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College  Paper



Volume 17, Issue 2 FREE!

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We go to Comic-Con!

Super heroes and newspapers go hand in hand. Think Clark Kent (aka Superman) and *The Daily Planet* or Peter Parker (aka Spider-Man) and *The Daily Bugle*.

Or ask Kelly M. Perez, pictured right (aka Wonder Woman). What's her paper of choice? *Campus News*, of course!

We attended a recent Comic-Con in our region and found Ms. Perez and plenty of community college students there. Some dressed as their favorite fictional characters, some even published comics of their own.

Inside this issue, read Dave Paone's take on Comic-Con, and see his photos. *The Daily Planet* has nothing on us! Take our paper home with you. Maybe this issue of *Campus News* will someday become collectable!

Read this story on page 9



How to stay organized while in college

Telijah Patterson
Campus News

In any given week a college student might need to take a test, submit a research paper, give an oral presentation, read five or more chapters, renew their financial aid, work a double shift, babysit, get their car fixed and the list goes on and on. For community college and non-traditional students who often

lack familial support, the list is likely far more extensive. It seems nearly impossible to balance all of these competing responsibilities while also excelling at school. Under all of this pressure, it is not unusual for a student to procrastinate or simply implode, leaving these tasks incomplete. However, one key element is essential in managing multiple responsibilities without all the unnecessary

stress. That element is good organization.

A 2014 study published in the *European Journal of Psychology Education* found that undergraduate students who received time management training, which involved skills in organizing, experienced a decrease in stress and felt more in control of their time after completing the training although demands on their time had not changed. An-

other study published in the academic journal *Education for Information* that analyzed the task completion of undergraduate students found that time management and lack of organization are the major factors for uncompleted or non-started tasks. Most college students probably don't need studies or statistics to understand the

continued on page 22



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Why you should join a club

Kaylee Johnson
Campus News

I was never a club person. I rolled my eyes at pep rallies in high school, and my one season of field hockey was short lived after I kept scoring for the wrong team. But I think I should have been a club person, because I go into local malls and restaurants and people from my high school know my name, and I don't recognize them. It's always the same speech about where they are going to college and what they are majoring in, and I feel forced to pretend I know who they are with a smile slapped across my face. I don't regret not being involved in clubs or sports in high school, but knowing I am in the process of making my college experience more interactive and social gives me great delight.

In the fall I auditioned for my college's dance club, and received an e-mail two days later congratulating me on making it in. In one semester, the dance team went through a lot of drama and adjustments, but overall I considered my experiences with them to be great and memorable. I came in as a transfer student in the fall, so I had no friends or connections on campus, but the dance team introduced me to 40 young women, many of whom are in my classes; therefore we can study together and share notes. It's also nice to be able to say hello to people you know on campus, and make acquaintances. We had group bonding days and events several days throughout the semester, and by the end, we were all very friendly with each other. I found great warmth in that our time together extended outside of my

college's dance studio.

Before this, I danced for 13 years, but seeing the girls doing flawless pirouettes and leaps during the auditions made me insecure and uneasy. I was open during the semester about my mistakes and imperfections, and I made a point to laugh at them. What I found is, there will usually be someone more experienced than you on a sports team

'We had group bonding days.'

or in a club, but you should not let them intimidate you to the point where you prevent yourself from joining. Surprisingly, many of the dancers were completely inexperienced and joined the club out of interest and desire for socialization. I'm a natural introvert, and it would have been easy for me to ignore my fellow club members, but I made my presence known.

I think a lot of students turn their noses up to clubs and teams; because there are social media accounts for every fan base, interest, and hobby, why would students physically meet weekly in classrooms or gyms? It's also easy to ignore people at a community college, because the environments are usually less intimate, and students attending them are usually very busy. No matter how

busy you are, it's important to take time out for personal growth. Academics are obviously a vast element of college, but so is socialization, because as you grow into a true adult, your social interactions become more mature. I would argue that a healthy amount of socialization would increase grade point averages.

I'm a college sophomore, and everybody and everything from high schools seems like a blur. Friendships fade, and people grow. When you sign up for clubs in college, you are allowing yourself to meet people with similar interests and hobbies. I'm from a small rural town that lacked diversity, so college exposed me to people from all walks of life. Every dancer on my team had different political beliefs, values, ancestry, families, and experiences, but we all came together and danced every week. Learning about people who are different than you can help you grow as an individual, and clubs tend to attract a variety of students. Overall, clubs and teams can provide enriching social experiences for every type of student, and they are worth the energies and commitments required.

An Education major, Kaylee Johnson has attended Adirondack Community College and now attends the College of Saint Rose.



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Top 10 acts who never had a Top 40 hit

Darren Johnson
Campus News

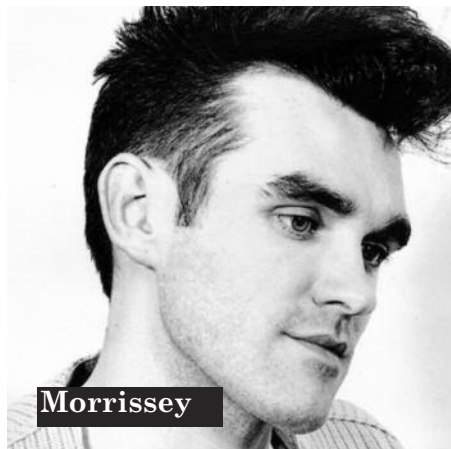
It seems every band we now hold in high esteem had at least one radio song — one Billboard Top 40 hit — *or did they?*

I mean, even counter-culture bands like The Grateful Dead had “Touch of Grey,” which hit No. 9 in 1987; and Public Enemy had “Give It Up,” which hit No. 33 in 1994.

However, there have been some bands that are widely respected today — and even sold a decent amount of albums in their era, and packed places like the Nassau Coliseum and Madison Square Garden — but never charted.

Here they are, in no particular order:

Morrissey/The Smiths — The Smiths were considered one of the most authentic bands of the 1980s, starting with their haunting self-titled debut and



Morrissey

followed by teen melancholia favorites like “The Queen Is Dead” and “Louder Than Bombs.” Then lead singer Morrissey broke free and put out several more amazing albums. However, the best he ever charted was No. 46 in 1994 with “The More You Ignore Me, the Closer I Get.” Poor Moz has cancer now, but is still putting out very lyric-heavy screeds. I like them. He’s also a cult favorite in Mexico.

The Violent Femmes — This three-man band has some songs that often appear in movies today, like “Blister in the Sun,” “Kiss Off” and “Add It Up.” They also are played on Sirius XM’s First Wave Channel 33 a good deal. But none of these songs did much of anything in their day. The band’s self-titled first album was often memorized by hip teens in the 1980s.

The Ramones — The members of this band all took on the surname Ramone, and they were tremendously popular in the New York Metro Area in the 1980s. Their “Blitzkrieg Bop” even made it into the megapopular “National Lampoon’s Vaca-

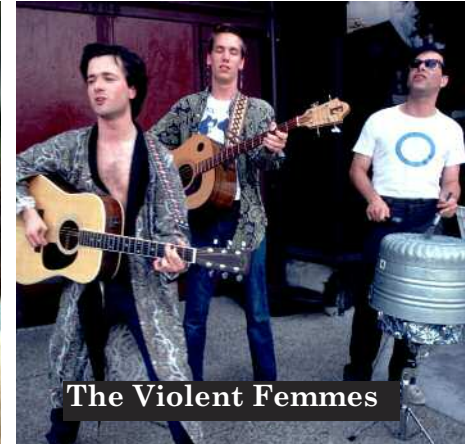


Bob Marley

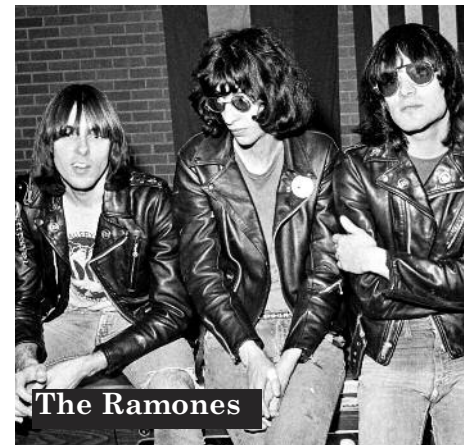
tion” movie. Lots of teens and young adults wear Ramones T-shirts today. While the Beach Boys get a lot of credit for being a “genius” band, the Ramones used just-as-intricate vocal arrangements and their songs were much catchier and edgier. However, the best they ever charted was “Rockaway Beach” at No. 66 in 1978. In fact, while the highly overrated Sex Pistols (who only had one album) get credited with starting punk music, the Ramones were already doing all that — and better — years before.

Bob Marley (and the Wailers) — While also adorning lots of T-shirts today, the highest this reggae legend charted was No. 51 with “Rock, Roots and Reggae.” Though the late Jamaican’s “Legend: The Best of Bob Marley and The Wailers” greatest hits album remains on the Billboard Top 200 Albums Chart. Only Pink Floyd’s “Dark Side of the Moon” has had more popular longevity. Both are also popular with stoners.

Courtney Love/Hole — I wrote a good deal about Courtney Love and Hole in our December issue, and it’s amazing



The Violent Femmes



The Ramones

that this band never caught on. “Malibu” is a well-polished radio song by any definition, and its video is well done, but it only hit No. 81 in 1999. The best this grunge band placed was “Doll Parts,” which hit No. 58 in 1995. The band also gets short shrift today on SiriusXM’s grunge channel, Lithium Channel 34, rarely getting any play, while lesser bands like Weezer are played to excess. Hole has two superb albums, an interesting lead singer — to say the least — and they were a rollicking concert band. However, their singles never sold. At least Love still owns much of the Nirvana catalog.

Black Sabbath — I asked the Internet. Some argue that I should have metal band Black Sabbath on this list. And it’s true, they do rock and “Iron Man” only got to No. 52 in 1972. It’s such an iconic song. How is this possible? Though front man Ozzy Osbourne did have much



Black Sabbath



Courtney Love

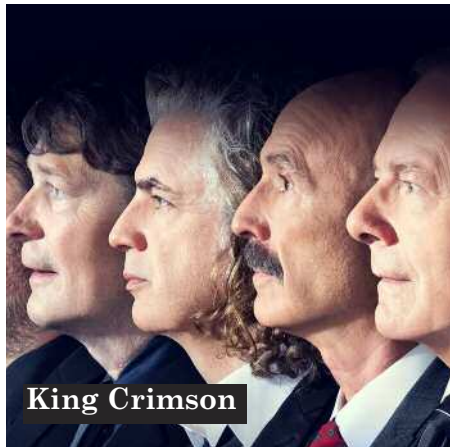


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Top bands (cont.)

pop success with his solo efforts.

King Crimson was a psychedelic band that had notable albums in the early 1970s, the band took a break, and came back a bit more commercial in the early 1980s — but, yet, they never had a hit single. The trippy, 7-minute “Court of the Crimson King, Part I” made it to No. 80 in 1970. I guess they didn’t get many repeat customers, because “Part II” is almost impossible to find on YouTube today. They deserve better.



King Crimson



The Replacements

The Replacements only hit No. 51 in 1989 with “I’ll Be You,” but who’s to say — with all of their well-crafted alternative songs — why this band isn’t as big as, say, U2? Is it that U2 has that much better marketing? Because, surely, the music is comparable.

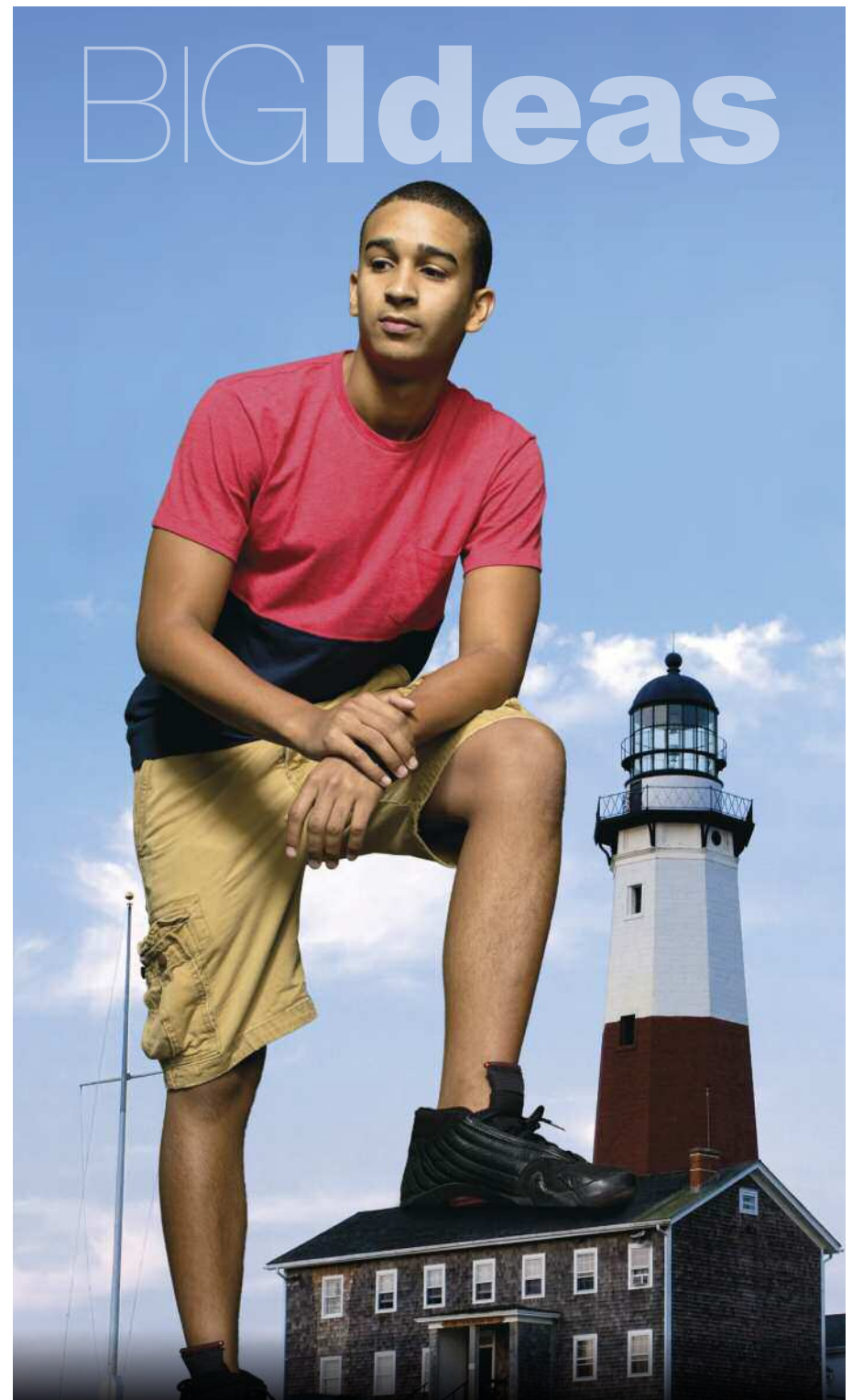
Doug E. Fresh/Slick Rick — When I posted my ideas for this article on Facebook, it was suggested I add a rap group. I do listen to all kinds of music and wracked my brain over this. The issue is, when rap first hit, it was rather obscure, so it may be wrong to list a Grandmaster Flash or Curtis Blow, amongst others, who set the stage for the genre. Then several bands, like Run DMC, Public Enemy and even the Fat Boys, did have at least one radio hit. But of that more mainstream era, I feel the combo of Doug E. Fresh and Slick Rick (The Get Fresh Crew), along with their solo efforts, had disappointing sales. They were ripped off a bit by the more parent-pleasing Will Smith vehicle DJ Jazzy Jeff and the Fresh Prince. Insiders know that Doug E. Fresh and Slick Rick were the real deal — they were played on college radio stations in the 1980s,



Slick Rick

even. Today, these two are heavily sampled by other artists — many of these sampled songs are chart toppers — but the best these two did with a whole song was having Snoop Dogg cover their “La Di Da Di,” which hit No. 63 in 1994. “The Show” is another tremendous song of theirs that deserves better.

OK, that’s nine out of 10. Who will be my No. 10? I’ve gotten lots of nominations. Go to **CampusXM.com** to hear my podcast on this — with No. 10 and musical samples!



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SCCC students and manufacturing

Suffolk County Community College's Advanced Manufacturing Training Center teaches students the required skills to enter our region's high-skilled manufacturing workforce.

Students in Suffolk's programs learn an array of technologies including computerized machinery, computer software, 3D printers, and ability to design and develop products.

A core course, Advanced Machining Processes, encourages students to experiment to learn the content of the class. The final project is a "Chess Set Project".

Each student designs a chess set by utilizing a CAD/CAM design software package. After completion of the designs the students use computer pro-

grams that enable them to manufacture those pieces on the CNC machines, and manufactures his/her own pieces.

Suffolk County Community College is committed to the advanced manufacturing sector," said college President Dr. Shaun L. McKay. "The jobs are there," he added, "and we are training people to fill them."

Manufacturers across the U.S. are finding it more and more difficult to attract and retain workers with the right skills to fill available jobs and keep up to speed on factory floors.

None of the students knew how to design, program, or manufacture any of the metal parts before joining Suffolk's program.



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Honor Black History Month on campus

Every campus in our region is hosting Black History Month events this February. Here are some highlights that we received as of press time:

At **Schenectady County Community College**, Larry Grant will host “A Vision of Hope” on Thursday, Feb. 8, at 3 p.m. in the Lally Mohawk Room. As a former drug user who transformed his life, Grant “walks the walk.” Raised on the tough streets of Bedford-Stuyvesant in Brooklyn, he is a survivor who helps others reclaim their power as he was able to do in his own life.

At **Queensborough Community College** on Tuesday, Feb. 13 in the Student Union Lounge, the Student Government Association will host the “Black Inventions Exhibit.” This is a

multimedia presentation that pays tribute to African-American inventors and innovators. The exhibit reveals many surprising facts, and highlights the accomplishments of African-Americans in the fields of science, aerospace communication, health care, agriculture, transportation and engineering. Over 150 authentic artifacts are represented in the collection: patent designs, personal letters, rare photographs, brief biographies of the inventors and documentaries.

Herkimer County Community College’s BHM events culminate on Tuesday, Feb. 20, at 12:30 p.m. in RMCC 288, with a discussion of “Slavery in the Mohawk Valley.”

Westchester Community College on Wednesday, Feb. 21, at 11 a.m. in the Davis Auditorium,

will host Prof. Cynthia Williams’ play “Gold Star Mothers.” It’s a phenomenal rendition of the lives carried out after military service.

At **Nassau Community College** on Tuesday, Feb. 27, at 11:30 a.m. in the Multipurpose Room, CCB, speaker/comedian Amanda Seales will perform. Formerly known by her stage name Amanda Diva, Seales is an American comedian, actress, disc jockey, recording artist and radio personality. Aside from her solo career, she was also a touring member of the musical group Floetry.

At **Suffolk County Community College’s Grant Campus** in Brentwood on Wednesday, Feb. 28, in the Captree Commons Room 114, “What Black History Month Doesn’t Teach You” will



Amanda Seales

be presented at 9:30 a.m.

Rockland Community College hosts a “Martin Luther King Retrospective Panel” on Wednesday, Feb. 28 at 11 a.m. in the Tech Center, with civil rights activist Willie Trottman.

For a complete list – or to submit your event for listing – visit www.cccn.us and type “BHM” in the search field.

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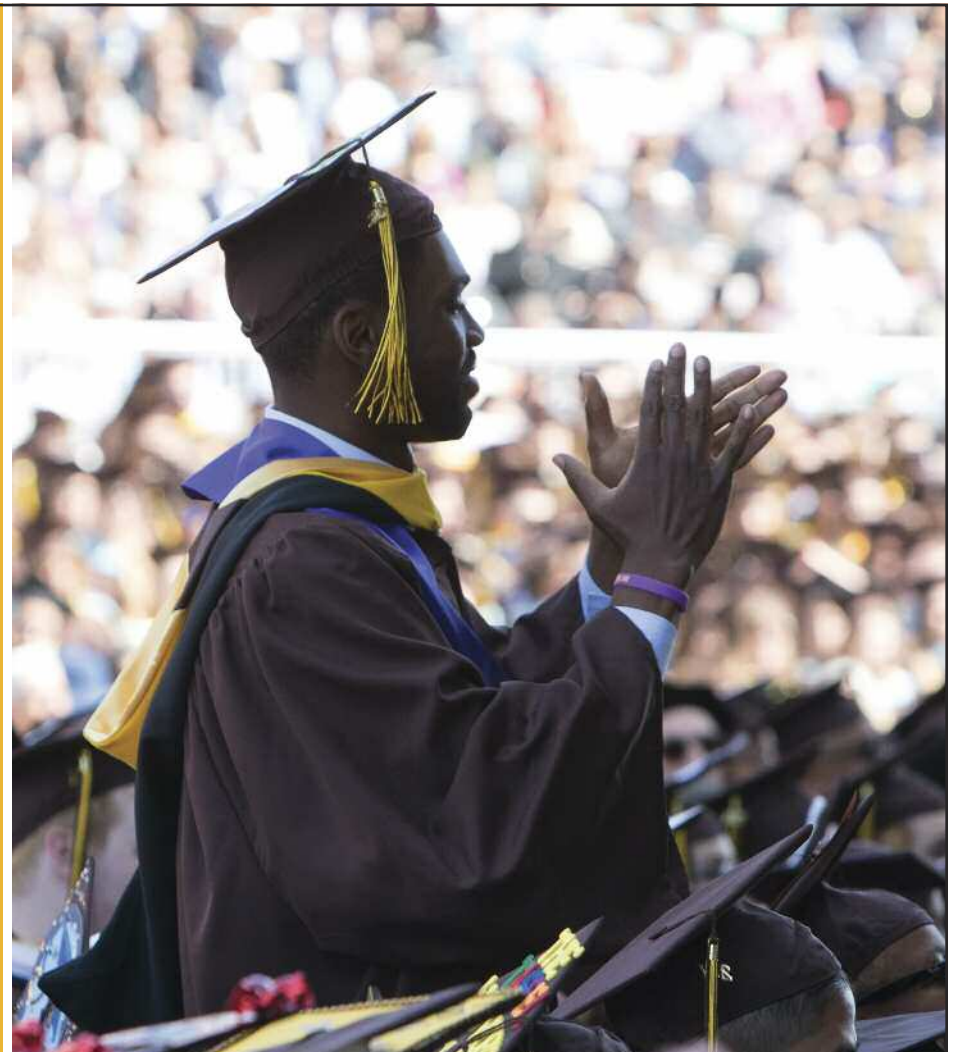
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Community college makes Title IX video

A series of three videos — featuring Northern Essex Community College students, faculty, and staff — has been created to help foster awareness of sexual harassment and inform members of the college community of their rights under Title IX, which prohibits discrimination based on sex at federally funded educational institutions.

The powerful 90-second videos tie-in with two national campaigns, "No More" and "It's On Us", and were created in-house. One video features faculty and staff, a second features students, and a third is in Spanish.

Justine Caron, Northern Essex's Title IX coordinator and director of Human Resources, came up with the idea for the

videos and provided leadership, along with Liz Trelegan, Northern Essex's Title IX investigator.

"With the shift in the climate of the nation in regards to sexual harassment, we thought it was time to remind everyone of how important it is to foster awareness, practice inclusivity, and serve as advocates for survivors," said Caron. "We want to be sure all of our students, faculty, and staff feel safe and supported."

The videos were produced by Lauren Erwin, the college's videographer, with assistance from Lance Hidy, accessible media specialist.

The videos are just part of the college's efforts to increase awareness of sexual harass-



ment. Northern Essex's policy on affirmative action, equal opportunity, and diversity is posted on the website and available in printed form in the Human Resource Office. This policy provides definitions, in-

cluding detailed explanations of different types of sexual harassment and violence; outlines the process for reporting and processing a complaint and conducting an investigation; and also includes a complaint form.

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13:1

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College students converge at Comic-Con

Dave Paone
Campus News

In 1986, pop music group Huey Lewis and the News had a hit song entitled, “Hip to Be Square.”

It was the furthest thing from the truth. Hip was hip, square was square, and the twain never met.

That’s all changed.

These days it is indeed hip to be square and the most popular place to accomplish this paradox is at a Comic-Con.

This past December, ACE Universe, which calls itself the “Voice of the Superhero Generation” (how square is that?), held a comic convention for three days at the Nassau Coliseum in Uniondale, Long Island. College students and graduates were in attendance, showing just how hip (or square) they really are.

Perhaps the hippest of these squares is Kat Calamia. The 23-year-old created and writes a comic book series which is financed through Brooklyn-based Kickstarter.com, a crowdfunding site.

“My dad actually got me into comics when I was very young,” she said, “which is interesting because my comic is called ‘Like Father, Like Daughter,’ and is about a high school girl whose father left her to become a full-time superhero.”

In the story, “everyone in the world just loves him, except for her.” And then she discovers she’s inherited his superpowers.

“Everyone always asks me ‘Do you have a bad relationship with your dad?’ I’m like, ‘No, he’s the one who got me into comics. I love my dad!’”

Currently there are four books in the “Like Father, Like Daughter” series, published through Short Fuse Media.

Kat also created and writes a second comic book series, “They Call Her... Dancer,” however, both series are illustrated by different artists.

The Staten Island resident is currently enrolled in a graduate program at Long Island University, although classes are held at Steiner Studios in Brooklyn. Kat attended Marymount Manhattan College for her undergraduate degree, which, incidentally, is where “Supergirl” actress Melissa Benoist attended college.

Another hip square is Jenny Frison. Jenny is a comic book cover artist and illustrator, meaning she draws comic book covers exclusively. She’s currently a variant cover artist for DC Comics’ “Wonder Woman,” which is published twice a month.

Although she’s freelance, Jenny works full time, with comic book cover art as her only source of income.

She’s been doing this for about 10 years, working remotely from her residence in Chicago. Her employers can be in New York, California or anywhere else, but since the final product is digital, she can submit it from home electronically.

“My very first cover that ever came out, my sister and I went to the store and bought it, and then drove around and I would show it to people at stop lights and point at it and say, ‘I made that!’ because I was so excited,” she said.

After attending Indiana State University for one semester, Jenny returned home and attended Illinois Central College, a community college in East Peoria. There she took the usual required classes, plus two in art.

It was in these art classes that she knew this was the field in which she wanted to work. However, her parents would only support this choice with one caveat: if she were to pursue a major in art, it had to be in a manner in which she could make a living.

This turned out to be a fortuitous course of action, as Jenny eventually earned a BFA from Northern Illinois University.

Hailey Skaza-Gagne, a first-year student at Bristol Community College in Massachusetts, is the current spokesmodel for the Inkwell Awards, a nonprofit whose mission is “To promote and educate about the art of comic book inking.” They have an annual awards ceremony.



Kelly M. Perez

In the production process, a comic book artist may start with a pencil drawing, but with limited details. An inker will take those pencil drawings, apply black ink over them, add details and perhaps additional lines of his own.

“They make it nice and solid before the colorist goes over it,” she said.

Hailey represented the Inkwell Awards at about nine Comic-Cons nationwide over a six-month period, with the ACE Comic-Con being the final one for the season.

A required class at Bristol Community College is public speaking, which Hailey took “under protest,” which is ironic, because as a spokesmodel, that’s exactly what she does.

As one would expect, there were plenty of college students who attended in costume.

Also a Wonder Woman fan, Kelly M.

continued on next page

Campus News visits Comic-Con (cont.)

Perez of the Bronx generously allowed us to take a photo of her with Campus News (see photo, page 9).

Twenty-seven-year-old Alex Hyams of East Moriches, Long Island, cosplayed as DC Comics' anti-hero John Constantine. Alex chose this character partly because he resembles him in real life.

"The only thing is I don't have a British accent," he said.

The comic book character also sports the unshaven, "Miami Vice"-style five o'clock shadow, which Alex did not.

"I had it but I shaved it off today because I'm meeting Gal Gadot," he said. "I gotta look nice for that."

Alex has been attending Suffolk County Community College on and off for the past six years. He's not entirely sure of what he wants to for a living, so he's taking a lot of business courses, which can be applied to almost any career.

Alex's three-day attendance at the convention didn't come cheaply. The price of a VIP ticket, plus the photo op with and the autograph from Gal Gadot, totaled almost \$500.

This was Alex's very first Comic-Con and he didn't mind spending the money.

Cosplay is not just a boys' club. Siobhan Hadipour, a 29-year-old student from Housatonic Community College in Bridgeport, Connecticut, cosplayed as Blind Justice Daredevil.

Siobhan created this

composite character, calling it "a personification of Lady Justice and Matthew Murdoch together."

"The blind justice concept has always fascinated me," the first-year student said.

ACE was Siobhan's fourth Comic-Con. She attends them because she meets writers, artists and "amazing people."

"Comic-Cons are like escapism. That's more of the reason why I go," she said. "You look at the news — all this craziness in the world — it's nice to just come somewhere and be away from all that for a day."

Siobhan's introduction to comics was similar to Kat's. Her grandfather had a collection of vintage comic books and shared them with her.

Siobhan knows what she's doing is incredibly square and that it's not for everyone. "You have to have a desire to be amongst all this," she said.

Alex, too, is well aware of just how square what he's doing is.

"I own my geekiness," he said. "I love comic books, I love computers, I'm not afraid to admit it."

When Huey Lewis co-wrote that song, guys like Alex were in the closet. Alex thinks the change came fairly recently, perhaps the early 2000s.

"As time goes on, it's changing more and more," he said. "We're taking over."

At least at Comic-Cons they are.



Above: Comic book cover artist, Jenny Frison, with two of her original Wonder Woman illustrations for DC Comics. Below: College student Kat Calamia, creator of the comic book series, 'Like Father, Like Daughter,' poses with her publications. —dp photos





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Self-driving cars vie with mass transit

Richard A. White
Special to Campus News

Fiat Chrysler and BMW just announced plans to jointly develop self-driving cars. The move puts the automakers in competition with Google, Apple, and other car manufacturers that are also working on driverless vehicles. The question is when, not if, this is going to be commonplace.

Self-driving cars might seem to render public transportation obsolete. But the opposite is true. Autonomous buses have already made their way onto streets. And because Bus Rapid Transit tends to have dedicated lanes, the transition to driverless vehicles should be easier for public transit than for private transport.

The truth is that public buses, subways, trolleys, and trains will complement driverless automobiles by serving as our transportation network's high-capacity trunk lines. Automated chauffeurs may pick us up for the first mile of our journey, or drop us off after the last mile. But public transit will serve as the backbone of that multi-modal transportation system.

Over the past two decades, public transportation ridership has grown by 34 percent. Last year, Americans took 10.4 billion trips on public transit, or 35 million every weekday.

Those who use public transit don't miss driving. Typically citing convenience and cost, six in 10 riders prefer public transit to other modes of transport.

Americans are giving up their car keys because buses and trains fit seamlessly with the ride-sharing, car-sharing,

and bike-sharing services that have revolutionized how we get around.

Consider a survey taken last year of commuters in Austin, Boston, Chicago, Los Angeles, San Francisco, Seattle, and Washington, D.C. Researchers surveyed 4,500 people about their use of public transit, car-shares, bike-shares, and rideshares. They then identified a subset that regularly uses several of these modes of transportation. Nearly six in ten of these "super-sharers" reported that more often than not, they travel on a bus or a train.

These variations of ways to get around -- public transit among them -- are allowing more households to go car-free, or at least car-lite.

Rideshare services and public transit are also complementary because people prioritize them at different times. In that seven-city survey of commuters, researchers found that Uber and Lyft are the most popular way to get around between 10 p.m. and 4 a.m., when buses and subways are typically closed.

Rideshare services and public transit in some cities are even working in tandem. In Dallas, Atlanta, Los Angeles, and Minneapolis, Uber has partnered with local officials to integrate ridesharing with real-time bus tracking in one smartphone app. In the future, such partnerships could yield seamless transfers, unified payment methods, dynamic route maps, and even lower transportation costs.

People now expect to get where they need to go on-demand. Public transportation services can meet that need by offering convenient, reliable, and ubiquitous service,

both individually and in partnership with others.

It's important that they do, because a future with less driving creates healthier, wealthier, more sustainable communities. Taking public transit is 10 times safer than traveling by car. Those who rely on shared transportation are generally more physically active than their car-only counterparts. For most Americans, a car is the second-largest purchase they'll make;

skipping ownership bypasses that expense. Plus, increased reliance on public transit reduces U.S. carbon emissions.

Technology may soon take our places behind the wheel -- and increase our reliance on public transportation in the process.

Richard A. White is a senior advisor with the American Public Transportation Association.



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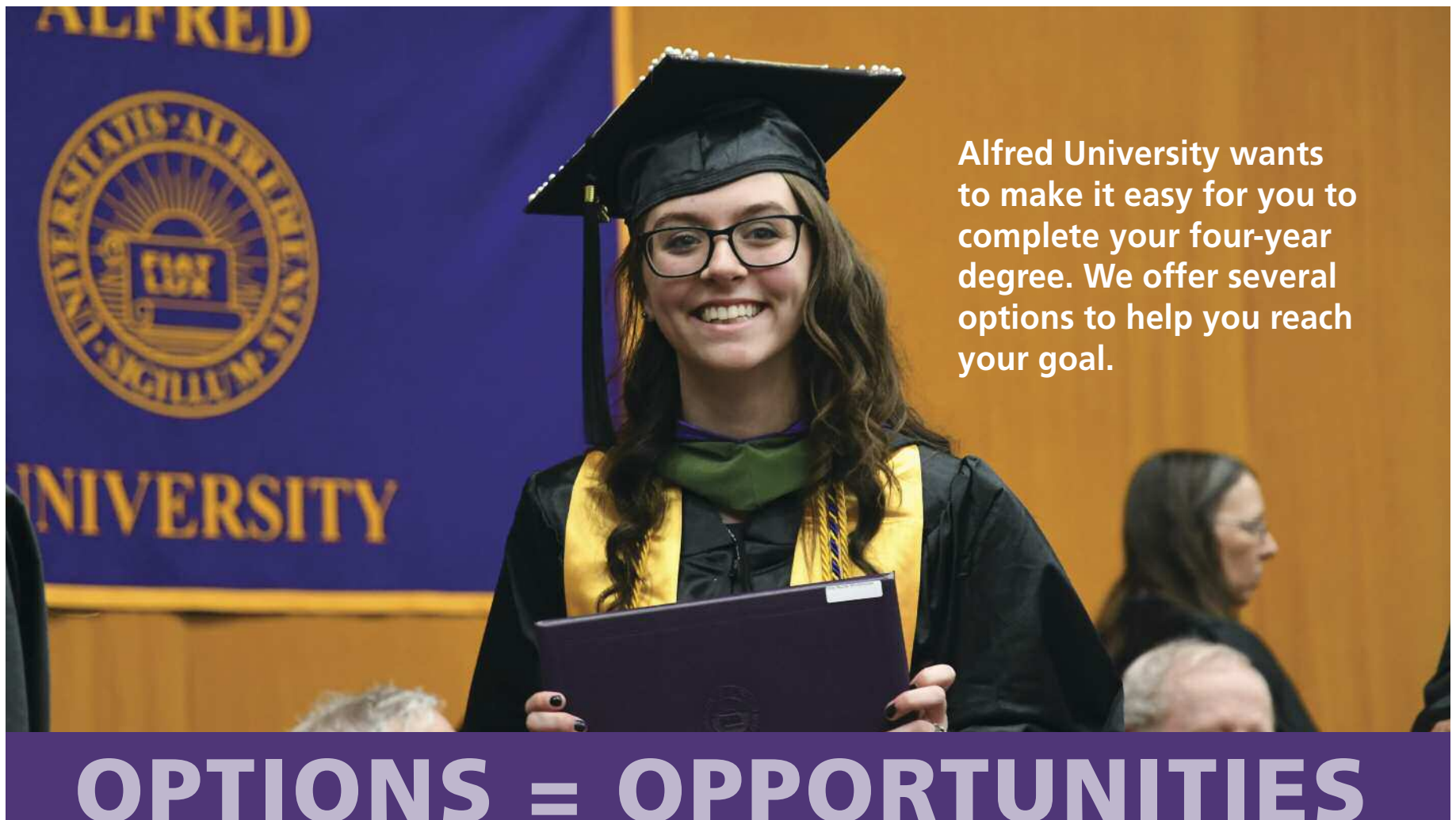
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Weekend program graduates nurses

Jefferson Community College (JCC) held a Pinning Ceremony for weekend option graduates of the College's nursing program on December 14, 2017, in the College's Sturtz Theater. Nine candidates for the Associate in Applied Science (A.A.S.) degree in nursing were eligible to take part in this special program. JCC's "Weekend Scholars" are students who, beginning in January of 2016, attended classes at JCC every other weekend on Fridays from 7:00 a.m. to 5:00 p.m. and from 7:00 a.m. to 7:00 p.m. on Saturdays and Sundays. The weekend, part-time format was developed in response to need in the community for more registered nurses and a more convenient way for more working adults to enter the healthcare field.

The "Pinning Ceremony" is a

time-honored tradition at all institutions of higher education that offer degrees in nursing. The ceremony is symbolic of the transition from a student to entry into nursing as a profession. The pin is designed to be unique to each school of nursing. After being "pinned", each student recites Florence Nightingale's pledge.

During the Pinning Ceremony, JCC nursing students were honored for their outstanding achievements with the presentation of various awards.

Aubriana M. Price, Fort Drum, was the recipient of the Madalyne and Donald Hess Excellence in Nursing Award. This award is bestowed upon a graduating senior of the Weekend Scholar Nursing Program who demonstrated excellence in both the classroom and clinical area



and will continue to hold the standards of the profession in high regard.

Nicholijea N. Carnahan, Calicum, is the recipient of the Samaritan Medical Center HEART Award which recognizes

a student who consistently incorporates compassion and comfort measures for patients.

The Marion Brennan Personal Growth in Nursing Award was awarded to Charlisa Molemohi, Fort Drum.



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Why choosing electives is important

Prof. John DeSpagna
Campus News

As the New Year and semester have come upon us, let's take a look at some new ideas to try and get the most out of your college education. Going to college is not just about taking courses in your major but also trying courses outside of your major. This is where the concept and importance of taking electives comes into play.

Part of the college experience is making yourself aware of different learning experiences. This gives you a better perspective of the world and will help develop you as a better citizen. We are now in an era of globalization

and the world's economies are becoming more interconnected. The world does not just revolve around the United States and we need to learn more about our global trade partners. The United States has the world's largest economy but we are only about five percent of the world's population.

We also should seek to become lifelong learners and be educated as to what is going on in the whole world. Taking various electives will help you broaden your horizons and look at things from a different perspective.

Many students are not quite sure what to major in and select the liberal arts as their major. In this degree program, you will

take your required core courses and then have a number of free electives. These free electives should be selected with a great deal of thought.

One of the benefits of all the free electives in a liberal arts major is the freedom you have to select electives. Try to take electives in an area that is of interest to you. I have written about the concept of passion in previous columns. Pick some electives that you have a passion to learn about. This will be something that is of interest to you, and you normally do better in courses that you have a real interest in.

The example I can give here is Steve Jobs. Jobs never earned a college degree but took a college elective in a drawing course. This sparked his interest for design, creativity and perfection in the products he produced.

Take an elective course in an area that may be a potential career path. Go and try taking courses that interest you – that is what they are there for. I can offer myself as an example, as I was a Political Science major as an undergraduate. Business related courses such as finance, accounting, management and investments were all electives in

my program. Today, my field of work is as a business professor and the electives proved to be very beneficial for me.

An elective you may also want to consider in is an internship. Take an internship elective in a field that may interest you as a potential career. You can learn if this is the right path for you and just as important is that you can learn if the field is not for you. Gain this valuable experience and you have to realize that many interviewers will ask you about your internship in college. This can be looked at as a pathway on your journey to success.

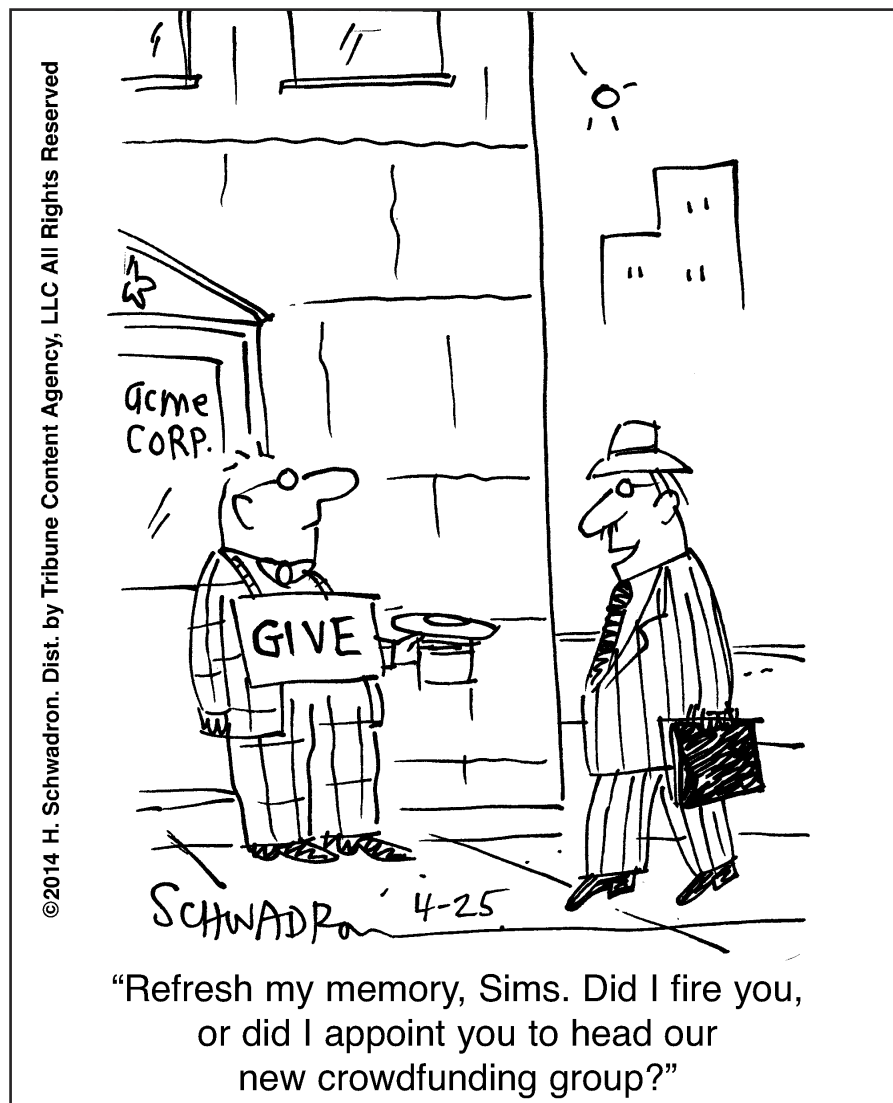
Electives can also start an interest in a lifelong hobby. Learn how to play an instrument, take a travel course, learn about literature or how to invest your financial resources. You can learn all this in electives.

In your discrete degree program, you will have electives to take. Many of the electives will be in your major area of study and offer you the opportunity to learn more about your major. As a history major, you can learn about different time periods of history outside of the required courses. The electives in other majors also allow you to gain a greater understanding in the area of your major.

Part of college is learning about a lot of different concepts. The electives in your major and free electives are all part of this process. Carefully select your electives to help round out your college experience and set yourself on to the path to success.

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

9 to 5 by Harley Schwadron



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Ulster partners with IBM

SUNY Ulster was selected as one of the newest community college partners in IBM's New Collar Jobs Initiative. The initiative, dedicated to building critical skills to meet ever-evolving technological trends, will help propel Ulster students into apprenticeship opportunities and new well-paying jobs.

Coined by IBM CEO Ginni Rometty, new collar jobs are somewhere in the middle between professional careers (white collar) and trade work (blue collar) – meaning they combine technical skills with a knowledge base rooted in higher education.

This partnership represents a new approach to educational training and job recruitment arising from the

shortage of workers tech companies are experiencing to fill their growing number of positions. The Bureau of Labor Statistics reported there were approximately 6 million job openings at the end of June 2017, with many of these unfilled as a result of an unskilled and under-skilled workforce.

“SUNY Ulster is proud to be partners with IBM in defining and preparing the new technology workforce of our future,” notes SUNY Ulster President Dr. Alan P. Roberts. “Students are being navigated through our high-ranking computer science program and then placed in an incredible apprenticeship opportunity. We are fortunate to leverage this partnership between industry

and higher education to benefit our students' success.”

John Sheehan, Coordinator of SUNY Ulster's Computer Science program adds, “We're very excited to partner with IBM to provide innovative new technology education programs to prepare our students for the skills needed to meet the high demand for new collar workers. Through these apprenticeships and specialized programs in computer science, engineering, and computer networking, we will be better positioned to help our graduates obtain high paying careers while also supporting the long-standing role of the Hudson Valley as a place where IBM fosters cutting-edge technological innovation.”

Women in STEM expo

The WISE (Women in Science and Engineering) group at Mohawk Valley Community College will host a Girls in STEM Expo from 9 a.m. to noon Saturday, March 3, in the Alumni College Center at the College's Utica Campus. Admission is free, but registration is required by Feb. 16. To register, visit <https://tinyurl.com/mvccstem>.

This innovative event, co-sponsored by WISE, the MVCC Foundation, MVCC's Center for Corporate and Community Education, and MVCC STEP/CSTEP, is designed to introduce girls in grades six through eight to opportunities in the historically male-dominated fields of engineering and science. The day is run by MVCC's female science faculty, and

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A new semester and a new start

Prof. Steven Levine
Campus News

By the time you read this article, you will have started the new term, but still there is still a long way to go before it is finished. I think it is appropriate to start to ask yourself some questions, which require some serious soul searching in order to get to the real answers. Before we discuss these questions, and some possible responses, we should discuss why you are in college in the first place. You are not in college just to wait for the next phase of your life to open up. In theory you are here to spend your time trying to expand your knowledge by learning about different topics that are of interest to you. Yes, that is one goal, but remember that you are a “product.” When you graduate from college, and begin the process of searching for your first job, your prospective employer is looking at you in terms of what skills, assets and abilities to you bring to their company that will improve its bottom line. Once you understand that this is the end game, and the final goal that must be achieved, you must determine how accomplish this.

It does not matter if this is your first term or your third, there are certain basic strate-

gies and tactics that will help you achieve your desired goal – which is to come out with solid credentials as well as a GPA that you can be proud of. When you started this term, what was your mindset; to do as little as possible and achieve an acceptable grade, or really focus on the material, understand it, ask questions, and turn in the assignments, as well as handing them in when they are due in addition to participating in class? Lofty goals to be sure, but how?

‘You are not in college just to wait for the next phase of your life.’

wonderful, but how? By focusing on every assignment on a daily basis, reading the assigned chapters, and preparing for tests by studying for them. (By the way, if you do not understand something, ask your instructor. The only silly question is the one you did not ask.) In order to achieve this, as well as your work schedule, since most of you have jobs, it is critical to be focused and to break up your work time and your school assignments into independent blocks of time. (There is a name for this

You can accomplish your long-term goal, namely the grade at the end of term, by establishing near-term tactical objectives. Sounds

concept: compartmentalization.) By being disciplined and determining how much time is required to complete each segment, you should never be in a position where you put things off for later, and then turn around and “later” is “now.”

Congratulations! You did everything that was discussed, but was it worth it? The resounding answer is “Yes.” Here’s why: Years ago, the deciding factor in many cases for you to obtain a position was a high school diploma. Today it is a college degree. At the very least an Associate’s degree. If an employer is trying to decide between two individuals for a job offer, both having the same skills and abilities, in many cases the deciding factor is that diploma. So spend less time on Facebook and Instagram, and focus on the important issues for your future now. It will be well worth it.

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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Should you drink coffee?

Alex Wieckowski
Campus News

To drink coffee or not drink coffee, that is the question.

With the constant expansion of coffee stores and cafes onto college campuses, college students have easier access to coffee than ever before. But, should students drink coffee and if so how much is too much?

It's no surprise that Americans love to drink coffee. As the famous Dunkin' Donuts slogan goes, "America runs on coffee." However, each cup of joe has a drug called caffeine, which like all drugs, has both positive and negative effects depending on the dosage.

Caffeine, in fact, is the most widely used drug in the world. And as with all drugs, has the potential to become addictive and harmful.

Consuming caffeine temporarily boosts blood pressure, however, if this boost occurs over and over again, it increases the person's risk of heart disease. Caffeine also causes dehydration and studies show it could interfere with calcium absorption.

Furthermore, as with most drugs, people build resistance to the tolerance level over time. The more a student drinks caffeinated drinks such as coffee, the more caffeine they will need to feel energized. This can lead to students becoming coffee dependent and requiring three or more cups of coffee a day to function. When a person becomes addicted to caffeine and they don't get their fix, they will experience withdrawal symptoms such as headache, fatigue and insomnia.

Too much caffeine can also lead to physical and mental long-term problems including stomach ulcers, acid reflux,

sleep disorders, depression and anxiety. With all these negative side effects, one might wonder why college students drink so much coffee.

The answer lies in the chemistry of coffee. Consuming caffeine ignites a chemical reaction in the body similar to an immediate rush of adrenaline. As a result, the consumer is more focused, alert and energized.

This heightened state is incredibly beneficial to students who need to study for an exam, participate in class or work on a team project. A large number of students go to school and work part time jobs requiring them to be alert and focused for long periods of time. However, this state is temporary, and the consumer often experiences a crash afterwards and drifts to a more sluggish state.

The key to caffeine, then, is moderation.

People can experience the benefits of caffeine in doses as small as 25 to 50 milligrams of coffee a day, or one cup of tea. However, no one should go over 250 milligrams—the equivalent of two cups of coffee in one day.

For new college students that want to start drinking coffee, the task of ordering a cup of coffee can be overwhelming. Coffee shops such as Starbucks are infamous for their hard to order drinks with a near infinite amount of options.

Unlike most stores that have a small, medium and large, Starbucks has a tall which is equivalent to 12 oz, a grande is 16 oz, and a venti is 20 oz. Most drinks come in both hot or iced, and can be ordered with caramel, vanilla, or hazelnut syrup.



Kaylee Johnson photo

And when it comes to milk, there is no shortage of options. There's nonfat, 2% milk, soymilk, and half-and-half are the available milk options. Starbucks also carries milks such as almond or coconut milk.

Starbucks also offers lattes, americanos, cappuccinos, macchiatos and mochas. Although all of the drinks contain coffee, there are slight variations to each one.

Lattes are a basic espresso drink made out of steamed milk and espresso shots. Americanos are made with espresso and water only and have one extra shot more than any other drink. Cappuccinos come with an espresso and approximately equal parts foamed and steamed milk.

Macchiatos have the espresso poured over the top, instead of being stirred into the drink. Mochas are lattes—milk and espresso—with the addition of chocolate. Milk chocolate and white chocolate are two popular flavors.

Another popular drink is the

frappuccino, which is a blended drink, typically made with coffee. Starbucks also has a wide range of teas that can be ordered either hot or cold.

Students should be aware that most of the pricier drinks at Starbucks are the specialty drinks. A tall iced caramel frappuccino in New York City can cost almost five dollars while a tall black coffee will cost under three dollars. It may not seem like much, but if a student orders coffee every weekday, it can add up to around \$25 per week or \$1,300 a year. Certain drinks are also loaded with sugar, so consumers should take nutritional information into consideration before ordering their drink.

For students looking for alternatives to coffee, there are several options. Herbal teas often have less caffeine than coffee and have antioxidants. Certain teas contain ginseng, which is known to increase mental and physical energy. To maintain a supply of energy naturally, it is recommended to drink lots of water, exercise regularly, and get the necessary hours of required sleep.

'The key to caffeine is moderation.'

Micro-grants for past-due students

Berkshire Community College (BCC) in Pittsfield, Massachusetts, with sponsorship from Guardian Life Insurance Company of America, is offering select students micro-grants to help them pay their past-due debts and stay on track to graduate.

The program is called the “Guardian Value Scholarship” (the Scholarship), which identifies students who are in good academic standing but unable to re-enroll due to college debt. The Scholarship can help reduce or remove a student’s debt to the College which in turn allows them to register for upcoming spring 2018 classes at BCC.

The maximum value of the Scholarship is \$1,500. If a student owes more than \$1,500, they are expected to pay down

the remaining balance of their debt before they can register.

“We, at BCC, are really grateful to Guardian for providing us with funding that we believe will have a significant impact on our ability to help students reach their academic goals” Adam Klepetar, Vice-President of Student Affairs and Enrollment Management said.

“Micro grants have been proven to be a successful tool to keep students in college and on track towards graduation. I think our program is particularly strong because we’ve built in a course, offered free to students that focuses on financial literacy and will move the student towards ongoing financial

health.”

Recipients of the Scholarship must agree to take a full course load (12 or more credits) including the College’s BUS-139 Personal Finance course, a course that is supported by Guardian Life Insurance Company of America and is free to

Recipients agree to take 12 or more credits, including a Personal Finance course.

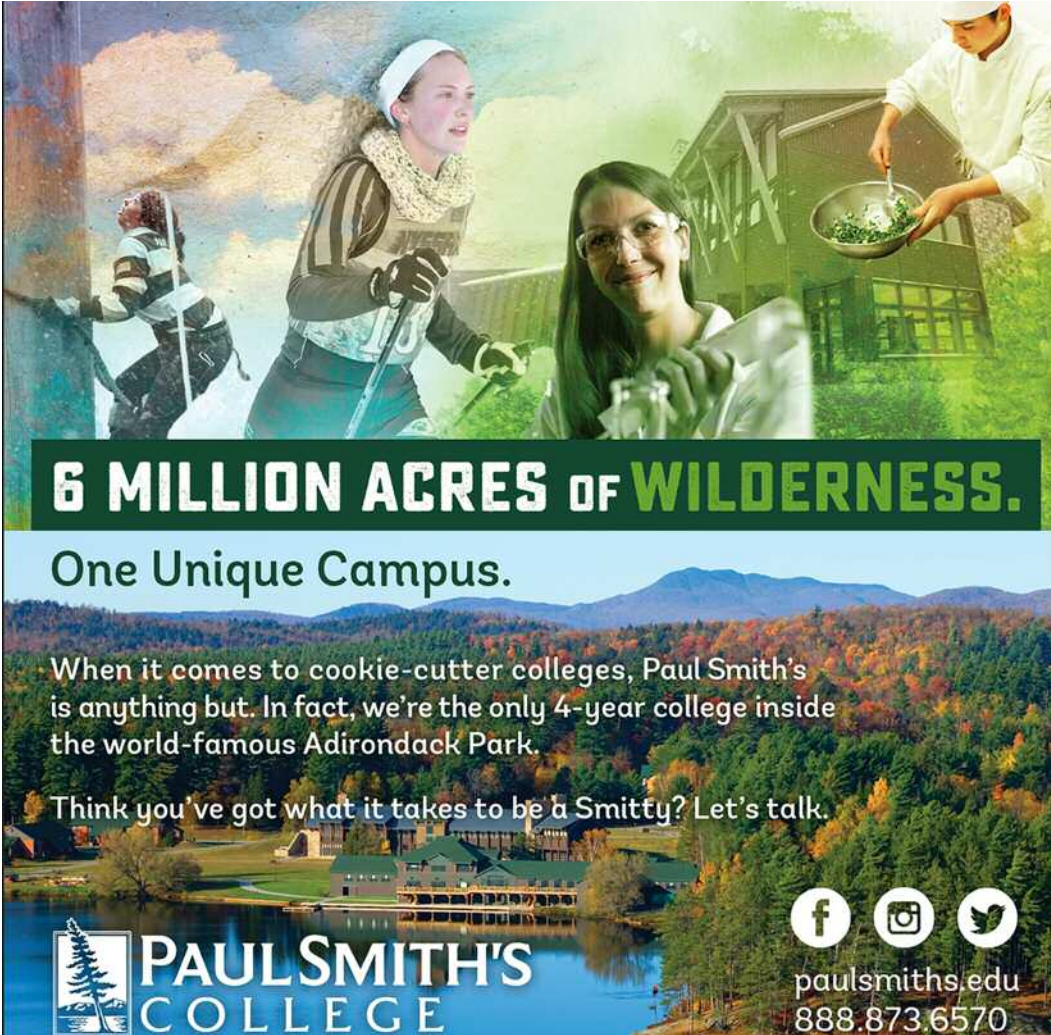
students.

In the fall 2017 semester, 39 students took the free personal finance course, which aims to help them learn to be more financially savvy.

“We’re excited to be able to offer 34 current students the opportunity to stay on track – thanks to this Scholarship helping them off-set some of their debts,” Anne Moore, BCC’s Director of Student Financial Services said. “As they go through the personal finance course, the intention is they won’t find themselves in debt in the future, and they will be able to graduate and not be derailed – so it’s really a win-win.”

For more information about Guardian Value Scholarships, contact 413-236-1641.

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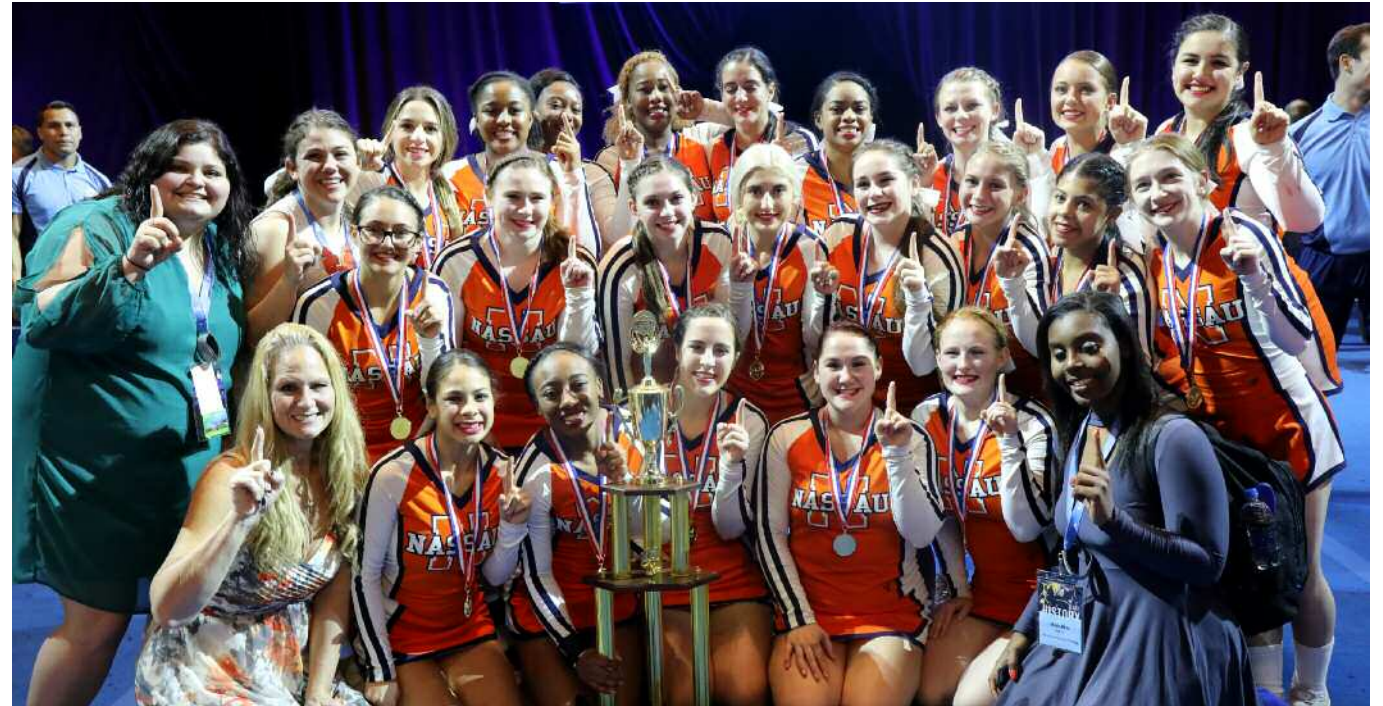
Nassau cheerleaders take title

DJ Bevivino
Special to Campus News

3-PEAAT!!! The Nassau Community College Cheer Team has done it again! The Lions, under the leadership of Head Coach Laurie Kolodny, and Assistants Nicole DiMarco and Makira Samlal, have captured their third National Championship, Open All Girl Division. On January 15, the Lions competed at the Universal Cheerleaders Association's (UCA) new complex located at the ESPN Wide World of Sports Complex in Disney World.

Returning as two-time national champions, the pressure was on: 12 teams started the day, only 6 advancing to the finals. The Lions were the first team in their division to perform and had to wait 6 long hours to find out their fate for the finals.

"We knew we performed solidly in the morning, but it's still tense waiting for the announcement. When the finalists were posted it was a relief, but we knew we still had work to do and the team went out and executed...we hit our routine dur-



ing finals, and we knew we did all we could and the rest was up to the other teams and judges," said Coach Kolodny.

**See more photos on
campus-news.org.**

Anticipation was building the entire award ceremony as places were announced in ascending order... 6th, 5th, 4th, 3rd... the tension was palpable. The top two teams in the Open All Girl

Division, both from Long Island, New York, were remaining. The moment seemed to hang in the air for a lifetime. As the announcer called the second place location (see story below), reality hit and the NCC Lions exploded with excitement as they earned their third national championship in a row.

"Make no mistake about it, winning a National Championship takes consistent commitment, teamwork, hard work and talent, and our Cheerleading

Team is loaded with student-athletes who exemplify these qualities. Their dedication to excellence laid the ground work to win their third title in row. I couldn't be happier for our Cheer Team and coaches, and am incredibly proud of how they have represented NCC in the classroom and in competition," the coach added.

DJ Bevivino is Sports Information Director for NCC.

Suffolk takes silver

The Suffolk County Community College Cheer Team placed second in the Open All Girl Division at the Universal Cheerleaders Association (UCA) Nationals held on January 13 at the ESPN Wide World of Sports Complex in Disney World.

Suffolk faced a tough division of 12 teams. Six went on to the finals. Ten of the 12 other colleges Suffolk competed against were four-year institutions.

In past three years, Suffolk has brought home a bronze and two silver medals. The difference between first and second place at last year's Nationals was 11.2, this year it was .8 .

"I'm extremely proud of the accomplishments made by this year's team. They pushed through every obstacle with determination and perseverance. The planning and the rebuilding has already begun for nationals 2019 and the Sharks will be ready to return full force," said Head Coach Gina Caputo."



Getting organized in college (cont.)

drawbacks from disorganization and the benefits of being organized such as peace of mind, lower stress levels, greater time management, and increased confidence! But it is one thing to understand the implications of a particular behavior and another to apply them in one's life. The following tips are not an exhaustive list of

ways to get organized, but are an excellent starting point. There are so many different ways to keep yourself organized, so do some research after reading this article and find what works for you!

Use your cell phone. That's right, your cell phone is more than a gateway to social media. You have probably already discovered that most smartphones come equipped with a calendar. Input your class times and also block off time in your calendar exclusively for study. Remember to account for transportation time; it is always best to give yourself buffer time. One trick is to input appointments into your calendar 15 minutes before or so before their actual start time. Color code by each class and event type (work, meetings, social, etc.) you have on your calendar to help keep everything straight. Lastly, connect your calendar to your email account so that in the unfortunate case that you lose your phone you can easily retrieve your appointments online and have them available on different devices.

Use your course syllabi. Look at the schedules from all your syllabi and mark assignment due dates and testing dates on your calendar. With these important dates on your calendar you can easily identify your busy weeks and if you have extra time, get ahead of course-

work.

Review your calendar for the upcoming week ahead of time so that you can make adjustments if there are any conflicting appointments. This is best to do on the same day each week. Many people choose to do this on Sunday. It is also helpful to review your schedule briefly when you

'Turn your cell phone to airplane mode to minimize distractions.'

start your day. Create a daily to-do list and check off tasks as you go along. Google Sheets has an excellent to-do list tracker template. You can even download the Google Sheets app to use on various devices.

Have an agenda. If tech isn't your thing, this might be. You can do this in conjunction with a cell phone calendar or in place of it. Most schools provide agendas, but don't worry if your school doesn't; you can easily find them and they're very affordable. After each class, write down each homework assignment and due date. At the end of the day, you should have all of your homework written down in the agenda.

Time yourself. It can be easy to get lost in an assignment especially if you are determined to make a good grade or you are passionate about the subject. To circumvent this give yourself a reasonable time frame to complete it. Set an alarm clock or timer to alert you once the allotted time is up. While you're at it, if possible turn your cell phone to airplane mode to minimize distractions from text messages or push-notifications.

Don't waste time. Start projects as soon as you get the

assignment even if that means starting a word document with the assignment title and an introductory paragraph. Or if it's a science or math course, solve that first problem immediately after class is over. Rather than procrastinating until the night before an assignment is due, begin working on homework and other projects as soon as you know what the assignment will be. Knowing that you have already started will motivate you to complete it!

Use folders. Color coded folders will do wonders to help you keep paperwork from each class organized. In one pocket place all of your upcoming assignments and in the other place class handouts and relevant materials.

With the Spring semester riding at our heels, now is a good time to prepare for the inevitable, a new semester with new challenges. It may seem overwhelming to try all of these tips at once, so perhaps focus on one of the tips or one particular area of organization a week or whatever time frame works best for you! By then, you should be in the swing of things and you can focus on improving in other areas. Do more than get yourself organized – find someone to hold you accountable. You can do that by letting those who care about you, like your college advisor, your parents, or your friends, know what your goal is and setting up dates to check-in with them about what they think of your progress.

If you want to take it a step further, why not help a friend to get organized or once you feel comfortable in your master level organizing skills, coordinate a

workshop at your campus giving tips to students about how to stay organized; the campus life office is a great place to get advice on how to facilitate such a workshop. You'll expand your network and experience a sense of pride. Not only will having a goal to work towards guide and focus you, but it will also help you to become more self-aware and reflective, which is great experience for you to draw on in a college admissions or job interview to the common question "Tell me about a time you overcame a challenge."

Always have a deadline for yourself. It has often been said that a goal without a deadline is just a dream and while college students have dreams of living a better life, we want that dream to come to fruition, so quantifying your goals will help you to do just that!

'After each class, write down each homework assignment and due date.'

Getting yourself organized will not happen overnight. For many of us it takes a few years to master the skill, which makes sense as to why it is highly sought out by employers. The results of being more productive, more efficient, and an increased ability to meet deadlines is totally worth the effort!

Telijah Patterson is a full-time student at La Guardia Community College majoring in International Studies.



CUNY prof tackles opioid crisis

Greis Torres
Campus News

Professor Sophia Aidiniou, a new faculty member in the Health, Physical Education, and Gerontology Department at CUNY York College held a Narcan training for faculty and staff on Dec. 13 in the Academic Core building as an effort to prevent overdoses and save lives on campus.

She collaborated with the Health Services Center at York College, and the executive director and co-founder of The Community Action for Social Justice Tina Wolf to bring this event to campus.

"The dramatic rise in opioid-related deaths has devastated our communities from Suffolk County, Long Island to the Bronx," said Aidiniou in an email.

"I thought to myself there's something I have to do at York to help this crisis, so I collaborated with a non-profit organization called The Community Action for Social Justice to bring their Overdose Prevention Program to York College to train and certify the Health and Physical Education faculty on Narcan."

At the training, attendees were taught how to recognize the signs of an overdose, and how to administer Narcan, better known as Naloxone, which is a drug that can reverse an overdose.

Everyone who attended the training received a Narcan kit. Wolf was the guest speaker at the event where she discussed how important needle exchange programs are.

"The guest speaker was very knowledgeable about Narcan and

gave many real life stories about the importance of clean needles for those who do have a drug addiction," said Reinold McNickle, health and physical education lecturer at York College. "The event was very informative, and I now have a Narcan kit which I could use if I see someone in need."

Health and Physical Education Professor Aidiniou has incorporated opioid education to several health classes she teaches. "I always make sure my lessons are always up to date and related to current health issues in our communities," said Aidiniou.

York College offers many health courses on drug use and abuse, which help students to know more about the effects opioids and other drugs have on the body.

According to a New York gov-



Sophia Aidiniou

ernment report, every seven hours a person overdoses on opioids, Fentanyl overdose being the most prevalent cause of death. Overall, opioid overdose has increased in the past six years in NYC and, in total, most New Yorkers die from opioid overdoses than in homicides, suicides and accidents.

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Native American's photo exhibit



A solo exhibition of new photographs by Jeremy Dennis – an indigenous artist who was raised and continues to live and work on the Shinnecock Indian Reservation in Southampton – will be featured at Suffolk County Community College's Flecker Gallery, on the Ammerman Campus from February 8 – March 15, 2018. The exhibition's opening reception will be on February 8 from 1-3 p.m. Refreshments will be served.

Dennis' large-scale photographs presented in the exhibition and catalog offer a fictional narrative that flips the historical script. Dennis' work is borne of his experiences of the myriad challenges of contemporary indigenous life.

The images are intended to arrest the viewer and transport the audience into the role of the subjects - unsuspecting, fatally pierced; injured out of nowhere. This bit of shock is necessary and purposeful. These photographs are both powerful and perfectly suited to our current moment in history, resonating the concerns of Dennis' Shinnecock heritage and also harmonizing with numerous critiques of patriarchal society, white privilege, and blindness to both.

The gallery has a listing on www.sunysuffolk.edu and can be contacted at 631-451-4093. Hours are Monday - Thursday 10 am - 4 pm and by appointment

JCC literary journal

Jefferson Community College (JCC) is accepting submissions from alumni, Jefferson students, faculty and staff for the 2018 edition of the Black River Review. The Black River Review is a journal of poetry, prose and fine arts. The deadline for volume XXVIII is February 16, 2018.

Original written work and musical compositions may be submitted by email to: blackriverreview@sunyjefferson.edu. Original art work may be submitted by mail to: Jefferson Community College, Attention: Lucinda D. Barbour, 1220 Coffeen Street, Watertown, NY 13601. For more information, call the JCC English Department at (315) 786-2328.



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4. If you don't have a .edu address, write ads@cccn.us for invoice. Thank you!



By David L. Hoyt and Jeff Knurek

BOGGLE POINT SCALE

- 3 letters = 1 point
- 4 letters = 2 points
- 5 letters = 3 points
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O ₁	A ₁	U ₁	L ₁	P ₃	F ₄	D ₂
E ₁	E ₁	U ₁	M ₃	R ₁	F ₄	P ₃
I ₁	O ₁	W ₄	H ₄	S ₁	S ₁	L ₁

RACK 1

Triple Word Score

RACK 2

3rd Letter Double

RACK 3

RACK 4

RACK 5

PAR SCORE 215-225
BEST SCORE 288

FIVE RACK TOTAL
TIME LIMIT: 25 MIN

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

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.

03-08

Filbert by LA Bonté



By: L. A. Bonté



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JUMBLE

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

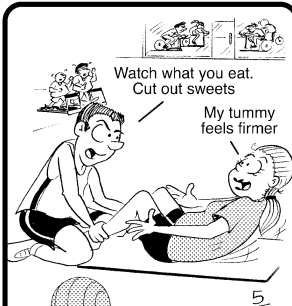
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THAT SCRAMBLED WORD GAME
by Mike Argirion and Jeff Knurek



5/12

WHAT SHE WAS ADVISED TO EXERCISE WHEN SHE GAINED A FEW POUNDS.

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

Print answer here: " "

Answers: STIC AUDIT BROOCH PIGPEN
Jumbles: STIC AUDIT BROOCH PIGPEN
Answer: What she was advised to exercise when she gained a few pounds — "CAUTION"

Community college sports roundup

Peter Briguglio
Campus News

The month of January was filled with excitement across Region XV as teams returned to the court following the holiday break for the beginning of the Spring semester. Below we recap the results of recent regular season competition as we prepare to enter the final month of the 2017-18 campaign.

DIII Men's Basketball

The DIII Men's postseason picture is much more wide open than the women's side as four teams have overall win percentages exceeding 80% through the month of January. Suffolk, Sullivan, Nassau and BMCC are all better than 10-3 in regional play this year, and the bid for the National Tour-

namment appearance is anyone's to grab.

Suffolk currently holds the top spot with a 13-1 regional record through January 29, while three of the four schools have garnered national acclaim in the rankings with Sullivan (6th), Suffolk (7th) and Nassau (12th) receiving votes. The Sharks have a well-balanced attack with eight players averaging higher than 7 points a game, including Tyree Grimsley, who is currently leading the entire nation with a 71.4% field goal percentage.

DIII Women's Basketball

Hostos is the uncontested #1 team in the nation through January with a 17-2 overall record as of January 29th. The team is riding a 9-game winning streak, which began before they earned the #1 spot in the

national polls at the beginning of the season.

The Caimans are looking to build on a magical 2016-17 season that saw them advance to the National Championship but ultimately lose their first round matchup against Roxbury. Cashmir Fulcher leads their team with 19.2 points on 64% field goal shooting with 5.8 assists and 5.5 steals per game.

Hostos has outscored opponents by a whopping 437-157 margin in January, including a 29-point margin of victory over the 9-2 BMCC Panthers, who may be the Caimans' closest competitors in the Region. With a perfect 11-0 Regional record,

Hostos is the undoubted favorite to advance to the NJCAA tournament once again.

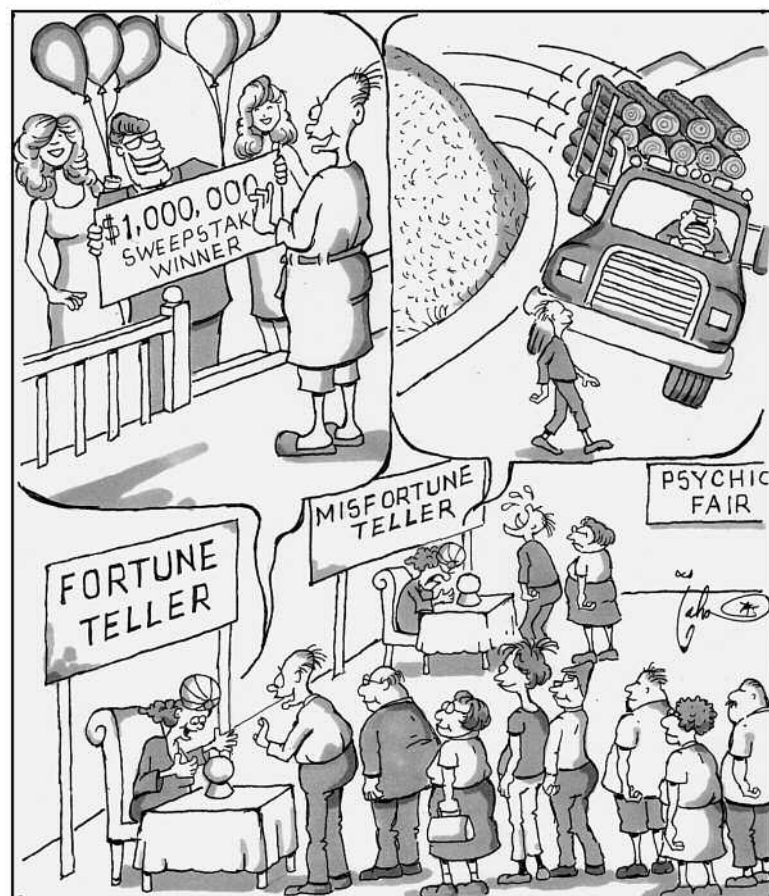
DI Women's Basketball

Despite a perfect 16-0 record through January 23, ASA Brooklyn is only ranked as the #20 team in the nation. With the Monroe Mustangs floating around .500 on the season and having dropped both matchups against the Avengers, it appears clear that ASA will be advancing forward in this year's postseason matchup with their eyes on a NJCAA appearance.

The Regional playoffs kick off the final week of February, with the champions being crowned on March 4th.

'Hostos women have outscored opponents by a whopping 437-157.'

Off My Meds.net© Copyright 2018
L. Taha



New diversity dean

Westchester Community College has named Tiffany Hamilton to the position of Associate Dean for Diversity, Equity, and Inclusion/Chief Diversity Officer. This position reports to the President of the college.

As Assistant Dean of Students at the University of Missouri-Kansas City (UMKC), and prior to that role, Director of Multicultural Student Affairs at the same university, she brings to the college progressively responsible experience in managing programs, training, and other initiatives related to diversity, equity, and inclusion. Her career has included other student-centered roles in enrollment management and



student affairs. Hamilton earned her B.A. and M.A. from UMKC. Her career has resulted in demonstrated success in a variety of areas including strategic planning and cross-functional collaboration.

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, Aumma Begum, Alex Wieckowski, Purnasree Saha, Dave Paone 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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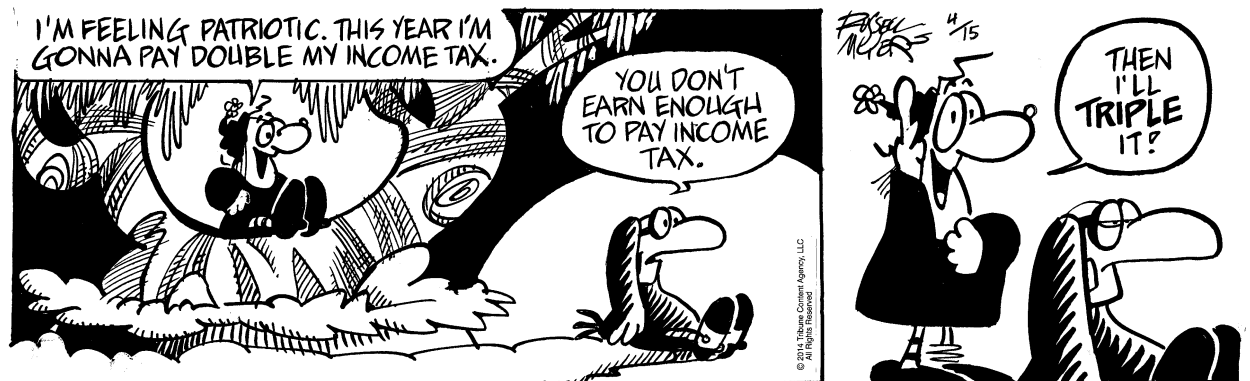
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New SUNY chancellor outlines vision

In her first State of the University System address last month, Chancellor Kristina M. Johnson outlined her vision for the future of The State University of New York, highlighting the four themes that will be at the foundation of her chancellorship: innovation and entrepreneurship, individualized education, sustainability, and strategic partnerships. Formed following her travels across the state to meet the students, faculty, and leadership at SUNY campuses, the themes mark a new era of leadership for SUNY.

“In my travels to the campuses, I have developed a soaring pride that SUNY is able to offer its students so many different opportunities to build a

better world,” said Chancellor Johnson. “Each SUNY school is distinctive, with its own history, legacy, and future, but each is also the cultural and economic heart of its community—offering crucial resources for local businesses as well as educating their workforces.”

In support of her vision for SUNY, she also announced several strategic partnerships that will jumpstart her ambitious plans for public higher education in New York State.

Chancellor Johnson—an energy expert, researcher, and entrepreneur, as well as experienced educator—called for a doubling of research and innovation across the SUNY System in the next decade.

“In terms of education and research, the boundaries between disciplines are disappearing,” she said. “For SUNY to be a leader in this next century and realize the potential of artificial and augmented intelligence, we need to increase the cross-disciplinary research, scholarly work, and outreach we do.”

This goal will be achieved in part by expanding student opportunities and internships in emerging fields like artificial intelligence, robotics, data analytics, and their applications to education and healthcare, and by making targeted investments in research and faculty development.

To continue to build a more



individualized SUNY experience, Chancellor Johnson urged a strengthened commitment to ensure every student is given the tools, support, and safety needed to complete her or his education.

Read our much fuller story on www.CCCN.US.

Salvadoran poet performs

Salvadoran Poet Javier Zamora will perform at 7 p.m. Tuesday, Feb. 6, in Schafer Theater, Information Technology Building, at the Utica Campus of Mohawk Valley Community College, 1101 Sherman Drive. Admission is \$5 general, \$2 for MVCC employees, and free for MVCC students.

Zamora, born in El Salvador in 1990, is the current Wallace Stegner Fellow at Stanford University. A poet who uses his words to explore the effects of immigration and the 12-year El Salvadoran Civil War, Zamora has won several scholarships and awards, including the 2017 Narrative Prize for his book, “Unaccompanied.”

Tickets for all Cultural Series events can be purchased in person at the MVCC Box Office, Information Technology Building room 106, from 10 a.m. to 2 p.m. Monday-Friday, and at the College Stores on the Utica and Rome Campuses; online any time at www.mvcc.edu/tickets; or over the phone by calling 315-731-5721. Most Cultural Series events are \$5 or less to the general public and many are free. Events include concerts, comedians, lectures, film screen-



ings and discussions, workshops, family fun events, and more. The Cultural Series is brought to you by MVCC’s Cultural Events Council, in collaboration with MVCC’s Program Board, with significant support from the Student Activity Fee. The series maintains a major social media presence that can be followed on Facebook at “MVCC Cultural Series.” For the complete series lineup and ticket sales, visit www.mvcc.edu/culture.

\$99 QuarkX-Press layout software

Campus News is made with advanced software called QuarkXPress. It’s a layout program great for newspapers, newsletters, ebooks, magazines, digital publications, advertising layouts and much more.

We called the company last year and made a deal so we now can sell full educational versions of this software to students, faculty and staff – on or off-campus. All you need is a current campus ID to get Quark 2017 at the discounted price of \$99 (this is \$849 otherwise).

Go to www.CCCN.us/quark to learn more. This is the full version of the program, and it has all the latest features!

Happy 8th birthday, Campus News!

Darren Johnson
Publisher, Campus News

Happy Birthday, Campus News! This print newspaper is now in its eighth year and has published approximately 800,000 copies!

We first hit Feb. 1, 2010 — dropping off racks at about a dozen community colleges in the New York Metro Area. Since, we have expanded Upstate, to New Jersey and New England, hitting 37 two-year schools. It's the only newspaper of its kind anywhere!

When we first began, most campuses had plenty of reading material freely available — foremost, there were campus papers. Almost all of them have either withered or gone completely online, or died altogether in these years. A few good ones hang on.

Also on campuses were daily papers, delivered free to students through the Newspapers In Education and other such programs: The New York Times, USA Today and more regional papers. They didn't get good pickup, and those have also disappeared from campuses.

Then there were some weekly and monthly papers on the campuses, like The Village Voice, Long Island Press, Metroland and others. Those also have ceased print publication.

And Campus News soldiers on. It still gets a great pickup

rate, despite the abandonment other print publishers have faced. It still gets healthy interaction from readers. It still gets students wanting to write for it. Even advertising remains decent. It defies all the so-called wisdom that says “print is uncool.” Maybe better wisdom is “what’s old is new again.”

Here's why we persist:

We decided early on that we couldn't compete on the web, so we don't waste too much time there. We really don't care if some guy in Cleveland writes a comment on one of our stories on Word Press. It just doesn't matter, big picture. That clarity of thought allowed us to focus on the print edition.



We give away web ads for free to print advertisers. This sends a message to our advertisers — we care about the print edition. It has value. Most newspapers have the reverse philosophy, and look where they are.

Color! We have always been good with the use of color. Readers hate black and white, so we made sure to find a press that can give us color on every page. Even the major New York City papers can't do that!

Not taking



sides. We really don't have a partisan ideology. Live and let live. We're not judging anyone. Why alienate readers?

A safe space. Campus News decided not to take certain ads and certain content early on. For example, what ultimately

killed a lot of weekly newspapers were the raunchy sex ads in their back

pages. We decided not to take a fast buck. We also haven't run ads for tobacco, liquor or politicians. Now that marijuana is being legalized, while we don't judge anyone's right to choose it, we may not accept these ads, either, to be consistent.

“Useful” stories. We also decided early on that we could-

n't do breaking stories. They wouldn't work. The NIE papers mentioned above had lousy pickup. Instead, we decided that helpful, evergreen stories were the way to go. That, and some entertainment and sports roundups.

‘We decided early on that we couldn't compete on the web so don't waste time there.’

There's more pieces to this puzzle, but you get the idea. We decided to care about

this paper and its ever-changing audience. Hopefully some of the advice we've given has helped some students graduate faster.

Now it looks like we will make a decade in print and publish our one millionth copy. Thank you for your readership. We truly appreciate it.

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S ₁	L ₁	O ₁	W ₄	I ₁	S ₁	H ₄	RACK 5 =	<u>63</u>				
PAR SCORE 215-225								TOTAL	288			
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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-wracking 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



Main Hall

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.”

Two great locations: Transferring to St. Joseph's College in New York

Laura LaVacca
Campus News

With a large transfer population, St. Joseph's College welcomes students coming from other colleges with open arms. SJC is a transfer-friendly institution with about half of new students enrolling from other colleges. With two campuses, located on Long Island and in Brooklyn, students can choose to commute or dorm. Dorming is available at the Brooklyn campus. With classes having ratios of 15:1 and the wide range of undergraduate majors and minors, master's degrees and certificate programs, St. Joseph's is a great place to find a major that suits any student. There are online courses, dual degree programs and study abroad opportunities.

Transfers are attracted to SJC's flexible credit policies, affordable tuition, and strong academics. Vice President for Enrollment Management, Gigi Lamens acknowledges that the campus "recognizes that transfer students bring valuable learning experiences with them to our campus community and they enrich our student body."

Lamens explains that SJC strives to "keep the transfer process as seamless as possible." For example, students may apply online and use our online transfer credit system to review how their credits will transfer to SJC. Therefore, students have a leg up on knowing which classes are accepted and which they will have to enroll in. Furthermore, staff is always around to help with any issues that arise throughout the admissions and financial aid processes. Lamens also encour-



ages students to visit the campus and meet one on one with counselors "to plan the pathway to their degree."

A plethora of information about the process is available on their website. For example, SJC Brooklyn will accept up to 64 credits from a regionally accredited two-year school, and up to 90 credits from a regionally accredited four-year school. They will also accept comparable courses in which a grade of C- or higher was earned but some courses require a higher grade point and students should inquire further about specific subjects.

There are also quite a few special programs for transfer

students. All new transfer students take a one semester class called SJC 200 which is designed to facilitate a smooth transition. This course introduces students "to the mission and goals of St. Josephs Col-

**Ranked by US News
& World Report as one
of the country's most
affordable colleges.**

lege." Lamens continues, "Additionally students explore learning and research skills, opportunities for campus and community involvement, and the nature of the liberal arts as envisioned by SJC."

Transfer students are also

offered the opportunity to enroll in dual BS/MS or BA/MS programs.

They also have a special honors program in place—"in fact, former Congressman Tim Bishops teaches one of the honors courses," Lamens proudly shares. As per their website, selected students will take courses with dynamic faculty, have the opportunity to travel both abroad and in the United States. They will develop skills to help them excel in graduate school and their future careers.

Lamens wants prospective students to know that there are a multitude of reasons to consider SJC. "SJC has the highest graduation rate of any college on Long island—public or private." Contributing to this could be the small class sizes

(cont.)

and the mentoring relationships that exist between professors and students. All classes are taught by professors, “never a graduate or teaching assistant,” she emphasizes. SJC strives to offer a full college experience both in and out of the classroom from student activities, to community service opportunities to athletics—even internships.

“Our focus is, and always has been, on student success and achievement which is why our graduation rate is so high and why our graduates are successful in gaining employment and obtaining entry into graduate and professional schools.”

The campus has also won many awards. In addition to being ranked by U.S. News & World Report and Forbes as one of the nation’s best colleges to offer affordable tuition, expert faculty, programs and small classes, the Washington Monthly ranked SJC in the top



Long Island campus

10 of their “Best Bang for the Buck” colleges in the Northeast. Military Times and GI Jobs Magazine recently listed the college as a Best for Vets and US News rated their online programs among the best for

2017.

Changes to the campus are on the horizon with resident halls planned for fall 2018 as well as new nursing labs opening in the fall of 2017. A new student center was just com-

pleted.

For more information, check out St. Joseph’s website www.sjcny.edu or connect with them on Facebook, Twitter or YouTube.

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College
NEW YORK



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College
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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

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

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 scholar-



(cont.)

ships. 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 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

Molloy has transfer agreements with regional community colleges.

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 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 re-

sources and events on campus, the location of Molloy is also a plus. Students are in a great locale 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.

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