

# CAMPUS NEWS

College  Paper



Volume 16, Issue 3 FREE!

## College food programs grow

**THANKSGIVING  
FALL 2017**



**ARCHIE & GANG 12**



**IT'S NEW TO YOU! 22**



**ODE TO ARNOLD 10**



**TEAM CHAMPS 6**

Community college students need better access to nutritious food – which helps them to not only persist physically, but also academically.

Otherwise, lack of “food security” leads to lower grades and a higher drop-out rate.

Fifty-six percent of community college students reported they have “low” or “very low” levels of food security, according to a national study.

A more regional study, conducted by MassBay Community College in Wellesley Hills, Mass., earlier this year, backed up those findings, with 52% of students reporting that the food they purchased didn’t last, and they didn’t have money to buy more; that they couldn’t afford to eat balanced meals, and that they were just plain hungry way too



Free monthly produce at MassBay CC.

often.

MassBay has created a “mobile market” with the Greater Boston Food Bank that brings fresh produce to students, faculty and staff the second Wednesday of each month at 11:30 a.m. Other community colleges in our region, including Middlesex, Nassau, Ulster, Springfield, Columbia-

Greene and others, have established food pantries for students in the past year or two. The food security issue is being addressed, and it won’t be long before all community colleges have such programs.

MassBay’s Josh Cheney, Assistant Dean of Students, said a line

**continued on page 5**

## Take more selfies!

**Brittany Bergin**  
*Campus News*

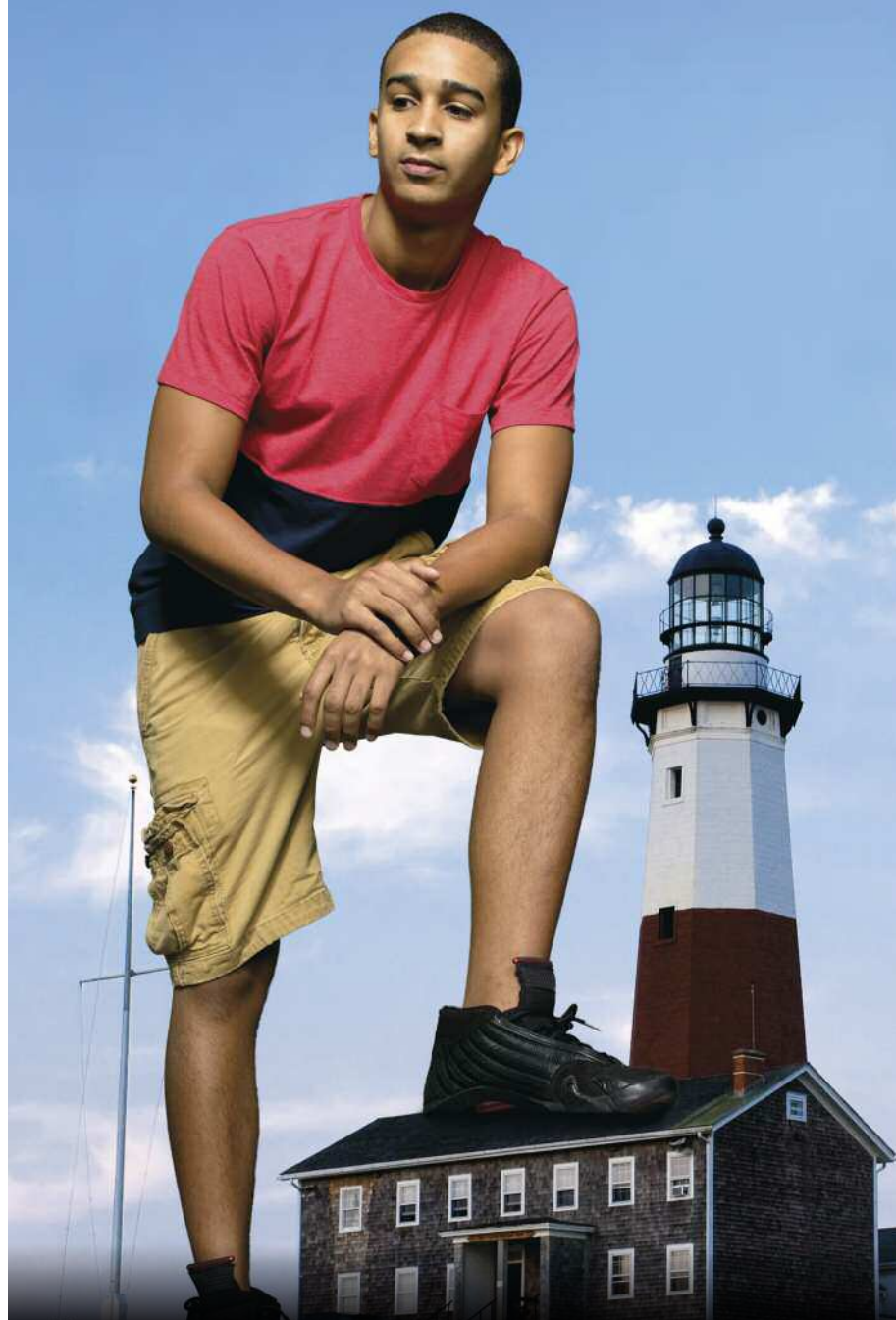
Next time you go to the Grand Canyon, instead of taking a picture of it, take one of the people you are with. Take a selfie there! Many things in life come and go, continuously decomposing as the days pass by. Unfortunately, we tend to ignore the fact that one of those is human life. We are all mortal but does it mean we cannot live on in

another form? Of course not! The aesthetic of photography, making a moment last forever, is a gift we must not take for granted.

Taking a picture of the Eiffel Tower can be beautiful artwork, but something that has been done countless times, which seems rather silly considering that it’s relatively a timeless structure. What isn’t timeless however, is the face behind the camera. Every time a

**continued on page 3**

# BIG Ideas



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## Winter session?

A cohort of classes between Fall and Spring semesters, usually about two to three weeks long, that offers the same number of credits as the traditional 15-week courses, has been gaining popularity at community colleges. About half of the community colleges in the Campus News coverage area now have what are termed Winter Session, Winterim, or Intersession courses, typically starting soon after Christmas and ending around Martin Luther King Day, give or take.

Students see the courses as a way to either catch up from the previous semester — say they had originally signed up for 15 credits but had to drop a 3-credit course — or to get ahead for the next semester, bettering their odds of graduating on time.

In New York State, considering some financial aid now hinges on averaging 30 credits a year, many students this year are expected to take Winter Session courses to ensure they comply.

And it seems that students aren't too picky as to which campus they attend for these sessions. They can take the shortened courses at their current campus, a neighboring SUNY/CUNY campus or online (at lowered New York State prices for state residents, as well as, for this academic year, students from Puerto Rico and the U.S. Virgin Islands (see separate story)).

Dr. Thomas Hamel, Vice President for Academic Affairs at Oakton Community College in Illinois, responded to our on-line reporter's query:

"Oakton Community College has offered a Winterim term for the past [several] years. It begins at the end of fall semester final exams, and it ends by

the Friday of faculty Orientation week for spring semester. We do not hold face-to-face classes from December 24 through January 1, though many instructors require on-line work during that time.

"Most Winterim offerings are standard three-credit courses, though some of the courses are one- or two-credit offerings. Clearly, this condensed format is not for all students or all instructors or all curricula. But it can and does work well for courses that combine moderate amounts of reading, moderate amounts of hands-on work or collaboration, and both face-to-face and online interactions. The format also works well for curricula that depend on sustained or immersive study.

"Over the past four years we have learned that our Winterim students are highly successful. They have persistence, completion, and success rates higher than the general college population. Faculty often report that Winterim students are highly motivated and responsible. Our Winterim term is small, but it has an ardent following."

Dr. Hamel added that about half of the students who take such courses at his college are "reverse transfer" — students from four-year colleges just getting some credits while home on break.

No expert responded to our query as to whether shortened courses were or weren't as educationally enriching as longer courses, but an informal poll of about a dozen community college students reported that they all would take the courses if given the chance, and they saw no educational devaluation of such offerings.

# Take more selfies! (cont.)

face is captured it is original photography at its finest. I can guarantee that you will never see that photo anywhere else; it is completely unique to you. Human life is a lovely, delicate gift that is fleeting with every moment. We have the ability to make ourselves immortal through the art of photography, yet some still feel silly about taking pictures of themselves. What you appear today will not be as you appear tomorrow, or how you appeared yesterday, each photo has potential to be beautiful. We all realize that we are capable of painting a picture, writing a story, or of creation in general, but do we realize that we can become the art ourselves simply by sharing photographs?

Why do we feel so awkward about putting ourselves out

there? Growing up, social media had a huge impact on my self-esteem and generally how I viewed my self-worth as a person. Anybody active on Twitter for the past five years may be able to resonate with my words when I recall there being almost a phenomenon of self-deprecation, as if it were cool or hip to hate on yourself. Of course, some of it was for comedic purposes, which wasn't a problem, but overall it was just a very negative and emo state of being. Over the past two or so years, it seems this has taken a turn for the better. The engagement of posting selfies actually seems to be what triggered this movement. The thought of someone being confident enough to say, "Hey! Look at me! Can we appreciate this together?" by a simple photo of themselves promotes self-love

and a better tomorrow. Many people claim that social media can negatively influence a child's self-esteem, but I'm willing to say it's all a matter of perception and who you surround your posts with, just like in real life. There will always be two sides of that glass of water, but life is ultimately what you make it.

There is nothing wrong with self-appreciation once in awhile! If you're still not comfortable sharing pictures of yourself, then take pictures of your loved ones; make the good times last so you can look back on them when it feels as if there's no more to come. Consider a family photo in front of the Grand Canyon instead of just a nature shot is all I ask of you. All it takes is one person with confidence to start a movement that could positively



change the way we think, offering a welcoming future for those who feel they're not good enough. Be bold! Make the first move, act courageous, and stay humble. You could inspire a countless number of people without even realizing it, I promise.



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# What it's like to work on Wall Street

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

In my last column, I addressed the topic of, "How to Understand Stocks." Continuing on with that topic, let's take a closer look at trying to tie together stocks and a career.

Have you ever imagined yourself working on Wall Street? The world's most famous street in downtown New York City. The energy, vibrancy and excitement of living in the city that never sleeps. The center of the world's financial decision makers is at your doorstep. This region presents you with a bountiful supply of opportunities and jobs to start your career.

The urban center of New York City is undergoing a renaissance with an influx of younger, well-educated individuals possessing college educations. Yes, housing is a bit pricey here but new arrivals are making their way to areas such as Brooklyn and Jersey City, which are more affordable.

A career on Wall Street will afford you ample opportunities for success. Let's start on this

path to success with your community college degree. Enroll in finance, investment, securities, personal finance, business and accounting related courses to develop the requisite skills.

Upon completing your four-year degree, don't stop your education, keep going. Think of an MBA degree. An MBA degree is a Master's in Business Administration. Many employers will pay for this degree and I was fortunate that one of my employers paid for my MBA degree. I knew it would help me down the road and this opened the opportunity for me to become a college professor.

Now, let's put your skill set to work in a position on Wall Street. Employers are always seeking talented, well-educated and hardworking employees. Let's take a closer look at some of these opportunities you could pursue.

My area of expertise in finance was working as a Financial Consultant with Merrill Lynch. This is a position where the rewards can be enormous but you need to have strong marketing and sales skills to develop your book of clients. Having

the name of a well-known company behind you is of great importance. You will also need to obtain an understanding of utilizing the appropriate financial vehicles such as stocks, bonds, mutual funds, annuities and retirement plans to help clients reach their financial goals.

If you have strong analytical skills, this can help you pick stocks and work as a stock researcher. You will need to have a strong understanding of finance and ac-



counting to be successful in this field. If you are among the best in this area, you could work your way up to being a portfolio manager of a mutual fund.

With meltdown of the financial markets in 2008-2009, this has resulted in an increased emphasis on compliance. This is evidenced by the passage of the Dodd-Frank legislation. Wall Street firms are responsible for a tremendous amount of additional oversight. The area of compliance with new legislation

has resulted in increased reporting requirements, which in turn has created more jobs. This is also a field that is growing. If you have a law degree and specialize in compliance, your skills are in tremendous demand.

A great way to get started with an investment firm is through an internship. Speak to your college advisor and set up an internship. You will earn college credit and you can get your foot in the door for a part-time or potentially full-time position. This will also help build your resume for career growth.

Another area to look at as an entry level position is by work-

ing as a sales assistant. You will work alongside a Financial Consultant. You open accounts, handle customer service and will learn the basics of the business from the ground up. You will also learn about how assets are invested for clients.

If you like a position that is fast paced, you can look at the position of a trader. You will have to be quick on your feet and learn how stocks move and place orders according to your clients' needs.

**'It's fast-paced and requires strong analytical skills.'**

Opportunities in a career in finance or Wall Street are plentiful and can be very rewarding. This may be a career

path that you may want to pursue. Working in the City may be very different from where you are now. Take a chance and try something different when you are young and full of energy.

*John DeSpagna is Chair of the Accounting and Business Administration Department at Nassau Community College in Garden City, New York.*



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# Food (cont.)

forms for its monthly mobile market before it opens. Some professors let their classes break to participate.

“We hope to bring awareness to the topic of food security and take away the shame many students who need this help feel,” he said, noting that faculty and staff also are encouraged to use the market. “Eighty percent of our participants are students, but if they see faculty and staff members also there, it helps take away that stigma.”

The market usually has about nine different kinds of fruits and vegetables – some staples, like potatoes and onions, and some seasonal fare like strawberries and apples – and participants can bring recyclable bags to fill up. Also provided are instructions on how to prepare the food.

“We don’t want anyone to feel sad or ashamed so we keep the event as light as possible,” added MassBay spokesperson Liz Cooper. “We play music and have provided hot chocolate.”

Other campuses have been collecting non-perishables for distribution. Middlesex has food pantries at both its Bedford and Lowell, Mass., campuses. MCC President James Mabry said in a statement: “Like growing numbers of college students across the country, many Middlesex students are struggling to make ends meet while working and taking classes. For some, making a trade-off between food and other essential living expenses is a reality.

“Helping to alleviate the

challenges associated with food insecurity and hunger will enable our students to remain in school, be successful, and become engaged community members.”

To help the Middlesex effort contact [denks@middlesex.mass.edu](mailto:denks@middlesex.mass.edu).

Nassau Community College on Long Island, N.Y., has a busy pantry dubbed The Nest. Coordinator Sharon Masrour said that this current semester has seen a real surge in guest usage. The college pantry has had 2500 visits in the past two years. They feed whole families, distributing over 1000 pounds of food each week.

This Thanksgiving, The Nest will give away at least 40 turkeys with “all the trimmings.” They also are look-

ing for donations. Visit [nest.weebly.com](http://nest.weebly.com).

“We want students to be healthy and have healthy food available to them,” MassBay’s Cheney said. “When students aren’t hungry, they can focus better on academics. And that leads to better attendance and a higher GPA. ... Not having meals is a stressor.”

To learn more about the MassBay effort, contact [kgraska@massbay.edu](mailto:kgraska@massbay.edu).

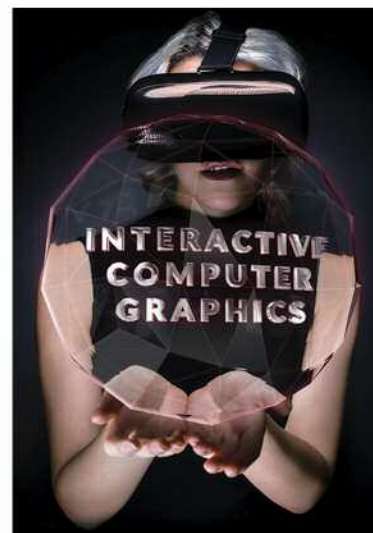
He added: “Students’ health and well-being and academic success is a positive side effect – and another positive side effect is that we’re creating a community on campus around the mobile market. It has started a healthy conversation and has been a springboard for other positive conversations on campus.”

–DJ

**‘When students aren’t hungry it leads to better attendance and higher GPA.’**

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# Regional NJCAA sports roundup

**Peter Briguglio**  
*Campus News*

The Region 15 Tournament season concluded the final week of October, and many local teams have punched their ticket to National tournaments during the month of November. We take a look at some of the highlights of the fall season below.

## Soccer

In women's soccer action, Nassau was nationally ranked wire-to-wire and cruised to their second consecutive Region 15 title. After blowing out Long Island rival Suffolk 5-0 in the tournament's opening round, the team posted a similar result when they defeated Fashion Institute of Technology 4-0 in the final. After edging Holyoke in the District tournament on penalty kicks, Nassau will make their second straight NJCAA appearance, hoping to improve on last year's result.

ASA women's soccer also punched their ticket to the District Tournament in Division I play after defeating Monroe 3-1.

On the men's side, Suffolk topped Nassau in a close 3-2 Division III Championship contest, denying the Lions a third straight NJCAA appearance. Suffolk returns to the national event for the first time since they won it all in 2014.

Monroe earned its second con-



secutive DI men's soccer title by cruising past ASA 3-0. The nation's 3rd ranked team has its sights set on a National title as well but first must get through the District tournament in early November.

## Volleyball

Queensborough continued the theme of the fall by claiming its second consecutive Regional title in Division women's volleyball, a week after taking down the CUNY Athletic Conference title. As was the case in 2016, the nationally ranked Tigers knocked off the tournament's #2 seed Nassau to earn their second NJCAA bid in school history.

Number 20 nationally ranked Monroe earned its seventh straight Regional title in DI women's volleyball during head coach Nephtali Delgado's tenure, advancing to the District H tournament after easily defeating Harford 3-0.

## Tournaments

Both Division III soccer national tournaments, as well as the DIII volleyball and DI cross country events, will take place the weekend of November 11th. The following week will feature the conclusion of the fall season with the DI men's and women's soccer events and the DIII cross country championships.

Those tournaments will overshadow the exciting beginning to the Regional basketball season. Each school in the Region will take to the courts this season with the exception of LaGuardia, who will not field a team this year. All eyes will be on Westchester, who returns to competition for the first time since 2014.



## Field named for coach

On Oct. 7, Onondaga Community College named its playing field after Coach Chuck Wilbur with a ceremony, alumni lacrosse games and fanfare.

In May, Wilbur guided the Lazars to their 10th national championship in 12 years. In his 16 seasons at OCC he has a 251-15 won/loss record. In addition, Wilbur has won 16 consecutive Mid-State Athletic Conference Championships, 13 consecutive Region III Championships, and guided the Lazars to the longest win streak in college lacrosse history at 107 games (March 30, 2010 to March 5, 2016). Wilbur was named the NJCAA Lacrosse Coaches Association National Coach of the Year in 2006, 2007, 2009, 2011, 2013 and 2017.

Wilbur's efforts both on and off the field have led to extraordinary success for his



players: 23 have become professional lacrosse players; 50 have transferred to Division I colleges; 89 have transferred to Division II colleges; 89 have transferred to Division III colleges; and those that have transferred have won a combined 32 NCAA National Championships.

Wilbur is a 1995 graduate of Cicero-North Syracuse High School and a member of that school's Hall of Fame.

# More Excelsior stats arrive

Since our last issue, more Excelsior Scholarship numbers have come in, which helps better explain how the funding played out at public colleges in New York this past semester. As well, the state says that those students who did not qualify for fall may qualify this spring — so if you didn't get funding, try again.

In case you don't know, the State of New York earlier this year rushed through legislation that is making going to a SUNY or CUNY college tuition-free for many more state residents. There are some snags, but overall it's a good thing, most agree.

Initially, it appeared that about 75,000 students applied for the money and less than a third were approved. A lot of people were up in arms over that ratio. However, the real num-

bers are much more impressive than that.

In total, 45,281 got free tuition at SUNY and CUNY schools this past fall. True, of those, 23,250 got zero Excelsior dollars — they got full TAP/Pell aid instead and Excelsior is a last-dollar program, meaning students can't profit from it.

That means 22,031 did get enough Excelsior money to zero out their tuition bills. Though, again, this is a last-dollar program so they may have only gotten a small amount of money. One college, we reported last month, had a lowest award of \$7, because that student had the rest paid for by TAP/Pell.

Still, that means only a third of Excelsior applicants got truly bad news last semester. Perhaps their parents earned more than

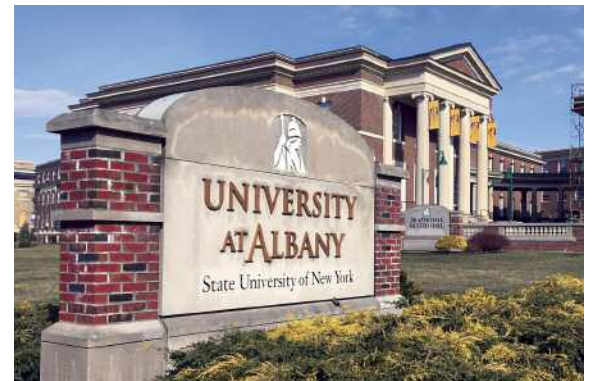
the \$100,000 threshold. Perhaps they didn't average 30 passing credits a year in previous years.

The seven CUNY community colleges reported that a grand total of 2493 students had their bills zeroed out by TAP, Pell and/or Excelsior. Only 1081 actually got Excelsior dollars.

The 31 SUNY community colleges had a better ratio — 9776 got free tuition; 5257 had Excelsior cover the balance.

CUNY four-year colleges saw 7869 students pay zero tuition — 3657 got enough Excelsior money to help. SUNY four-year numbers were 25,143/12,036.

Perhaps the disparity in ratios has to do with higher



salaries downstate, thus more students didn't qualify there because their parents earned more than \$100,000 in tax year 2015.

Nassau Community College, which borders New York City, had a similar ratio as CUNY schools — 606 got free tuition and, of them, less than half, 283, got any Excelsior money. Erie Community College in the state's Western Tier saw 299 of 477 the total get Excelsior money; about 63%.

To see all stats, visit this story on our site, [ccn.us](http://ccn.us). —DJ



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# Drone program soars

Mohawk Valley Community College's Remotely Piloted Aircraft System (drone) program has partnered with Mohawk Ltd. to test and repair electronic systems for a multitude of Unmanned Aerial Vehicle (UAV) aircraft in anticipation of Mohawk Ltd.'s entrance into the drone business sector.

"This mutually beneficial relationship will help to build the technical workforce that is required to support Central New York's emerging Drone Corridor," said Tim Thomas, MVCC Associate Dean of Physical Sciences, Engineering, and Applied Technologies.

MVCC's drone program's interdisciplinary curriculum provides students with an in-depth understanding of the electrical

and mechanical systems of drones, and prepares students to plan missions and implement operations which include aircraft flight, data collection, and data analysis.

Mohawk Ltd., a woman-owned business from Chadwicks, N.Y., expects to rely heavily on graduates of MVCC's Remotely Piloted Aircraft System program to fulfill their hiring requirements as they become major players in the commercial UAV/drone industry.

"The program allows students to hone their operation and flight skills on professional equipment in our state-of-the-art flight simulator lab, and, upon completion of the program, students are prepared to work as drone technicians, fabrica-

tors, pilots, operators, and mission team members in a variety of industries," said MVCC professor Bill Judycki. "We are indebted to Mohawk Ltd. for their willingness to mentor our students and provide real world projects," said Judycki. "We cannot thank them enough."

Mohawk Ltd. is a state-of-the-art repair, calibration, and supply company that repairs electronic, mechanical, and hydraulic tools and equipment used by the telecom, cable, utility, private industry, law enforcement, government, and

construction markets, and also supports the National Broadband Plan by providing nationwide access to fiber optic test equipment and supplies.

"We pride ourselves in our nimbleness," said Mohawk Ltd. CEO Cathy Newell. "We've proven our ability to evolve as a company to enter new sectors as our customers have changed and matured and we are excited to use our proven capabilities to support our region's expanding drone industries."

For more information, contact Thomas at 315-792-5611.



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# So you want to be an Education major?

**Kaylee Johnson**  
*Campus News*

The teaching profession has a negative stigma, and I will admit that a lot of schooling is required to become an educator in New York State, but there is a currently a teacher shortage, so it is an excellent time to apply to be a young teacher. I am currently majoring in elementary education at a small college in Upstate New York. There are several wonderful and individualistic reasons to pursue teaching; here are a few of them:

**You want to spread knowledge.** The teaching profession seems intimidating to a lot of people, especially when there are some jobs that only require associates degrees and pay a lot more. Teacher salaries will not make you wealthy, but you can expect to be comfortable enough. All of the best teachers will tell you they went through six years of college to nourish young minds. You have to at least like children to teach, or else you will burn out within your first few years. I have heard people say that Common Core takes creativity out of classrooms, but that is a blatant lie. Common Core may be flawed, but innovative teachers know that there is still an ample amount of room for personal lessons and fun ways to teach monotonous Common Core lessons. Many students majoring in education

claim that they had a teacher who inspired them to educate the next generation, others say they simply have a love of learning and children. You will never stop learning about the world, yourself, and your students if you become a teacher. In the words of Phil Collins, “In learning you will teach and in teaching you will learn.”

**You have a specialization.** Maybe you love science, but you don't want to become a scientist or doctor. Consider spreading your love of English, math, science, social studies, physical education, and art on to middle and high school students. Initially, I was resistant to the idea of majoring in adolescent education, because I know how some high school students behave. I remember one moment in particular when a substitute teacher walked into class with toilet paper sticking out of her skirt and my peers bullied her until she ran out of the classroom crying. In that moment I knew I did not want to become a high school teacher, but I have reconsidered the idea and I think I am going to get an extension that will allow me to teach first through ninth grade. You have to be thorough, non-judgmental, a little lenient, and passionate about your specialization to be a memorable high school teacher. There will be hecklers and confrontations, but



you can't let those moments turn you into a bitter teacher. Let the beautiful, tender-hearted, and significant moments define you as a teacher. There is nothing quite like watching a passionate teacher talk about the subject they love.

**You want to be an involved parent.** Teaching is the perfect job for parents. Not only are you on the same schedule as your children, but you also have summers off! I know many teachers who tutor children in the summer for extra money, but overall the idea of having a few months off to let your mind relax sounds great. Teachers also receive great health benefits, so if your child falls off a bike, you are covered.

**You want a job.** Due to the teacher shortage in New York State, many schools are hiring very young teachers. I would not suggest majoring in education just because you want a job right after you graduate. You

have to have gumption, passion, and a love of children in order to be a teacher. I have heard about many cases where people obtained their education degrees, yet when they were put in charge of their own classrooms they realized how much work it actually entailed, and then quit.

There are thousands of reasons to become a teacher, many that come from within. I met a friend for lunch not so long ago and he told me he wanted to become a history teacher, but his parents discouraged him so he is now majoring in something he does not enjoy. It is so important to love your job, or else the next fifty years will be miserable. I found meaning and heart in teaching, but you may find it in biology or criminal justice; whatever your major may be make sure you feel a spark ignite within you when you talk about it. As the Confucian saying goes, “Choose a job you love and you will never work a day in your life.”

**‘It’s great for parents; the same schedule as your children and summers off.’**

## If you plan to transfer...

Eventually you will need a four-year degree to get your teaching credentials. While in community college, get your core coursework done; contact your prospective four-year college before registering for courses at your community college – not all courses will transfer. It's safe to take “intro” courses, like Intro to Psychology, Intro to Sociology, etc., but many Education courses at community colleges are meant for Pre-K or Teacher's Aide and thus may not be relevant. Again, ask a transfer counselor about these courses before registering.

# ‘Hey Arnold’ becomes legend

Yesenia Coello  
Campus News

Do you remember “Hey Arnold!”? The show on Nickelodeon that chronicled the adventures of football-headed Arnold and his friends as they navigated through the pitfalls of childhood? If you do, then it’s possible that you might be aware that the show will be returning this month to answer everyone’s foremost concern: the whereabouts of Arnold’s parents.

The movie, known as “Hey Arnold: The Jungle Movie,” wouldn’t have been possible without support from fans who grew up with the show. The “Hey Arnold: We Saved the Jungle Movie” page on Facebook has close to 2300 members and was pivotal in reviving the project. Scour through creative outlets

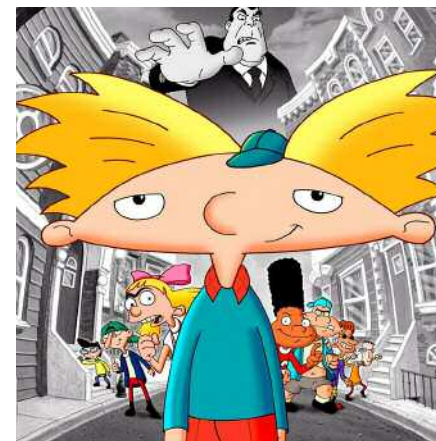
such as Deviantart and Fanfiction.net and see there are plenty of fan works illustrating their own version of “The Jungle Movie.”

“Hey Arnold!” isn’t the only nostalgia fodder being revived. Fellow Nicktoon, “Rocko’s Modern Life” is slated to return next year with an hour long television special. The first issue of a new Rugrats comic book series printed its first issue last month. And who could forget about “Samurai Jack” and “Ducktales”? (Lin-Manuel Miranda as Fenton Crackshell? Hell, yes.) Perhaps more so than ever franchise reboots are becoming prevalent in popular culture.

One reason for this sudden interest in revivals is because of the Internet. Online petitions and social media have allowed

creators to become more accessible to fans, and thus are more receptive to their ideas. It isn’t odd to see fans tagging said creators in Twitter and Instagram posts, allowing them to gauge a sense of their desires. This was the scenario that led to “Samurai Jack” and “Hey Arnold!”’s revival; since both shows were axed before they received a proper and emotionally satisfying conclusion.

In the case of shows such as “Ducktales” and “Powerpuff Girls,” their revivals can be chalked up to simple nostalgia. Many of the staff working on these shows were fans of their original incarnations. Combine this longing for the past with a new generation of animators and storytellers and you have revivals. And (more often than not) these shows stay truthful to the original atmosphere of their



original counterparts without feeling dated. In fact, watching any one of these new reboots, one might understand the concept behind the original while getting the same feel as say a cartoon like “Gravity Falls” and “Steven Universe.”

This movement will allow Millennials’ beloved childhood favorites to live through the next generation and possibly onward. Who knows, maybe it won’t be long before these characters join the ranks of Mickey Mouse and Betty Boop.

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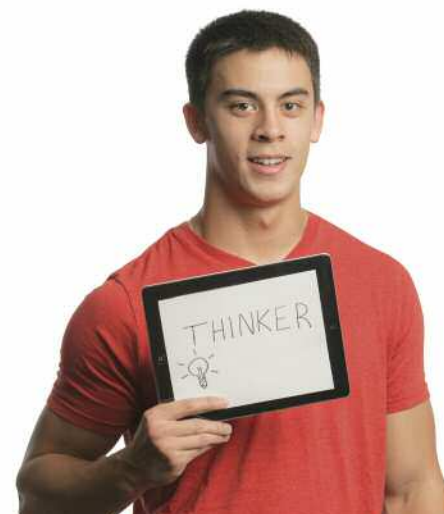
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# A guide to binge watching ‘Riverdale’

Gianluca Russo  
*Campus News*

If the end of “Pretty Little Liars” has you on the lookout for a weekly dose of teen murder-mystery, The CW has your back. “Riverdale,” which just premiered its second season on the network, may just be your cup of tea. Combining murder, relationships, sass and fashion — every teen’s favorite subjects — the show quickly picked up a huge fan base and instantly rose in popularity.

While the second season has been somewhat disappointing to many, with too many characters and not enough of fully developed plotlines, the first season still reigns supreme. From the first episode, it instantly hooks the audience in, much like other shows of its kind. Essentially, it’s a mix of “Pretty Little Liars” and “Gossip Girl.” Yes, the first season really is that good.

If you haven’t gotten around to binge watching “Riverdale” quite yet, now is the time to do so. With hopes that the second season will soon pick up in drama, you certainly won’t want to miss all that could go down in this little, drama-filled town. Before you begin watching, though, here’s a guide to everything you should know before you enter the murder web that is “Riverdale.”

The show takes place in the small town of Riverdale where all seems perfect and right. That is, until Jason Blossom is found dead and all hell breaks loose. No one seems to know what happened; not even his sister, Cheryl, though she was the last to see him alive. Let the murder-mystery begin.

KJ Apa takes on the role of Archie Andrews, the show’s leading character. His innocence has been broken, though no one knows that quite just yet. In



fact, all they seem to know is that after returning from summer vacation, he’s come back with abs. While all the high school girls are after him, he’s focused on his music and turning it from a hobby into a career. His father doesn’t approve at first, however, attempting to

## A dark take on the ‘Archie’ comic books.

force him to focus on football.

Betty Cooper, played by Lili Reinhart, has finally worked up the courage to profess her feelings for Archie. She starts off the series as a typical ingénue: sweet personality, long, blond hair, nervous to break her mother’s expectations. She soon grows tired of her mother’s overbearing ways, however, and reveals a side to her that leaves the audience shocked. Along her side is Kevin Keller, played by Casey Cott. As best friends, he brings the sass and fun to the relationship, especially when Betty becomes a little too dark

later in the season.

Betty and Kevin are shook when Veronica Lodge, played by Camila Mendes, comes to town. She is a typical Manhattan socialite: sophisticated, confident and oh, so glamorous. Running away from the mess her father has made, Veronica and her mother come to Riverdale for a fresh start. Veronica instantly becomes friends with Betty and Kevin and the three become a force to be reckoned with.

But the true drama of the series is brought by Cheryl Blossom, played by Madelaine Petsch. Whether you view her as a murder suspect, a victim, a bully or a queen, you will, undeniably, hate/love Cheryl throughout the entire season. She is a professional pot-stirrer and loves the drama more than anyone else. But above all, her fashion is the best part of her. Her signature color is red, which is quite fitting as her personality is bolder and louder than anyone else. She’s the worst, yet also the best at the same time.

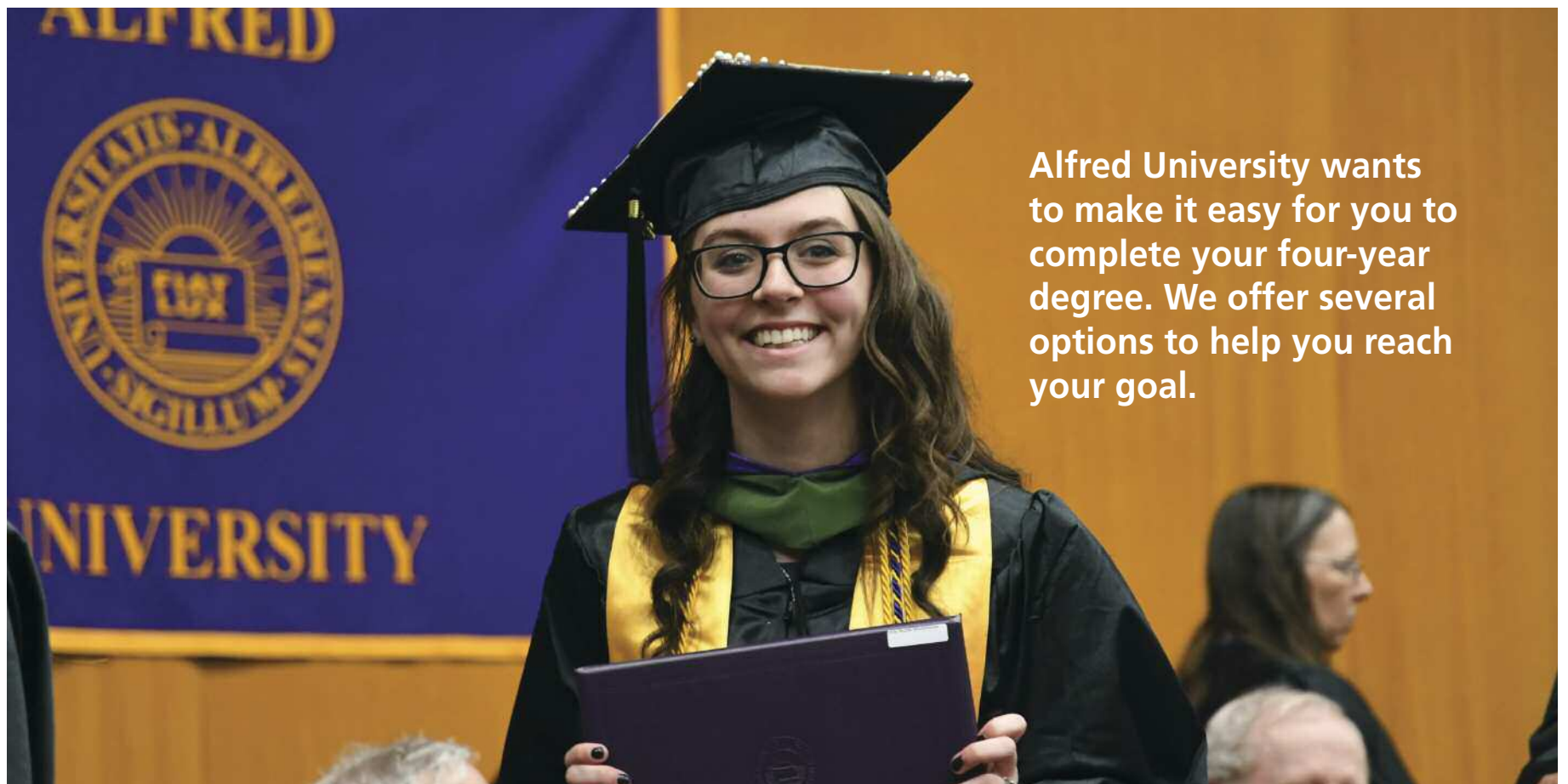
Tying it all together is Cole Sprouse as Jughead Jones, the typical high school social out-

cast. Intrigued by the murder, he sets out to find the truth and to write a novel about it along the way. He has a past with Archie, having once been best friends. Something came between them, however, and now, they barely speak. That will all soon change, though, as Jughead brings all the characters together to bring justice for Jason Blossom and to uncover the truth of what happened on that mysterious July 4th.

Interested? “Riverdale” can be binged on Netflix at anytime and airs each Wednesday on the CW. Don’t miss out on the drama that is about to unfold: a lot has happened so far in this once peaceful town, and a whole lot more is about to unfold.

*Regular contributor Gianluca Russo is a freelance writer who attended Schenectady County Community College and now attends UAlbany.*





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# In-state tuition for PR, US Virgin Islands

SUNY and CUNY boards of Trustees recently authorized its colleges and universities to offer in-state tuition for the current academic year to students from Puerto Rico and the U.S. Virgin Islands who have been displaced by Hurricanes Maria and Irma. The decision comes quickly after Governor Andrew M. Cuomo's directive last month.

SUNY will begin working with its state-operated campuses immediately to ensure all displaced students receive the in-state tuition rate. SUNY's Board of Trustees also encouraged the boards of trustees of its 30 community colleges and the boards of trustees of the statutory colleges at Cornell University and Alfred Ceramics, to take similar action.

"SUNY has a responsibility,

as a public institution, to step in and help students when circumstances beyond their control may affect their ability to attend, pay for, and succeed in college," said SUNY Board Chairman H. Carl McCall. "This is SUNY's call now, as our students and their families are challenged by the devastation left in Hurricane Maria's path. The SUNY Board of Trustees is proud to do what it can for these displaced students."

Said SUNY Chancellor Kristina M. Johnson: "It is our hope that by easing the financial burden for students displaced by Hurricane Maria, they can stay in school and continue to work towards a degree. I commend Governor Cuomo for his leadership in the ongoing relief efforts and thank the SUNY trustees for

their compassion, professionalism, and generosity."

SUNY students lauded the move: "SUNY students have shown time and again our willingness to stick together and offer a helping hand when times are tough," said Student Assembly President and Trustee Marc J. Cohen. "We wholeheartedly support this measure, which will help to ease one significant financial burden for these incredible Americans as they work to rebuild their lives."

"The expansion of in-state tuition rates is a much-needed reprieve for our brothers and sisters who have been impacted by recent natural disasters" said Carlos Cobo, a junior at Stony Brook University and the Student Assembly's Director of Diversity, Equity, and Inclusion.

"In the midst of chaos, New York has once again shown its commitment to the greater community and reiterated its dedication to expanding access to public higher education of the highest quality."

Students from hurricane-ravaged Puerto Rico and the U.S. Virgin Islands will pay in-state tuition for the 2017-18 academic year, as well.

CUNY and New York City have close associations with the Caribbean islands, the CUNY Board noted. The Puerto Rican community has long been one of the most vibrant in New York, and no city in the country has more native-born citizens whose families came from the Virgin Islands. CUNY has about 16,000 current undergraduates who identify as Puerto Rican.



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# New SCCC library

Suffolk County Community College President Dr. Shaun L. McKay was joined by SUNY Chancellor Dr. Kristina M. Johnson, elected officials, college faculty staff, and administration and community members at a gala celebration and ribbon cutting to celebrate the official opening of Suffolk County Community College's new \$30 million, nearly 75,000 square foot Learning Resource Center (LRC) and library on the



Michael J. Grant Campus in Brentwood on October 19.

"The new Learning Resource Center will serve as a powerful symbol of the value that the College and its students bring to the vitality of our shared community," said Suffolk County Community College President Dr. Shaun L. McKay.

The new LRC houses traditional library spaces and also includes: 95 seat lecture hall;

computer classrooms; writing center; reading center; tutoring rooms; testing rooms; offices; an information commons; conference/board of trustees' room; teaching and learning center; photo/video studio; photo/video labs and offices; 12 study rooms; 8 glass enclosed group study rooms; outdoor roof garden with tables and seating, and green roof with vegetation

9 to 5 by Harley Schwadron



## Eric Garner's mother to speak at NCC

The Nassau Community College Cultural Program "My Search for Justice," with Gwen Carr, mother of Eric Garner, will take place on Monday, November 20, at 9:30 a.m. in the Multipurpose Room of the College Center Building.

As the matriarch of one of Staten Island's largest African-American families, Gwen Carr has earned nationwide recognition as the mother of Eric Garner, a man killed by New York City police in July of 2014. His words "I can't breathe" were caught on camera, and his death continues to play an integral role in the ongoing conversation about police brutality in the United States. Gwen Carr has worked with the Justice Committee — a grassroots organization dedicated to building a movement against police violence and systemic racism in New York City and empowering low-income



Gwen Carr

Latino/as and other people of color to address these issues. The committee petitioned Governor Cuomo for an executive order to provide their ongoing battle with a special prosecutor.

For more information about "My Search for Justice," which is free, open to the public and accessible to the disabled, call 516-572-7148.



# HCCC vies for Aspen Prize

Herkimer County Community College has been named one of 150 community colleges eligible to compete for the 2019 Aspen Prize for Community College Excellence, the nation's signature recognition of high achievement and performance in America's community colleges. Herkimer College was selected from a pool of nearly 1,000 public two-year colleges nationwide to compete for the \$1 million Aspen Prize.

"Community colleges play a critical educational, social and economic development role in our nation and our communities. It is an honor to be named among the most effective community colleges in the nation," said Herkimer College President Cathleen C. McColgin.

Awarded every two years since 2011, the Aspen Prize recognizes institutions with outstanding achievements in four areas: learning; certificate and degree completion; employment and earnings; and high levels of access and success for minority and low-income students.

A full list of the selected colleges

and details on the selection process are available at [www.aspenprize.org](http://www.aspenprize.org).

Herkimer College will move forward to the next round of the competition for the Aspen Prize for Community College Excellence by submitting an application to be reviewed through a rigorous evaluation for a spot on the top ten Aspen Prize finalists list. Top ten finalists will be named in May 2018. The Aspen Institute will then conduct site visits to each of the finalists and collect additional quantitative data. A distinguished Prize Jury will select a grand prize winner, finalist(s) with distinction, and rising star(s) in spring 2019.

## Pie the Prof.

Columbia-Greene Community College faculty, staff, and administration lined up for a little healthy humiliation last month. C-GCC kicked off a "Pie the Professor" fundraiser, challenging members of the college community

to vote, with pocket change, for the faculty or staff member they'd most like to

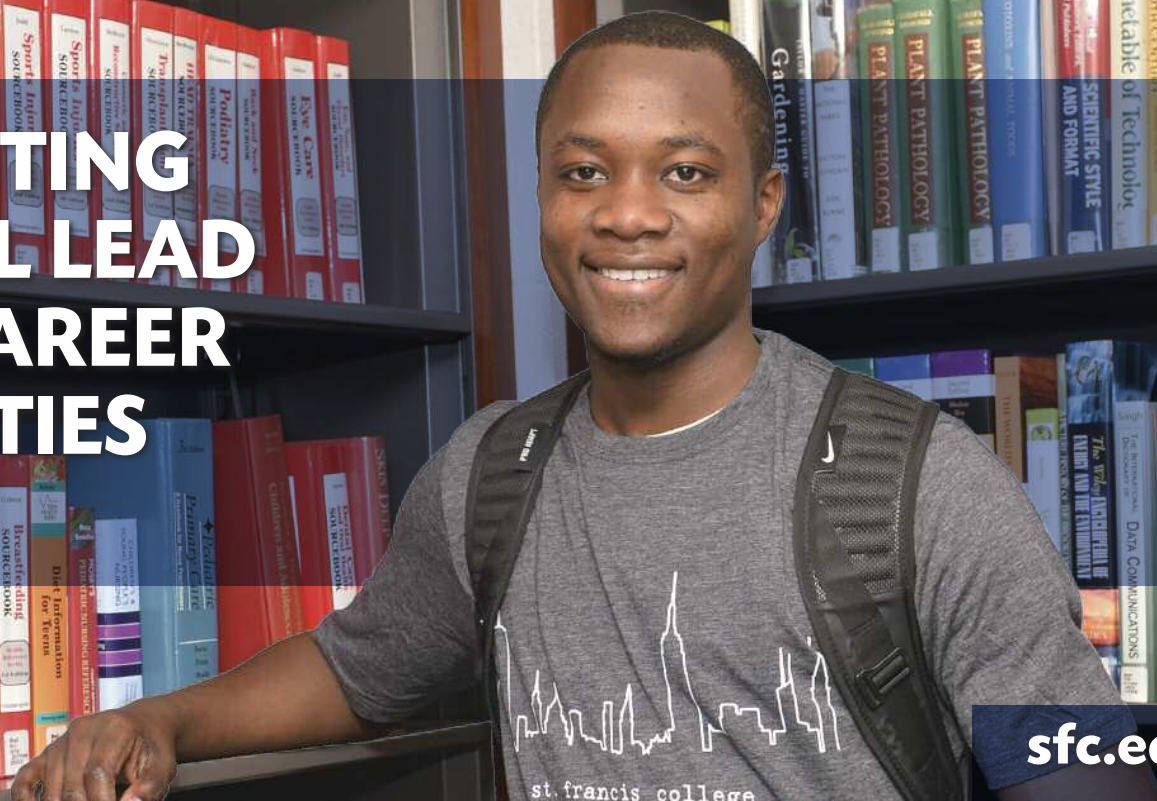


see take a pie in the face. All funds raised were donated to Ah-Tua Teo of Hudson, N.Y., a pastor and professor who was recently paralyzed in a motor vehicle accident, to be used toward the purchase of a wheelchair accessible van and other needs.



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# Business: scoping out the competition

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

In a previous article we addressed the Business Plan. In that piece we spoke about competitors and mentioned how critical it was to identify them as well as truly understanding who will actually buy your product. In this article we will now be more specific in both of these key areas. Your first impulse would be to say that identifying your competitors is easy, since they are the ones that are after the same customers that you are after. But are they, and who are your customers? Have you really thought about who they are? Have you thought about their age, gender, ethnicity, income, religion; these identifying factors are part of a field of study called Demographics. A rough definition would be the gathering of statistical information about a group of people. To better understand this concept, let's look at a business that we fairly fa-

miliar with: McDonald's. Think about their customers, and why they purchase McDonald's products: their income in most cases would be low to moderate. As far as the rest of the defining factors, we discover that not only is their income a major factor, but they expect to receive good quality foods in a fast and efficient manner. However, McDonald's is not content just to focus on this target market (the people that you identify as your major customers); they desire, as most businesses do, to increase their sales volume. In order to increase their sales volume, McDonald's will have to focus on a new strategy to take customers from their competition.

Let's define what we would call their typical competition: Burger King, Wendy's, Taco Bell, etc. But McDonald's also identifies Starbucks as their competition. They have identified that one of their (McDonald's) weaknesses is their coffee. They also realize that in order to grab the typical Star-

bucks customer, they have to make some significant changes. What changes? This is where our title comes from. They must determine how Starbucks attracts and maintains their customer base. There are many ways to accomplish this investigation. Reading articles from trade publications, looking at their website, as well as reading any articles in social media concerning the customer experience, good or bad. However, one of the best ways to gather this information, is one that is frequently overlooked. The best way to scope out the competition, in this case Starbucks, is to visit their many locations. This approach, however, will only work if they have a physical location. Look at how they operate, how the culture of the company is related to treating their customers. Is each one treated as an individual, or a recipient of a mass produced product (in this case coffee)? By scoping out and analyzing these factors, McDonald's will be able to improve not

only the quality of their product, but as well understand enhancing the customer experience.

In this article, when we speak about "scoping out the competition," there is something to always remember; Business is war. Instead of using bullets, we use dollars. Scoping out the competition is the same as engaging in reconnaissance of the enemy. Whomever accomplishes this in the most effective manner will win the war.

*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 Pfizer and Mobil Oil, as well as very large electrical distribution firms.*



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# Why college students should travel abroad

Alex Wieckowski  
*Campus News*

As students go through high school and college, they take history courses and learn about the world through textbooks and movies, but, the majority of students have a hard time understanding the significance of the information. Ask a random college student about ancient Rome and they'll most likely say something along the lines of, it was ruled by Julius Cesar and citizens attended gladiator fights for entertainment.

It can be difficult for students to absorb information about history and the world because, at times, it can seem like a far-off land. With only books and films to educate students, ancient Rome is as foreign a land as the fictional world of Narnia.

A professor can talk about the Colosseum and show pictures of it on a slideshow, but, that is not nearly as likely to captivate students as visiting Rome in person. Seeing the almost 2,000-year-old monument in person and walking through the Colosseum, one can begin to imagine themselves as a spectator in the stands watching a gladiator fight below. Exploring the Palatine Hill, one can see the ruins of temples and palaces, and lose their breath as they imagine themselves as a citizen of Rome two millennia ago.

Traveling the world is filled with moments like these, where one has no words to describe the feeling of amazement.

Traveling can be about more than just experiencing history. It is an opportunity to experience different cultures. When traveling in the U.S., most folks are quite similar

with the only thing that changes are people's accents. However, when a person travels abroad, they get to experience different languages, cultural values, food, and more.

For example, citizens of Rome love to make their food from scratch, drink wine with their meals and eat outside while listening to local musicians.

Traveling abroad expands one's horizon and allows students to immerse themselves in a different way of life. It helps young people learn that there is more than one way to live life. The more a person travels, the more they learn about the world come to understand how it works.

Traveling also allows people to live in the moment. When traveling, students don't worry about grades, midterms, or jobs, they are living in the present and forget everything else. By forgetting the noise of daily distractions, students are able to find out what they like and don't like about different places and thus learn more about themselves in the process.

Traveling also makes students more confident in themselves. At first, it may seem scary to travel to an unfamiliar setting, but by being placed in a new environment, students will begin to adapt to their surroundings. Soon or later, students will have to ask a local for directions or ask the waiter about the dinner menu, all of which will involve interacting with new people.

College may also be the best time in one's life to do such an activity. Students are young and in good shape to walk around the city for hours, something that may be harder for them to do when they retire in their 60's. Also, after college, most workers only get two weeks' vacation for an entire year, which is almost nothing when one realizes college students have almost four months off.

In today's world, students shouldn't have any excuses not to travel. Many schools provide study abroad programs or cultural exchange programs. There are also volunteer programs where students travel abroad for free in exchange for teaching English to young children.

As the old saying goes, "If there's a will, there's a way." Now pick a place, pack your things, and go explore this amazing place we call Earth.

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# Paging Dr. Siri!

Vidya Ramesh and Sandip Shah  
*Special to Campus News*

Smart-phone apps are about to revolutionize medical care. These technologies can predict when cancer patients are about to relapse, detect rare side effects of experimental drugs, and prod patients to maintain healthy behaviors.

Pharmaceutical firms could temper widespread concerns about drug prices by incorporating these technologies into treatment regimens. Doing so would unlock the full potential of existing treatments. It would result in healthier patients and lower medical spending.

Consider Moovcare, an app created by Israeli e-health company Sivan Innovation. The technology enables lung-cancer patients to log symptoms after surgery or chemotherapy, receive follow-ups, or set automatic reminders. If a patient logs a specific change in symptoms, Moovcare sends an email to his or her physician. This helps doctors quickly adjust treatment plans and predict likelihood of relapse.

Moovcare's health benefits have proven remarkable in initial studies. An independent study published last year by French researchers found that the median overall survival rate of patients who used the Moovcare app was 19 months, versus 12 months for those on standard care. After one year, 75 percent of patients following up with Moovcare were still alive, compared to 49 percent in the standard follow-up group.

Apps can also speed up clinical trials, which currently take years and cost millions of dollars to collect enough data to measure a drug's efficacy and safety.

Health eHeart, a study out of UC San Francisco, aims to collect millions of data points and develop treatments that reduce deaths from heart disease. Participants use smart devices to collect and input their own health data. They can snap a small device onto their smartphone to record electrocardiograms (ECG or EKG) with just the touch of their fingertips, or measure heart rates simply by holding their fingers over their smartphone cameras.

The apps also track participants' eating, sleeping, and exercise patterns. That's important for researchers get a 360-degree view of patients' health.



App-based studies can collect data from millions of participants worldwide, compared to a few thousand patients in most traditional clinical trials. Those reams of data will enable researchers to draw much more rigorous conclusions -- for instance, they could realize that a treatment works better in certain demographic groups.

Drug companies are already integrating these technologies into treatment regimens. Merck and Amazon's first joint initiative, the Alexa Diabetes Challenge, is a call for researchers to create personalized, voice-enabled reminders and recommendations for patients with Type 2 diabetes. For example, Alexa, Amazon's personal home assistant artificial intelligence, could remind patients to take their insulin or to exercise each day.

Using apps and artificial intelligence assistants like Alexa could help patients take their medicines on schedule and as directed. Medical non-adherence – skipping or forgetting doses, or taking the wrong dose – costs Americans up to \$300 billion each year due to increased sickness. Ten percent of all hospitalizations and nursing home admissions are prompted by non-adherence. The problem claims 125,000 American lives each year.

Given that the end goal is ensuring patients' health and access to the best treatment options, pharmaceutical companies should invest in technologies that ensure patients reap the most benefit possible from their medications. Harnessing the power of new technologies can help them do so, reducing costs and saving millions of lives in the process.

*Sandip Shah is the founder of Market Access Solutions, where he develops strategies to optimize patient access to life changing therapies. Vidya Ramesh is a director at the same company.*

## AIDS Quilt at MVCC

Sections of the internationally celebrated AIDS Memorial Quilt — the 54-ton, handmade tapestry that stands as a memorial to more than 94,000 individuals lost to AIDS — will be on display this December at Mohawk Valley Community College in honor of World AIDS Day on Dec. 1. This free display of The Quilt, sponsored by MVCC Student Congress, is open to the public and is being hosted by MVCC's LGBTQ Committee, which is asking the community for help in making the event even more meaningful to the Mohawk Valley.

If you would like the display to include a specific panel of The Quilt representing a family member or loved one, please contact LGBTQ Committee Chair Carolyn DeJohn with your request at 315-792-5300 or [cdejohn@mvcc.edu](mailto:cdejohn@mvcc.edu). The committee will collect requests to submit to the NAMES Project Foundation, which are due on Friday, Nov. 3, 2017.

Established in 1987, The NAMES Project Foundation is the international organization that is the custodian of The AIDS Memorial Quilt. The Quilt began with a single 3 x 6 foot panel cre-

ated in San Francisco. Today, The Quilt is composed of more than 48,000 individual 3 x 6 foot panels, each one commemorating the life of someone who has died of AIDS. These panels come from every state in the nation, every corner of the globe, and have been sewn by hundreds of thousands of friends, lovers and family members into this epic memorial, the largest piece of ongoing community art in the world. In a war against a disease that has no cure, The Quilt has evolved as a potent tool in the effort to educate against the lethal threat of AIDS. By revealing the humanity behind the statistics, The Quilt helps teach compassion, triumphs over taboo, stigma and phobia; and inspires individuals to take direct responsibility for their own well-being and that of their family, friends, and community.



# Gaming Club helps children's charity

The Mohawk Valley Community College Strategic Gaming Club will host its annual Extra Life Weekend Saturday-Sunday, Nov. 11-12, in the Information Technology Building Lobby at MVCC's Utica Campus. This 24-hour gaming marathon will benefit Extra Life, a grassroots movement that mobilizes gamers of all types to help Children's Miracle Network hospitals treat sick and injured children. This is the fifth year the club has taken part in the Extra Life movement.

"Extra Life gives gamers a chance to take one of the things we love the most, playing games, and use them to help our local community," said Melissa Barlett, Ph.D., Associate Professor in MVCC's Math and Natural Sciences Department and advisor to the Strategic

Gaming Club. "The students really get excited about this event every year, and it's their enthusiasm to help raise money 'for the kids' that makes this a success."

The marathon will begin at 8 a.m. Saturday and run through 8 a.m. Sunday. From 10 a.m. to 6 p.m. on Saturday, the club in-

vites the public to join them in gaming and raising money. There will be board games, video games, and card games. A variety of tournaments will be held, including League of Legends, Hearthstone, and Smash Bros. Raffle tickets will be sold for chances to win a Nintendo Switch, as well as a variety of smaller prizes. Pins, lanyards,

and T-shirts will be available to purchase. From 6 p.m. Saturday to 8 a.m. Sunday, club members will continue gaming, and donors can pledge for every hour they can keep going.

For more information about tournaments or to make a donation, visit [www.extra-life.org/team/MVCCSGC](http://www.extra-life.org/team/MVCCSGC).

## The North Korea threat

Nassau Community College will host "The Threat From North Korea, and What to Do About It" with Sue Mi Terry on Wednesday, November 29 at 11:00 a.m. in the CCB, Room 252/253. Terry has worked with the National Intelligence Council, the CIA, the National Security Council, the Council on Foreign Relations, and Columbia University. Her research focuses on US-Northeast Asia relations and on North Korea's nuclear strategy. She has testified before Congress during this current crisis, and is frequently featured on major media outlets.



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# 'Dead' is on life support

**Darren Johnson**  
*Campus News*

AMC's "The Walking Dead" ended last season with a ratings low. Last month, the show returned, and it's obvious now that "Dead" is dying. Here are some observations:

**The show is too loyal to the comic book.** There actually is a character named Jesus who looks like Christ. While this may work as abstract art in a black-and-white graphic novel, it just seems silly showing this pious-looking guy between commercials for automakers and fast food restaurants. And why is the priest character still wearing his collar — and it's still starched and white? Looking at the show now reminds me of some carnival grotesque Mardi Gras parade.

**Too much CGI.** The tiger that somehow knows the bad

guys from the good guys is just a ridiculous element, and looks fake. Even the after show, "Talking Dead," makes fun of the implausibilities. The actors joke how their mustaches are well groomed and how the Twizzlers still aren't stale so many years into this show. I mean, shouldn't at least the actors have some buy-in?

**Too many narrow escapes.** Rick fires a machine gun right at Negan, and somehow completely misses.

**Dumb dialogue,** backed up by corny music. As my family sat around the TV in earlier seasons, we used to listen intently to what the characters were saying and would even shush each other at certain key crises. Now we roll our eyes and guffaw at some of the trite, cliched writing coming out of that show. And whenever a character like Mag-

gie is about to give us some homespun wisdom, overly inspirational music is cued.

**The show is no longer about zombies.** Enough with these inter-tribe squabbles. The show was cooler when the zombies were the issue, not other humans.

**There's no science in this science fiction.** Is this science fiction or fantasy? Early in the series, we had the crew visit the Center for Disease Control and at least get some rationale for this outbreak. But in the past couple of years we get none of that. The crew has learned nothing new about what's going on in the world. For example, no one finds a small plane, as happened in other apocalyptic shows like "Falling Skies" or "Jericho," to see what's happening in neighboring states. We need context.

Sorry, "Walking Dead," but



you stopped telling a story and instead fell in love with your own special effects silliness. I understand the comic book wants to keep the story going, as it has hooked readers and wants to keep the subscriptions flowing, but this TV show needed to grow beyond that. I talk to former fans — they grudgingly say they watch now because they feel "invested." But, eventually, people swim away from a zombie home that sinks underwater.

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# FAFSA mistakes can cost you big

Laura LaVacca  
*Campus News*

College applications. College essays. Scholarships. Financial Aid. There's so much to know about the process that it can make anyone overwhelmed.

When it comes to FAFSA, the Free Application for Federal Student Aid, one thing is for sure – every student should apply and they should do so early.

“If you don't fill out the FAFSA, you're telling your school you don't want their financial help,” Rick Castellano, VP of Corporate Communications at Sallie Mae, explains. Regardless of income level, every student should apply. This application is the stepping stone to receive scholarships, grants and Pell Grants. These Pell Grants are provided by the government and do not have to be paid back. The maximum Federal Pell Grant award is \$5,920.

The second thing Castellano warns about is waiting too long to file. The new opening date for applications is October 1st. The former January date has been moved up – which means everyone needs to hop online sooner.

FAFSA's website walks users through the steps of how to fill out the forms. To do so, families will need tax forms, social security cards and various other documents. Be sure to gather these materials so as not to delay submittal. Often, those who apply sooner get more funds. There are

also a number of deadlines to be aware of but the website features a drop down tool in which students can enter their own information to obtain answers about out of state schools, etc.

“I definitely had no clue that applying sooner would make a difference,” senior Brian Miller shares. “I planned on applying this weekend. This whole college process can be overwhelming.”

Furthermore, all applications must be complete and contain no misinformation. This would hold up the process. Castellano also warns against paying to file for FAFSA. “The first F in FAFSA stands for free,” he affirms.

Often local libraries host financial aid information sessions. High school counselors can help walk parents and students through the process as well as the federal government's official financial aid site.

“We host a financial aid night to inform parents of the process but also to answer the many questions that arise,” New York City School Guidance Counselor, Lysa Cald explains, “Take advantage of all free seminars in your area. Get emails, ask questions, make connections. There are a lot of willing and knowledgeable people out there to advise you on this journey.”

Author Reyna Gobel continues to outline other tips in her article “7 Mistakes That Could Cost You Thousands in Federal Student Aid.” Students should make sure that they list the full 10 schools

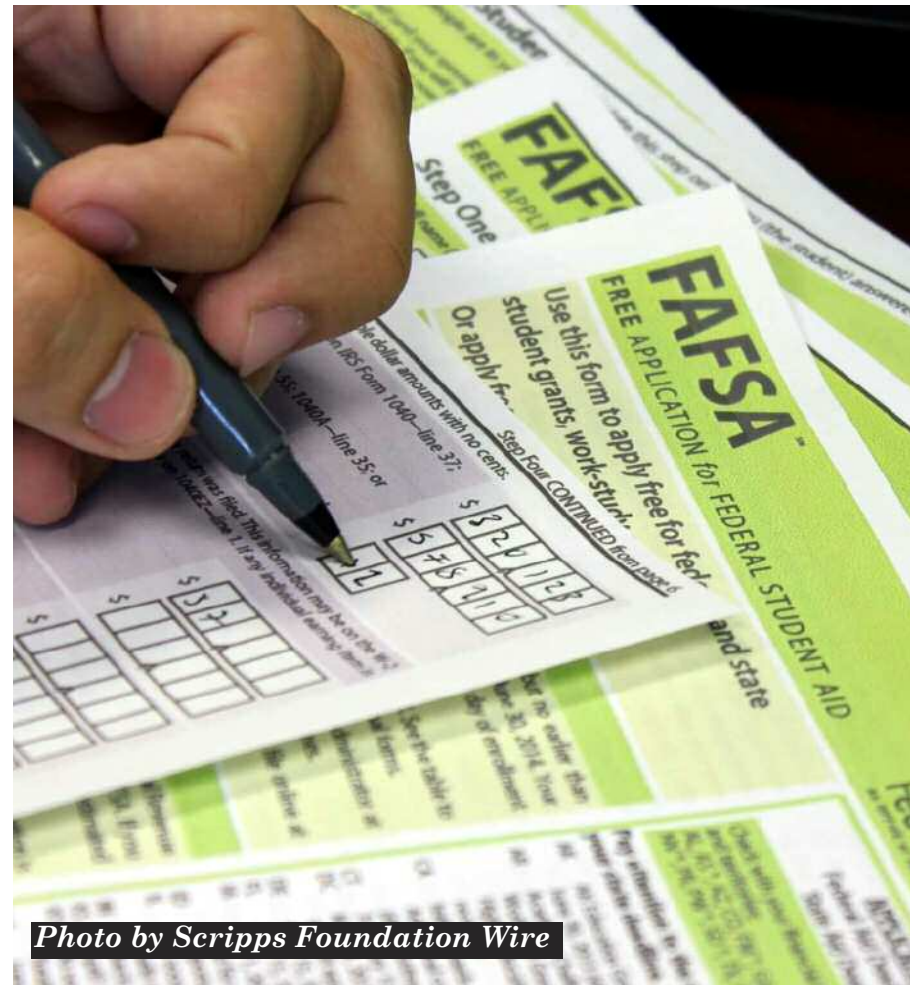


Photo by Scripps Foundation Wire

to send their financial aid information to. Don't just list five, for example. If the student decides later on to add to the incomplete list, funds may not be there any longer. If students fill out the complete 10, those students are put ahead of those who file later—even if they aren't fully interested in the college at the time.

She also advises listing state schools first. Some schools will give more aid to students who list colleges closer to the top. Although this is not a guarantee, it's certainly worth a shot. FAFSA's website offers, “For purposes of federal student aid, it does not matter in what order you list the schools. However, to be considered for state aid, some

states require you to list schools in a particular order (for instance, you might need to list a state school first).” The site offers an interactive tool where users can check if their state has such requirements.

Overall, if users are overwhelmed during the process,

FAFSA provides many resources from a “Help and Hints” section to “Need Help?” links along the application route. All of which do not close the page you're working on so no information will be lost during the process. There's also a live chat button as well as a number to call. In addition, students are always welcome to contact the financial aid office at the college they are most interested in.

**The sooner you file, and the more schools you check off, the better.**

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# Lifetime Fitness hosts NCC students

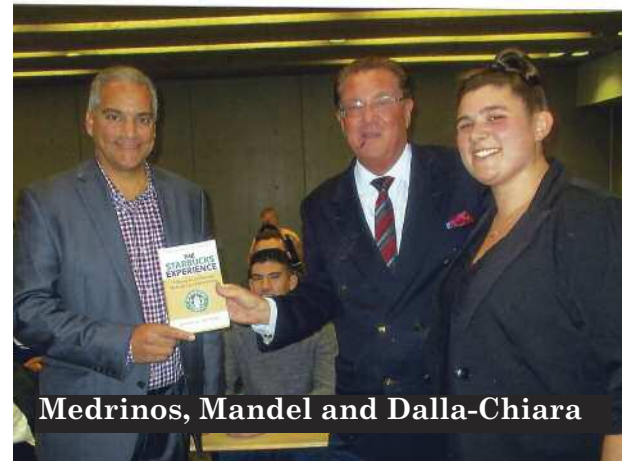
On October 25 nearly 150 marketing students including members of the Marketing Club at Nassau Community College hosted team members from Starbucks.

As part of his ongoing “Guest Professor for a Day” series, Prof. Jack Mandel invited Ari D. Medrinos, District Manager for Licensed Stores, and Great Neck Store Manager Victoria Dalla-Chiara to provide insight into the culture and marketing style of an iconic, global brand.

Medrinos emphasized the mission of his company “to inspire and nurture the human

spirit — one person, one cup and one neighborhood at a time.”

Students were enthused over the prospect that a new Starbucks may be opening on campus in the near future. An energized question and answer period ended the hour-long program.



Medrinos, Mandel and Dalla-Chiara



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**Boggle BrainBusters!**

By David L. Travi and Jeff Knurek

1 letter = 1 point	15+ = Champ
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5 letters = 4 points	61-100 = Pro
6 letters = 6 points	31-60 = Gamer
7 letters = 8 points	21-30 = Rockin'
8 letters = 10 points	11-20 = Amalot!
9 letters = 15 points	0-10 = Try again!

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 You get an additional 100 points for each letter in the word "EVEN COUNTRY" ending in A VOWEL in the grid of letters. Write your answers below.

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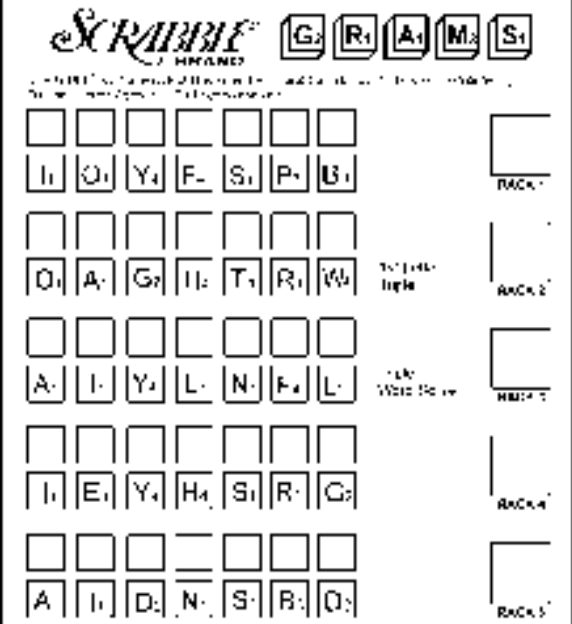
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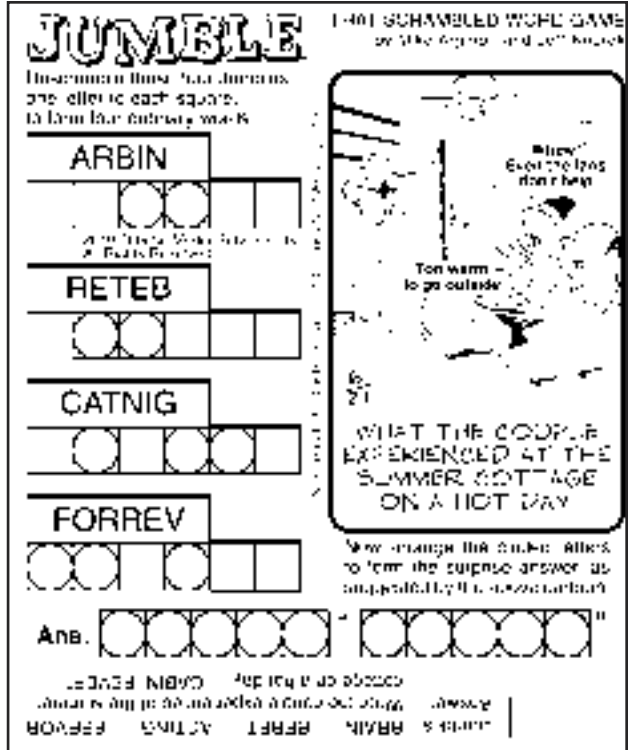
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By: L. A. Bonté



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CATNIG

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Ans. \_\_\_\_\_

What the couple experienced at the summer cottage on a hot day.

# CUNY schools score high for mobility

Seven senior colleges and five community colleges at The City University of New York dominated the Chronicle of Higher Education's top 10 lists of public U.S. campuses with the greatest success in moving low-income students into the middle class.

The Chronicle's list was drawn from a widely reported study of colleges' impact on social mobility by a team led by Stanford University economics professor Raj Chetty. Their 2017 paper, "Mobility Report Cards: The Role of Colleges in Intergenerational Mobility" tracked students from nearly every U.S. college, including nongraduates, and measured their subsequent earnings against millions of anonymous tax filings and financial-aid records. They looked to see how well colleges helped students whose parents were in the bottom 20 percent of income levels reach the top 20 percent

for individual earnings.

CUNY's social-mobility track record also factored in Money magazine's July ranking of five CUNY senior campuses in the top quarter of its "Best Colleges for Your Money": Baruch College, Brooklyn College, Queens College, Hunter College and John Jay College of Criminal Justice. Money measured colleges by 27 criteria.

"The Chronicle's and Money's emphasis on how colleges help propel students up the economic ladder speaks to CUNY's strength and mission since 1847," said Chancellor James B. Milliken. "It is also increasingly viewed as one of the most important contributions higher education can make if it is truly to serve as a means of achieving equity. All of us at CUNY take great pride in the University's role in helping generations of

low-income, underrepresented and immigrant students succeed."

In Fall 2016, 42.2 percent of CUNY students overall came from households earning less than \$20,000; at the senior colleges, 37.1 percent came from such households, while at community colleges, it was 52.9 percent.

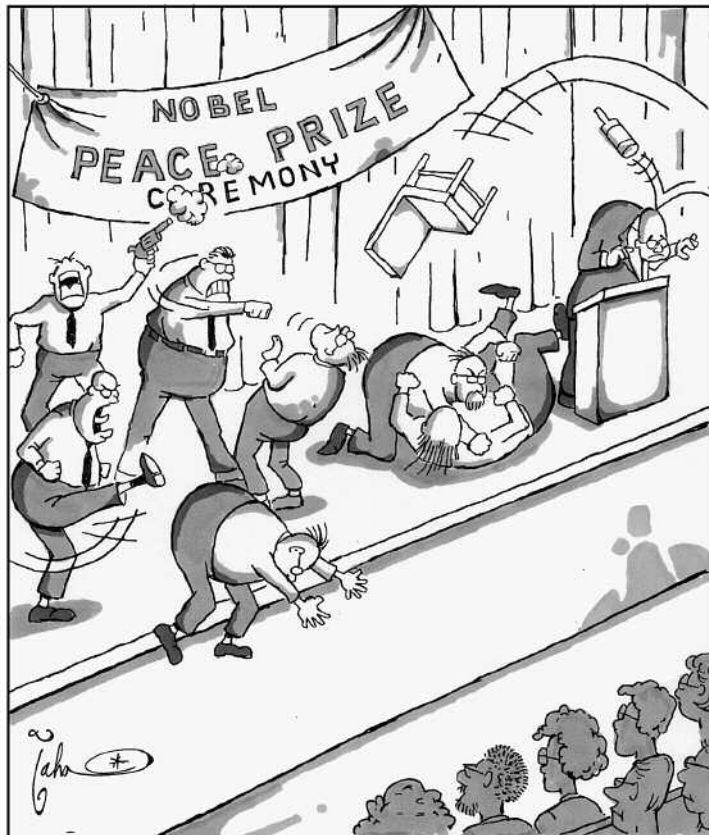
The seven CUNY baccalaureate-level colleges in the top 10 were Baruch College, No. 1; City College, No. 2; John Jay College of Criminal Justice, No. 4; City Tech, No. 6; Brooklyn College, No. 7; Hunter College, No. 9;

and Queens College, No. 10.

The five CUNY associate-level colleges were Borough of Manhattan Community College, No. 3; LaGuardia Community College, No. 5; Bronx Community College, No. 6; Queensborough Community College, No. 8; and Kingsborough Community College, No. 9.



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Apparently, not everyone agreed with the choice of this year's winner.

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



# 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 Telijah Patterson, Prof. John DeSpagna, Peter Briguglio, Gianluca Russo, Prof. Jack Mandell, Laura LaVacca, Jonathan Lopes, Kaylee Johnson, Daiki Yoshioka, Purnasree Saha and Prof. Steven Levine. Additional writers include the publisher/editor, the occasional student freelancer and college interns working for the Scripps Howard Foundation Wire.

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# New tech lab at Ulster

A ribbon cutting ceremony for the new SUNY Ulster Pfeiffer Technology and Innovation Lab on the Stone Ridge Campus took place last month. Named in honor of Ulster County resident, donor, and vice chair of the Ulster Community College Foundation, Inc. Darlene L. Pfeiffer, the facility features five separate labs: an electrical engineering lab and programmable logic controller lab, a mechatronics and mechanical engineering lab, a CAD SOLIDWORKS lab and a 3D printing and modeling lab. A new, technology-equipped classroom adjoins the mechatronics and mechanical engineering labs so that lectures and hands-on

learning are integrated. The facilities will be used by SUNY Ulster students pursuing degrees in science, technology, engineering, and mathematics disciplines.

“SUNY Ulster is the proud beneficiary of the Pfeiffer Technology & Innovation Lab on our Stone Ridge Campus. With the support of our donors, in collaboration with Ulster County, SUNY 2020, Empire State Development, Corp., Darlene L. Pfeiffer, Central Hudson Gas and Electric, Corp. and the Ulster Community College Foundation, we are able to provide students with hands-on learning for STEM while fostering and supporting collab-

orations between education and the advanced technology and manufacturing industry.” notes Dr. Alan P. Roberts, President.

Dr. Mark Stewart, Program Coordinator and Assistant Professor of Engineering Science adds, “The educational experience of our Engineering students are greatly improved through new 3D printers and oscillo-



Students working with new equipment

scopes, updated electrical lab facilities and new CAD lab. STEM classes have already begun using the labs, providing our engineering students with a competitive edge for transfer to four-year colleges or the job market.”

## ‘Shakespeare Saved My Life’ at NCC

The Nassau Community College Cultural Program “Shakespeare Saved My Life” will take place on Tuesday, November 14, at 10 a.m. and again at 1:00 p.m. in the Multipurpose Room of the College Center Building. During the program, author and professor Laura Bates will discuss how education can change lives and how the Bard of Avon can speak to contemporary readers in all sorts of circumstances — even in prison.

Laura Bates teaches Shakespeare to prison inmates. For several years, she has focused on those in solitary-confinement lock-up (Secured Housing Unit, also known as “supermax”), the violent “worst of the worst.” This is the first program of its

kind in the world. Prof. Bates’s work centers on critical thinking, interpretive analysis and creative writing. “Shakespeare Saved My Life: Ten Years in Solitary with the Bard,” her bestselling book, describes Prof. Bates’s experience with Larry Newton, a convicted killer incarcerated since he was a juvenile, often in solitary confinement or on death row. Despite his grade school education, Newton takes naturally to Shakespeare and displays startling moments of empathy with the characters.

Bates, a professor of English at Indiana State University, has a PhD from the University of Chicago. She has taught on campus and in prison for more than 20 years.

## MVCC gets PTK Award

The Mohawk Valley Community College Board of Trustees was selected by the Phi Theta Kappa international honor society for two-year colleges to receive the Hallmark Board of Trustees Award for its continuous support of overall student success. The award was presented at the recent Association of Community College Trustees’ Annual Leadership Congress in Las Vegas.

The MVCC Board of Trustees was honored for its active support of the Lambda Beta Chapter of PTK.

“We are very proud of the ways the MVCC Board of Trustees has embraced PTK chapter activities, applauded chapter awards, and recognized chapter members,” the chapter wrote in its nomination form. “At multiple events ... Board members make a point of meeting the student awardees and speaking with them. We have even heard of times where they offered assistance with networking or their career search.”

Board members are: William S. Calli, Jr., chair; Camille Kahler, vice chair; Elaine Falvo; David Mathis; John B. Stetson; Frank Dubeck, Jr.; Anthony J. Colon; Mary Malone McCarthy; and Dylan Bennett, student trustee.



# Random campus photos from my phone

**Darren Johnson**  
*Campus News*

Some people spend several hours a week on their yards. Forget that; for me, I just put the mower on the shortest setting, crank some Nirvana, and speed through it; brown spots and missed dandelions be damned. Instead, I spend time on the newspaper route.

If you think about it, the modern miracle of Campus News is not that it's still in print and students/faculty/staff still pick it up – that's counterintuitive to what many people think in this digital media world, but it's true – but that the paper is able to get to so many locales. Usually it's me out there on the road with it. I fire up the van, crank some Guns N' Roses and make sure we're as organized as possible. I take photos along the way and send them out via social media, but the social media audience isn't the same audience as you, here, with this print paper in your hands, so let me show you the photos from my last route. Let's look:

First, while most community



college campuses in the Northeast were built about 50 years ago on cheap land in the outskirts, some do have striking views. Let me show you Herkimer County Community College, a campus nestled in the Mohawk Valley where the sky seems to go on forever, beautiful mountain views in the distance. They have dorms, in case you're thinking of transferring Upstate.

And pictured to the left is the Newburgh Campus of SUNY Orange, overlooking the Hudson with a view every bit as good as West Point's a little down river. This was taken near a very modern and spacious library building on a hill.

In eight years of doing Campus News, I'm finding all-gender bathrooms replacing former single-sex bathrooms – and, I must say, this is great! They all seem renovated and are clean and fresh, and have fewer lines. One of these I visited had lotions all set up along the mirror. Nice touch, and I can't say I didn't try some after washing the newspaper ink off of my hands. I'm not sure

what the big deal is about these bathrooms in some Southern states. They don't know what they're missing!

Elevators! Most campuses tend to have “old” and “new” buildings.

Perhaps the old buildings were built in the 1960s and new buildings were tacked on in the 1990s. Often, the floors don't match up in the old and new buildings. At one community college, several new weekend students I encountered were perplexed because they swore their class was on the third floor so they hit “3” on the elevator. “No,” I told them, “the third floor is really the fifth floor, depending what elevator you take.” They shook their heads in disbelief. One more note about elevators – I notice many community college students rush onto them as soon as they open, not waiting to see if others are getting out. Patience!

Here's a mailbox I spotted outside one of the campuses. I was a little worried about putting my National Grid bill payment in there, but somehow it got to its intended collector.

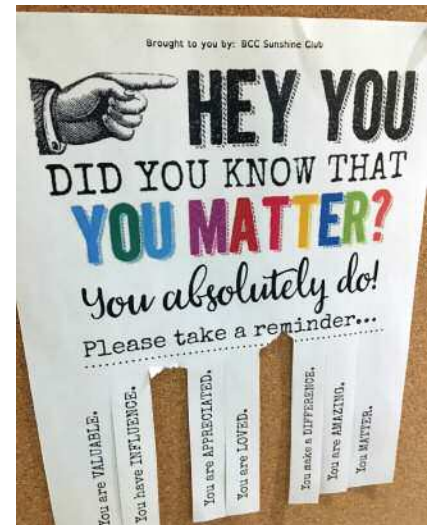
I also notice some professors promoting their own classes with fliers – especially adjuncts, who don't get paid if the classes don't fill. We wrote a story about this flier in the September issue. Look it up on our site.

I've also noticed more campuses with food pantries, which is a good thing for students who are barely getting by. This may help reten-



tion and graduation rates, as well. On our next route, we're definitely going to drop off some nonperishables, and you should too! Ask your Student Activities office how you can help, and don't be shy about asking for food if you're hungry.

Let's end on a high note. At Berkshire Community College, we noticed the Sunshine Club made this great flier. Brilliant!



Darren Johnson owns *Campus News* and teaches Public Relations and Advertising classes at a small college in Upstate New York. Contact him about internship opportunities!



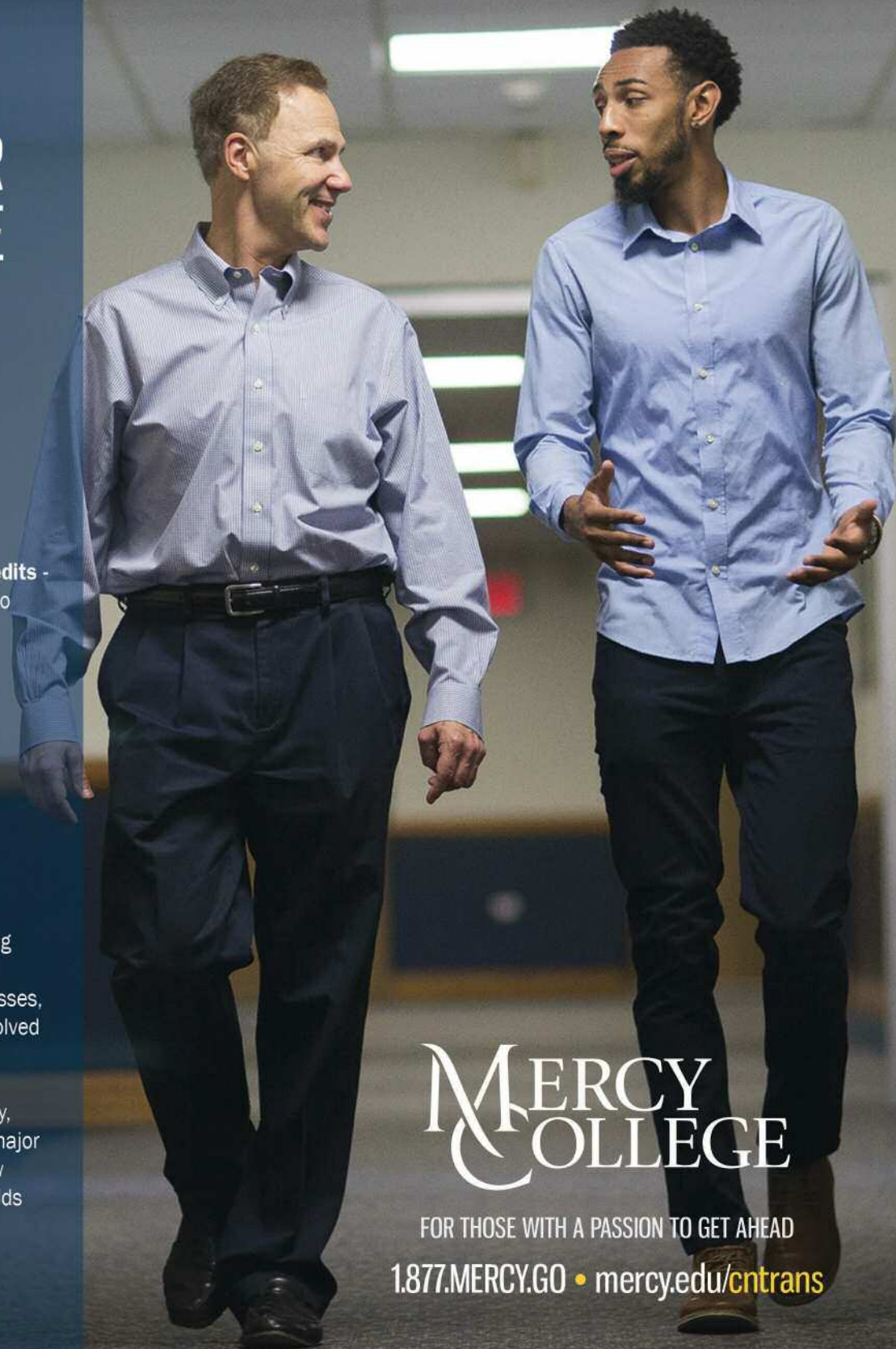
KOHLS BRAND GRAMS SOLUTION									
B <sub>2</sub>	I	O	P <sub>1</sub>	S	Y <sub>2</sub>		BACK 1 =	13	
W <sub>2</sub>	A	R <sub>1</sub>	T	H <sub>2</sub>	O <sub>1</sub>	G	BACK 2 =	72	
F <sub>1</sub>	I	N	A	L	L	Y <sub>2</sub>	BACK 3 =	89	
C <sub>2</sub>	R	L <sub>1</sub>	Y <sub>2</sub>	I	S	H	BACK 4 =	64	
D	I	S	B	A	N	D	BACK 5 =	61	
PAR SCORE 220-230								TOTAL	299



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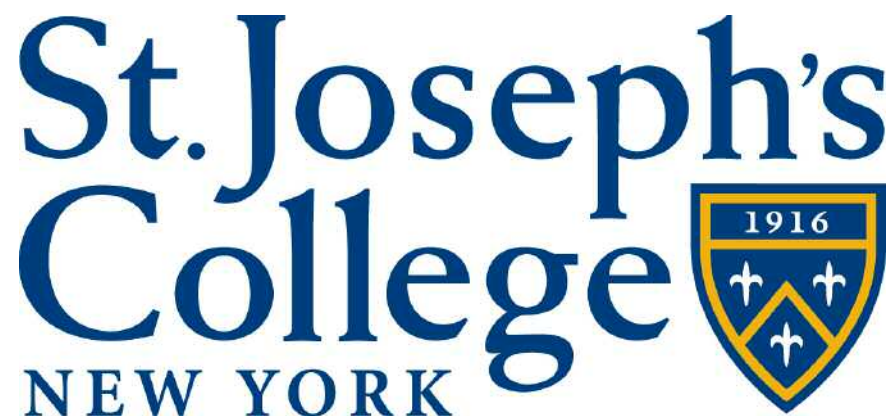
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