with optimism, humor, and perseverance—is sure to serve them well in a senior college or

in the job market. These 2017 graduates represent our greatest achievement."

Co-founder of #BlackLiverMatter and special projects director for the National Domestic Workers Alliance, Alicia Garza, gave the keynote address. Lorelei Salas, JD, commissioner of NYC's Department of Consumer Affairs, gave the alumni speech. Commissioner Salas is a 1993 graduate of LaGuardia.

The college also produced an interesting infographic of its graduating class. See it all at [www.cccn.us](http://www.cccn.us).





# Netflix review: ‘13 Reasons Why’

Neyonna Watson  
*Campus News*

Warning: this article contains spoilers. If you haven’t watched the new Netflix Original “13 Reasons Why” and are planning to, I suggest you take the time to read this piece. There’s a whole bunch to break down so we’ll talk about pros first, then cons, then Clay, and then depression. Now this show is a new concept because it is one of the first times TV media has put bullying and depression under a microscope, which is a step in the right direction. I understand what the creators were attempting to do with this show, trying to bring awareness to the cause and to start a conversation, which they ultimately have done.

## Pros

All in all the actors did a great job, especially Kate Walsh who plays Hannah Baker’s mom. It might seem strange, but the reason I give her props was because she surrendered herself completely to the role of the grieving mother; among all the actors, her performance really stood out to me.

This show had flaws, don’t get me wrong, but one of the things they got right was the depiction of the school system, administrators and parents. For some reason, schools in general are obsessed with their reputation and how the public views them. What ruins Hannah Baker’s school, and many others nowadays, is the fact that they don’t seem to care about the wellbeing of students enough to do anything. What would save the reputation of schools like the one depicted in the show would be to have a no tolerance policy that applied to everyone, not just the unpopular quiet kids. Instead of pay-

ing attention only to the popular outgoing kids who objectively have all the opportunity and praise, they need maybe focus on kids who aren’t popular. Because of this, I think the creators were spot on with the way they depicted the teachers and administrators.

The conclusion for “13 Reasons Why” had my heart beating out of my chest. When the last person received the tapes, I finally felt some level of justice. On a basic level, even with its flaws, I think that “13 Reasons Why” served the purpose it was supposed to.

## Cons

Here is what Netflix was going for: Bullying exists and is terrible in all its many forms, and even though the school administration is doing a terrible job of dealing with it, we need to do better or things like this (Hannah’s suicide) will continue to happen. It feels like they wanted to put a microscope to the entire issue plaguing school systems to show people that this really happens.

The unwillingness to discipline students or stand up for what is right, to look a kid in the face and say, “you are wrong” is the

**‘It had my heart beating out of my chest. When the last person received the tapes, I felt justice.’**

problem. If anyone really wanted to help, they would do more than raise awareness. It sounds harsh, but it feels like we have been aware of the problem with bullying for a long time. Here is what anyone dealing with depression or bullying might have gotten from this: Everyone is bad. Everyone. And



it won’t get better. Even people who you think are nice are just waiting to screw you over, so they are bad too. The people who are supposed to listen and care for your well-being, they couldn’t care less.

In this show they made no effort to say that suicide is not the solution; they made suicide look like the only solution for Hannah. They made an unrealistic amount of trauma happen to Hannah; it was ultra-dramatized and sensationalized. The clichés almost irritated me to no end.

Tony, who is entrusted with Hannah’s tapes, is both a pro and a con. Pro because I enjoyed his presence; he was nice and in an odd way, he was doing the right thing by keeping Hannah’s secrets and that was respectable. On the other hand, I can’t fathom why he would watch Hannah’s parents suffer like that all the while knowing what it would mean to them to have those tapes. I told myself at the beginning of the show, “There had better be a good reason why he couldn’t just give the tapes to the parents as well.” I didn’t catch any other reason than “I thought I was doing the right

thing.” How did you think you were doing the right thing by keeping the tapes from them? If the parents had gotten the tapes right after Hannah died the people on those tapes would have gotten justice sooner. Tony seemed more interested in the ritual of the tapes and having everyone play along like it was some kind of game instead of getting the tapes to someone who could get Hannah and her family the closure they needed. This was the larger problem with the show: It made the aftermath of Hannah’s suicide a little game.

## Clay and Depression

Let me make something clear: Clay did not belong on those tapes. Hannah was wrong to put the weight of her death on his shoulders. Clay was a normal teenage boy in every sense and he had normal teenage imperfections. Clay was shy and kept to himself; he only really said one bad thing to her, and the rest of the time, he was the only one who showed her any sort of sympathy and kindness. She repaid him by blaming him for killing herself and in turn he blamed himself, which he didn’t deserve.

**continued on page 21**



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By David L. Hoyt and Jeff Knurek



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**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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By: L. A. Bonté



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## JUMBLE

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

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 REGUP  
 ICETOX  
 INCLEP

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Ans: \_\_\_\_\_

Answers: Jumbles: ELDER PURGE EXOTIC PENCIL  
 Answer: When they asked for a room, the hotel clerk was — PREOCCUPIED

THAT SCRAMBLED WORD GAME by Mike Argirion and Jeff Knurek



WHEN THEY ASKED FOR A ROOM, THE HOTEL CLERK WAS ---

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



# '13 Reasons' (cont.)

Depression in all its forms was a large theme in "13 Reasons Why," and that was one of the pros that I did not get to. Personally, I saw a little bit of me in Hannah and I would like to think others did as well. However, her type of depression was just one type, and I think most critics of this show would have liked to see more. Depression is the wild card of mental health because everyone is different; no one person's brain is the same. To find out a little more about depression, I spoke with Marissa Reiner, family therapist at Hope House. During our interview, I asked her how and if she changes her approach when dealing with patients, and she gave me an answer that I didn't expect.

"I don't know if I have to take a different approach," she said. "I think it's more like recognizing that it manifests itself differently." She went on to tell me how depression manifests itself in boys through aggression and because of that, parents and teachers just think it is a behavioral issue. She also stated, "I think that's the interesting part of depression, that it can manifest itself differently in people and it might just look like a behavioral issue as opposed to an actual mental health issue."

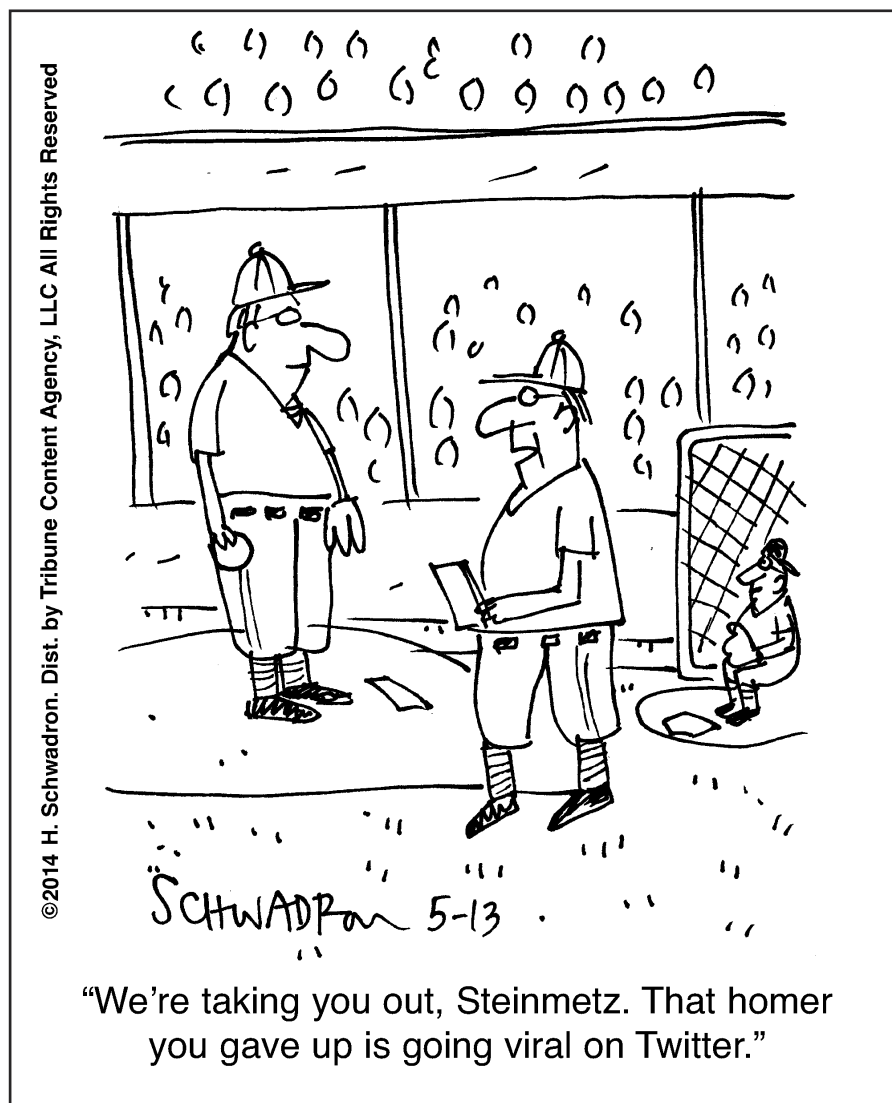
I also asked her what she thought would help those dealing with depression, and she told me talking about it more openly would help because unfortunately, people don't talk



about it. No one wants to talk about it for some strange reason, a reason that I don't understand. Yes, I may be sick, but what's wrong with that? Because of this unwillingness to discuss depression or any mental disease, people who suffer will continue to do so because people make them believe they

are the "other" or not like "normal people," which caters to the loneliness associated with depression. What I learned from Marissa is that when we start acting like adults and talking about mental health, we will really be able to take a step forward in mental health in this country.

9 to 5 by Harley Schwadron



## SCCC adds Fiat-Chrysler

Fiat Chrysler Automobiles will be added to the curriculum of Suffolk County Community College's automotive technology program it was announced by College President Dr. Shaun L. McKay. Students in the program can acquire a Chrysler-Fiat training certification for employment in Fiat Chrysler Automobile dealerships and elsewhere.

Suffolk County Community College offers an A.A.S. degree in Automotive Technology that is National Automotive Technician's Education Foundation (NATEF) certified and designed to prepare students for employment as automobile technicians and professionals at automotive service facilities.

Suffolk offers four separate automotive programs that includes academic classes and automotive classes that fulfill



the requirements to obtain an A.A.S. degree.

The programs offered are the Honda PACT program, the Toyota T-TEN program, the General Motors ASEP program, and the General Automotive ATAC I & ATAC II programs. Suffolk recently announced a partnership with Subaru.

"Our program is growing, we just also added Subaru to our line-up and students will be able to work in any dealership in the region," McKay said.



# 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.

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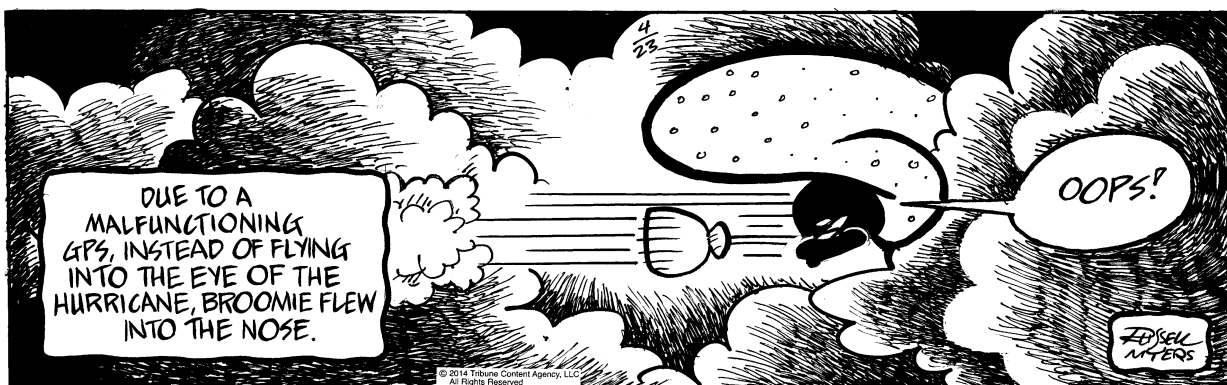
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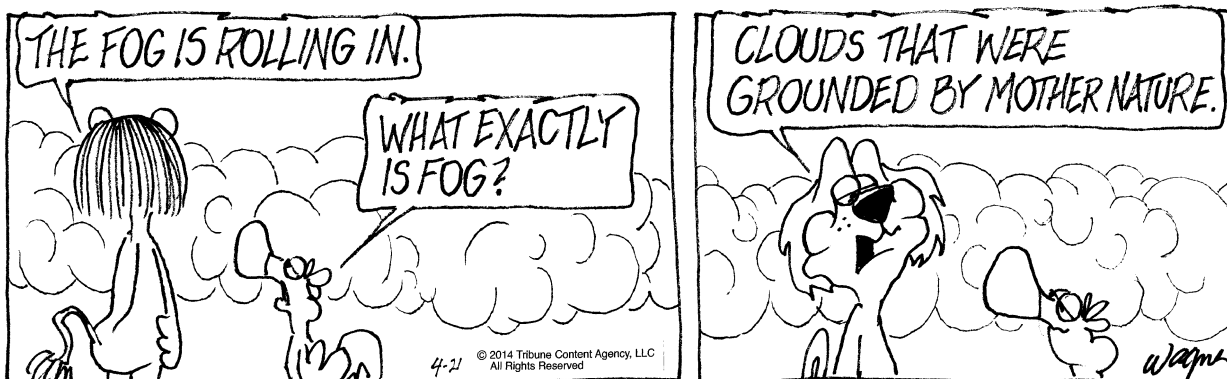
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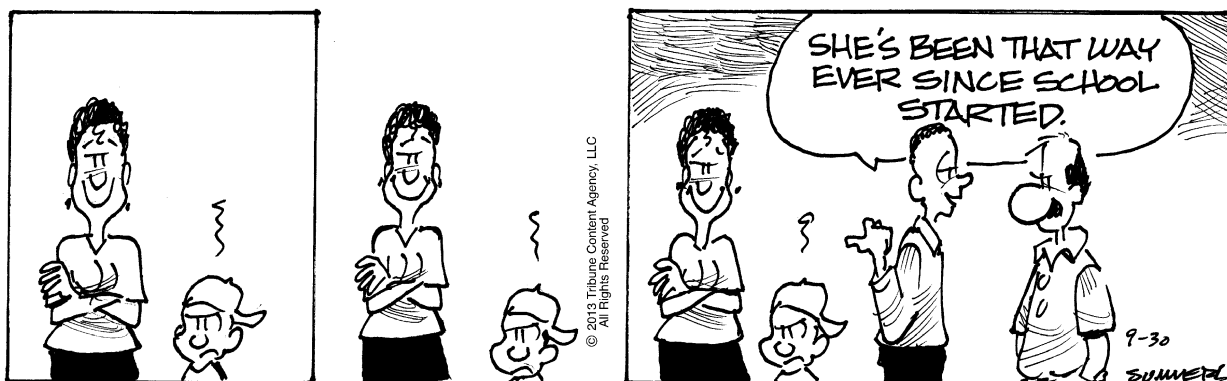
## Gasoline Alley by Jim Scancarelli



## Animal Crackers by Fred Wagner



## Bound & Gagged by Dana Summers



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# LCC students earn huge scholarships

Three LaGuardia Community College honors program students, Jonathan Morales, Miguel Castillo, and Konstandinos Gobakis, were among 55 community college students nationwide selected for 2017 Jack Kent Cooke Foundation Undergraduate Transfer Scholarships. Each will receive up to \$40,000 a year to complete their bachelor's degree at a four-year college or university.

They were selected from a pool of nearly 3,000 community college students nationwide who applied for the scholarship. LaGuardia Community College is one of only two institutions in the country to have three scholars this year. The scholarship, awarded annually to the nation's top community college students, covers a significant share of each student's educational expenses, including tuition, living expenses, books, and required fees necessary to receive a bachelor's degree.

Each of the 2017 Jack Kent Cooke Undergraduate Transfer Scholars have financial need and strong records of academic achievements, leadership skills, awards, extraordinary service to others, and perseverance in the face of adversity.

After earning a bachelor's degree, each Cooke Scholar may be eligible for a scholarship for graduate school worth up to \$50,000 a year for up to four years.

"Having three students be selected for the prestigious Jack Kent Cooke Scholarship is a testament to the work of these incredible students and to the high-quality education delivered by LaGuardia faculty," said LaGuardia Community College President Gail O. Mellow. "This scholarship represents the national imperative to open up the doors of our nation's most elite institutions to community college students. We need our nation's top colleges to reflect our



nation's diversity, and LaGuardia and the nation's community colleges, are an often ignored pipeline that can bring talented, motivated, and proven students to these institutions."

"Jonathan, Miguel, and Konstandinos are remarkable for their drive, resilience, and intellectual talents. As well, they benefitted from the dedicated support and guidance of many at LaGuardia to use their time at the college as a foundation and spring-board for success in the next chapter of their academic career" said Karlyn Koh, director of the LaGuardia Hon-

ors Program, and professor of English. "The Cooke scholarship application process is a rigorous and multilayered one, not unlike that for admission to selective colleges. Many LaGuardia students have the talent and potential for such academic success. Our three Cooke scholars surely inspire other LaGuardia students to tap into campus resources and maximize their time and the opportunities at LaGuardia to transform their lives, and of those in their family and larger community."

*Read more, including winner bios, on [www.cccn.us](http://www.cccn.us).*

## Sports shorts

### Unity Mile

Starting at the Utica campus of Mohawk Valley Community College on Sunday, July 9, will be the Boilermaker Unity Mile, a cheering section "to showcase the cultural diversity and tolerant views that make our city such a unique place," according to organizer Wayne Murphy. The event is using the hashtag #unitymile and is looking for groups to participate. Individuals can just show up between 8 a.m. and

8:45 a.m. to lend support. Groups should arrive by 6:30 a.m. to help set up. This event ties itself to a popular 15K road race in the city. "For the Unity Mile, we want to up the ante even more," Murphy said. "Runners will experience a wall of sound and color unprecedented in the road racing community." Groups may make their organizations stand out with pop tents, music and banners. To get involved, contact [wayne13413@yahoo.com](mailto:wayne13413@yahoo.com).

### Golf Coach Named

Herkimer College announces the appointment of Richard J Salamone of Little Falls, NY to the position of head coach for men's and women's golf. Salamone will be responsible for recruiting, scouting, game and practice

planning and player development. Salamone retired from the New Hartford Police Department as an investigator in 2010. He is currently a safety officer for the Pathways Academy at BOCES and an instructor for the New York State Preparedness Center, Division of Homeland Security. He holds an associate in applied science degree from SUNY Empire State College with a concentration in police science.

### 5K Rivalry

There was friendly college rivalry at the Fifth Annual Northern Essex Community College Campus Classic 5K held on May 6. Lane Glenn, president of Northern Essex, won third place in his age group; Nolan Atkins, interim president of Lyndon State College in Vermont, took home second place in his age group; and James Mabry, presi-

dent of Middlesex Community College was second in his age group. They were joined by Ellen Kennedy, president of Berkshire Community College, who drove a van of Berkshire Falcons all the way from western Massachusetts. Finishing first overall was Austin Thiele of Andover, MA, with a time of 17:39, followed closely by Samuel Flint of Methuen, 17:44, and NECC student Ruben Santa-Waldron of Haverhill, 17:45. Kate Gage of Danvers, MA, was the top female finisher with a time of 22:25. NECC staff member Lauren Lynch of Manchester, NH, 23:15, and Lisa Doucett of Lowell, 24:13, finished second and third.

*Have a sports story or photo to send us? Don't be shy. Get it in print! Send to [collegestories@cccn.us](mailto:collegestories@cccn.us).*



**Coach Salamone**



# Summer is here – drink it up!

**Carol Scalise**  
*Special to Campus News*

The heat is on! Whether you are heading to the beach, or chilling by the pool, just remember to always bring WATER! Anyone can get dehydrated during a normal day's activities, but hydration is even more essential during the summer months.

So how much water should you be drinking? The body is 70% water. We are constantly losing water from our bodies through our breath, urine and sweat. The amount you drink depends on many factors: your level of activity and how much you sweat, your size and weight, and the temperature where you live. The average person should

drink between 64 ounces and 0.67% of your body weight. For example, if you weigh 150 pounds, then you should drink between 64 and 100 ounces (0.67% x 150) of water per day (source: WebMD).



There are many health benefits to drinking water as well. It protects your mood and mind. Mild dehydration may cause you to have less ability to concentrate, and find simple tasks difficult.

It can also bring on fatigue, irritability, and headaches. Increasing water intake can help with constipation, acne and skin hydration. It can help you lose weight, by boosting your metabolic rate. Water is also essen-

tial for proper kidney function, and may also cut your risk of diabetes (source: Healthy Living for a Lifetime).

Some of you may not like the taste of plain water. With that being said, there are many ways to make it taste better. Add lemon, lime, cucumber, orange or mint leaves to water. Add a packet of sugarless flavoring to your water, though now many places carry flavored water for your convenience. You can also get water through certain fruits and vegetables that contain a lot of water, such as watermelon and lettuce.

So now you are probably wondering, how do I know if I am drinking enough?

The easiest way to know is to look at the color of your urine. If you are drinking enough, your

urine will be clear or pale yellow. A darker yellow means you aren't drinking enough water.

Water, the healthy, calorie-free, sugar-free, natural refreshment is available everywhere. So there is no excuse not to have it with you. So grab your beach chair, your sun lotion, bring on the summer, and bring your water!

## Consume water per your weight.

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

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G<sub>2</sub>

R<sub>1</sub>

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S<sub>1</sub>

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A<sub>1</sub>

I<sub>1</sub>

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C<sub>3</sub>

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RACK 1

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T<sub>1</sub>

4th Letter Triple

RACK 2

A<sub>1</sub>

E<sub>1</sub>

O<sub>1</sub>

U<sub>1</sub>

M<sub>3</sub>

C<sub>3</sub>

L<sub>1</sub>

RACK 3

E<sub>1</sub>

I<sub>1</sub>

Y<sub>4</sub>

G<sub>2</sub>

N<sub>1</sub>

S<sub>1</sub>

R<sub>1</sub>

RACK 4

E<sub>1</sub>

I<sub>1</sub>

O<sub>1</sub>

H<sub>4</sub>

T<sub>1</sub>

T<sub>1</sub>

R<sub>1</sub>

Double Word Score

RACK 5

PAR SCORE 255-265

BEST SCORE 313

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<sup>®</sup> Players Dictionary, 4th Edition. SOLUTION PAGE 30

For more information on tournaments and clubs, email NASPA - North American SCRABBLE Players Association info@scrabbleplayers.org. Visit our website - www.scrabbleplayers.org. For puzzle inquiries contact scrgrams@gmail.com.

08-24

## NCC's student rep

Attending Nassau Community College is a family affair for Thérèse Russell, the College's student trustee for the 2017-2018 academic year. Her mother, aunt and uncles all attended the College. "I love Nassau. But even before I came here, my family knew that this was the right place to begin your college education," she said.

her communications, confidence building and public speaking skills, tools she hopes to use as student trustee.

Russell, a 19-year old liberal arts major from

Floral Park, was also secretary of the Honors Club and a freshman senator last year. She believes that her involvement in student life has benefited her education. In addition to participation in College clubs, Russell maintains that students should take advantage of the many study centers and academic services on campus.

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# NCC fashion show struts its stuff

**Prof. Rona Casciola**  
*Fashion Show Coordinator*

In their final semester of a two-year Associate in Applied Science degree program, the senior design students had the opportunity to showcase their creative talents on the runway in the College Center Building at Nassau Community College. Complete with DJ, special audio-visual effects, glamorous student models and paparazzi, the May 4th show offered all the excitement and fascination of a major fashion show at Bryant Park.

While Barbra Streisand was performing across

the way at the Nassau Veterans Memorial Coliseum, NCC student models were strutting down the runway wearing student designs amid a crowd of adoring parents, friends, faculty and administration.

The collections ranged in design from Ruonan Li's exotic gold butterfly brocade fabric to Jessica Pandolfo's delicate silhouettes in shades of blue juxtaposed next to Rita Jones's moto/biker faux black leather group. Each student selected a theme for their collection, music for the models to walk to, shopped for fabrics in New York's Garment Center, developed the patterns and carefully and painstakingly made each

design in the fashion design lab. Ruonan Li, Jessica Pandolfo and Rita Jones were the recipients of this year's Designers of the Year Scholarship Award for excellence in design and craftsmanship.

Kellianne Randazzo, student in the fashion design program, had this to say about her experience, "This fashion show is one of those things you strive for from the very beginning. And last night was absolutely AMAZING! I would have never gotten here today without my wonderful parents as well as the professors and the best of friends I made in this program".

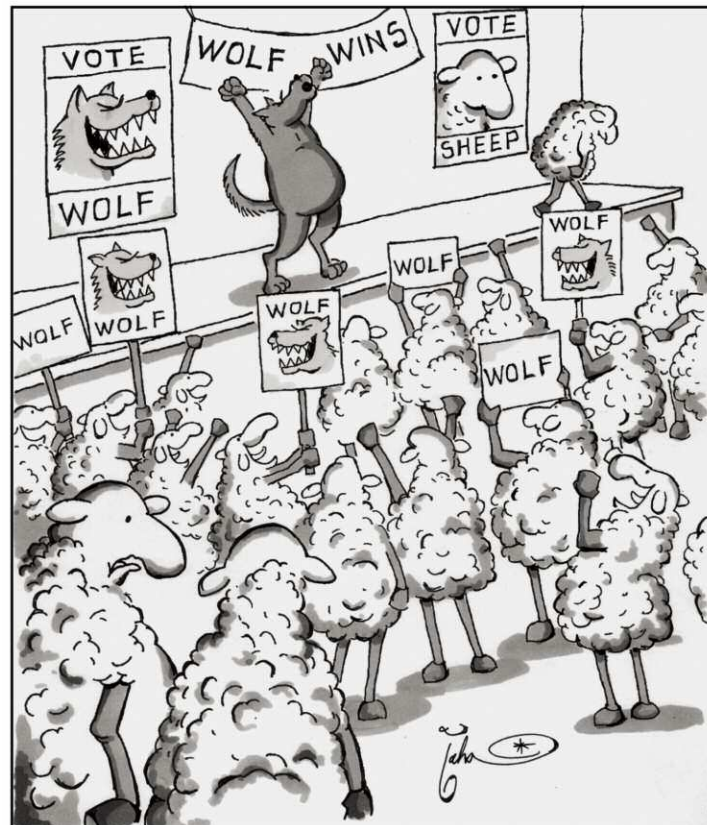
The show was dedicated in memory of Professor Sharyne Wolfe, founder of the Fashion Design program and Kellianne had this to add, "Professor Wolfe we wouldn't have made it without you!"

Time to plan next years' show!



*Photos by Willson Lee*

Off My Meds.net© Copyright 2017  
L. Taha



That's it! The world has gone officially insane.

## Diversity officer

Lorraine Lopez-Janove, most recently the executive director of Human Rights for Sullivan County, has been hired to jointly serve as the chief diversity officer for SUNY Orange, SUNY Sullivan and SUNY Ulster, the three college presidents announced in May.

Capitalizing on the distinct demographics of each county, Lopez-Janove will be asked to provide leadership and vision to the three presidents in the delivery of a comprehensive range of services, policies, and procedures related to equity, diversity and inclusiveness. She will assist the colleges in meeting the needs of each of their diverse student, faculty and staff populations, while at

the same time helping to strengthen existing teaching, learning and working environments where all are welcomed and offered the opportunity to succeed.

She will begin her new duties on Sept. 5 and will report to the three presidents as part of a shared leadership arrangement developed by the SUNY initiative to expand and strengthen diversity and inclusiveness at each of the system's 64 campuses.





# Booze and weed, a bad combo?

**Julianne Mosher**  
*Campus News*

Earlier this year, researchers at Yale and the Institute of Living in Hartford, Connecticut, released a study that surprised some college students at Stony Brook University.

The study published on March 8 is titled, “Combo of pot and booze is a real GPA downer,” and it’s just as funny as it sounds. According to this “new” study, the grades of those who drank moderately or heavily but smoked little pot did not suffer as much as students who added heavy marijuana use to their drinking.

The researchers at Yale and at the Institute of Living fol-

lowed 1,100 Connecticut college freshmen over four semesters. The students would answer online surveys about their monthly marijuana and alcohol use, which led researchers to separate the group into three “clusters.”

According to this survey, they concluded that the students who drank and smoked pot suffered the worst grades.

Godfrey Pearlson, professor of psychiatry and neurobiology, and senior author of the study said, “Doing a lot of both drugs had a significant impact on lower grades in our study, and in other studies, with the number of leaves of absences and dropping out of school.”

But students at SBU think

this study is simply ridiculous.

“Noah B.” said that although the research outwardly stated that the drug combined with booze can cause lower grades, he feels that it helps him more in school.

“If I didn’t have weed or alcohol to turn to, I would go crazy in my own head,” he said. “Sometimes I miss one assignment and it feels like the end of the world... smoking weed reminds me that it isn’t.”

Although at first glance the study tells us that Mary J and some booze will make us all lose our 4.0s, it does mention that the small group of individuals who moderated the two eventually saw their overall GPAs improve.

There’s a quote, “Write drunk, edit sober” that’s often attributed to Ernest Hemingway. Although the real origin of this quote is unknown, if the great writer did once mutter the words, he could be onto something. Some students actually do better when they’re under the influence of a substance (don’t do anything crazy, though... I’m not promoting you to become addicted in the name of creativity).

“Demi G.” said that drinking a little bit of sangria helped her ace a grade and made for a funny story in the end.

“Getting drunk on sangria and blasting ‘Immigrants’ from the Hamilton mixtape once helped me power through the last part of my final project an hour and a



half before it was due,” she said.

Overall, this survey was hysterical to read. Looking at it with a first glance, I wondered to myself, “Why is Yale wasting money like this? This isn’t new news.”

**A Yale study states the obvious: Combining both is a GPA killer.**

Drugs and alcohol influence people differently. Some people get addicted; some people don’t aren’t affected at all. Does drinking and smoking make students “dumb?” Maybe... but there are a large number of people who succeeded because they experimented, too.

Just remember that next time you light up or pour yourself a shot, make sure you know how your body is going to react. Maybe partying before a major exam won’t be the smartest idea, despite how tolerant you are to THC.

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# Student leaders at climate summit

SUNY Student Assembly members attended the NCLC Climate Action Summit in Washington D.C. June 5-7, 2017 in their ongoing efforts to move the dialogue on sustainability. Attendees included President Marc Cohen, Vice President Nicole Pereira, CFO Michael Braun, and Chief of Staff Rey Muniz III.

The SUNYSA representatives joined student leaders from across the nation, all coming together to advocate directly to members of Congress about their commitment to sustainability. Sustainability and climate related issues have both proven to be controversial topics in national discourse and this is not the

first time that SUNYSA has taken action on the issue.

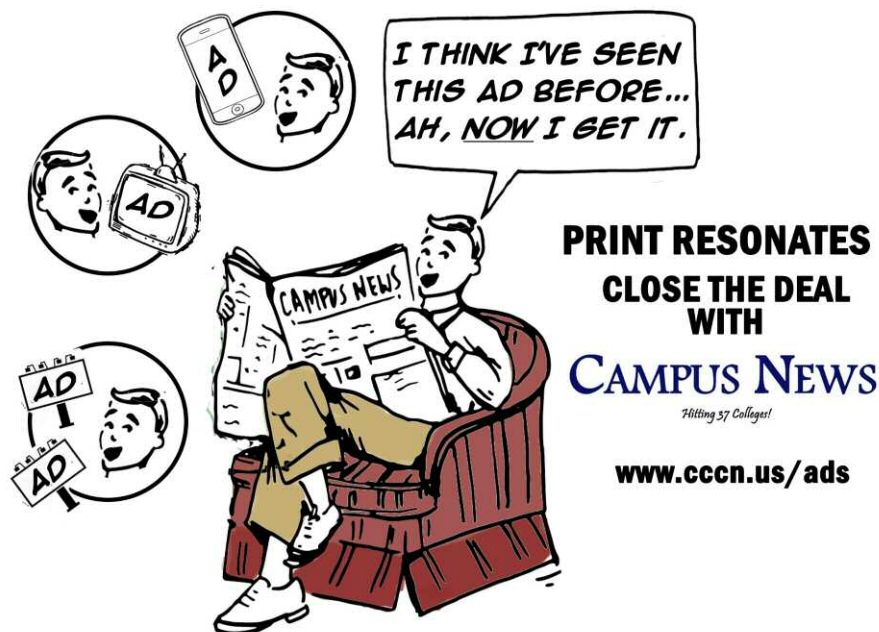
During the conference, students heard from a number of climate experts including former EPA Chief, Gina McCarthy. She roundly praised the assembled student leaders for their efforts and encouraged them to expand their initiatives on the local, state, and national levels. No stranger to large-scale advocacy, SUNYSA leadership weighed in.

“Now more than ever it is critical for every student to recognize the existential threat that climate change poses to our livelihood,” said SUNYSA President and SUNY Trustee Marc J.



Cohen. “This is an issue for every citizen to be gravely concerned about and I am thrilled to see that an entire generation of students are

leading the charge to fight back, reduce emissions, and drive innovation in sustainable energy practices.”



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## Stellar SCCC grad



Suffolk County Community College President Dr. Shaun L. McKay, at left, was joined by Commander Robert “Hoot” Gibson at a dinner with faculty, staff and students a day after Gibson’s inspirational commencement speech at Suffolk County Community College’s 55th commencement on May 21. Gibson, a 1966 graduate of Suffolk, presented the college, pictured, with artifacts from his voyages aboard the space shuttle including a Suffolk pennant he carried into space. “Commander Gibson was impressed by our STEM program and the national recognition we received with the award of more than \$2.6 million in grant funding in the past decade, and that our STEM scholars have achieved paid research internships in arenas as varied as NASA, in 6 of the 11 federal laboratories around the nation, and also at the Smithsonian Institute,” said President McKay.



# This is the time of year to go topless

Darren Johnson  
Campus News

**O**K, the headline for this article may be a bit clickbaity – I meant “topless” as in drive a convertible. (Get your mind out of the gutter!) You know, the kind of car where the roof comes down. I’ve had four of them. And they are the best deal going!

My latest one is a 2000 Chrysler Sebring I bought off of my uncle last year for about the Kelley Blue Book price – the same number as the year, \$2000. It was kept in a garage and had less than 80,000 miles and runs great. It has leather everything, and even a cassette deck. This is my first summer with it.

Driving with the top down is the best of both worlds – it’s the adventure of a motorcycle, but the practicality of a car. I have the whole world opened up to me, like on a bike. I get the sun and the wind, and I smell the fresh air. There’s a certain peacefulness to it. But I also have the advantages of driving in a car. I can keep one hand on the wheel, smoke a big stogie, listen to music (I got one of those cassette adapters I can connect to my phone, *la dee da*).

All that for only \$2000! There are lots of cars in this kind of

shape on sites like Craigslist. I don’t know why more people don’t buy them. Stats say only 0.7% of cars sold today are convertibles. Am I the crazy one for liking these?

At Christmastime, with my family and dog, we put down the roof and drove through a huge Christmas lights display in Albany. The park staff cheered us on. Some kid in a \$40,000 SUV hanging out of his window complained to his mother, “Awww. Why don’t we have one of those?”

*Cold? Just throw on an extra scarf.*

In the summer, it can get hot with the sun beating down. The best solution? *Drive faster! Get more breeze going.*

The car has a strong V-6 engine with a good roar to it and wide tires like a race car. I drive like Smokey and the Bandit sometimes on the country roads near where I live. It’s a blast.

Another perk having a convertible: I can treat it like a pickup truck. Just put the top down and toss a Laz-E-Boy, BBQ, Christmas tree or whatever in the back seat. I do stuff like that all the time.

Now, naysayers complain that up here in the Northeast a convertible is only good for a couple of months. I don’t agree. There are plenty of 50-degree days in the winter. What I do is put down the top, but keep all the windows up and crank the heat.

Then naysayers may complain that the summer is too hot for a convertible. Again, I don’t agree. While I don’t crank the AC with



the top down (that would burn it out), if we do get a rare 90-plus-degree day, I can put the top up and use the AC, if I really need to. Otherwise, there’s Gatorade to replace those electrolytes.

**‘Only 0.7% of cars sold today are convertibles, but I love them!’**

I keep the top down when I park – say at the grocery store. *Who’s going to steal a \$2000 car?*

And then when I exit the store with my goods, I can just fling them into the backseat, unencumbered by a roof.

One night, though, after teaching a Freshman Composition course at the local community college, I forgot to batten down the student papers, and a few flew out before I realized what was happening. I gave those students A’s on that assignment – it was my fault, after all. One student was still angry about it, though.

Now, with rain, it’s not as good having a convertible, as visibility is limited, but we do have a boring and practical second car with a regular top for such days.

One convertible I had had a leaky roof, and a puddle would form on the backseat. It would cost more to replace the top than the car was worth, so I didn’t. But my current convertible is holding up fine. No leaks yet.

At night, with a thousand stars in the sky, a slight chill in the air, driving in a convertible is awe-inspiring. Like a scene out of a fantastic movie. That nighttime smell of pine with a hint of wood smoke. I can’t help but look up, and lose my sense of time for a moment. It’s freedom.

Yeah, I don’t know why more people don’t buy these cars...

*And that’s the last word...for now!*

*Darren Johnson has an MFA in Writing and Literature from Southampton College of Long Island University and currently teaches PR courses, when he isn’t running Campus News. Reach him at [darren@cccn.us](mailto:darren@cccn.us).*



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