

CAMPUS NEWS

College  Paper

Widely Read!



Volume 17, Issue 7 FREE!

**READY FOR FALL
SUMMER II 2018**



TRANSFER TO D1 16



**FREE
OFFER!**



Ask an associate for details.
888-448-2602

FREE iPhone 8! 6



OP-ED 13



TOGA 5

Snap photos like a pro

Dave Paone
Campus News

These days, everyone is a photographer. If you have a phone, you have a camera, and that makes you a photographer, right?

Not really.

The “point-and-shoot” capability of today’s technology won’t guarantee a fabulous picture... or even a mediocre one. But if you follow a few, simple rules, just about everyone can take a nice portrait and portraits are the most popular genre of photographs.

This advice applies whether you have a dedicated SLR camera to shoot with or just are using your smart phone.

Get Close. A famous photojournalist, Robert Capa, once said, “If your pictures aren’t good enough, you’re not close enough.” This is almost 100% true. (On a rare occasion, you’re better off being farther back.) Of course you don’t want to intimidate your subject by being on top of him, but if you’re shooting with a longer lens, you’ll

Continue reading on page 23

Our freelancer shares his wisdom, helping you get more likes on social media



A history course looks at Witch Trials

Yesenia Coello
Campus News

Before four-year colleges became unreasonably expensive, community colleges used to get a bad rep. These days, however, most students and outsiders agree that community college is an affordable alternative that provides quality education on par with (and often even exceeds) traditional schools. So of

course you get the opportunity to take some interesting courses such as ones that you will be hard-pressed to find in other schools. Among such courses is European Witch Trials, a history course offered at Schenectady County Community College in Schenectady, N.Y.

I had the good fortune of interviewing the professor who teaches this course, Dr. Dean

Bennett, and sought his opinion about the course. Certainly a course discussing such an intricate period must be enriching, right? My interview with him:

So, the course you teach is European Witch Trials? Do you think you can provide a quick summary of what the class is about?

Many students are aware of the Salem Witch Trials, where 19 people were executed, but they might be surprised to learn that something like 150,000 people were executed as witches in Europe between the 1400s and 1600s. This class is not only about figuring out what happened with these witch trials, but also explaining why they

Continue reading on page 9



**DO YOU LOVE
HELPING ANIMALS?**

**BECOME A
VETERINARY
TECHNOLOGIST**

APPLY TODAY | *Begins fall 2018*
LIU.EDU/POST

LIUPost

BS IN VETERINARY TECHNOLOGY

- Veterinary experience from the first semester
- Small and large animal clinical experience
- State-of-the-art simulation center for multi-modal learning and on-campus equestrian center
- Small class sizes for personal attention
- Professional, practicing faculty
- A wide range of elective coursework including a specially designed curriculum for those interested in applying to veterinary medical school

Service jobs may defer our dreams

Kaylee Johnson
Campus News

Twenty years ago teenagers and college kids dominated retail, fast food, and lifeguard jobs. They were saving money to buy a cheap car, or pay student loans, and even though most of them were overwhelmed throwing chicken nuggets into deep fryers, or screaming at kids for the umpteenth time to stop splashing each other in the over-filled community pool, they were in the same boat as their friends and classmates.

Fast-forward to 2018, a time where the term “work” is subjective and is not as uniform as it used to be. Millennials and Generation Z are more secure in their creative ideas, and in many instances, they are making money off of them. As a full-time college student, I am completely devoted to coursework and attending classes. Since being a journalist for Campus News is not a traditional student job, I am able to write stories at my leisure and spend the majority of my time making my studies the focal point of my life. I am lucky to have that kind of flexibility, but many students have to work jobs that require a lot of laborious hours for little pay. College is not cheap, and students who are financially cut off from their parents do what they have to do to stay afloat. Yet, too often, I have seen students stumble into classes forty minutes late because their boss was not understanding of the significance of maintaining upstanding attendance, or students holding their eyelids open during morning classes, because their bosses switched their hours at the last second the night before. Minimum wage employers have seldom respected college kids, because they are seen as tempo-

rary and inexperienced. Bosses with this mindset contribute to the dip in working college students’ grade point averages. Many of these employers are not knowingly hiring students, while blatantly ignoring their academic schedules. This leads to a decline in grades, free time, and even sanity.

Over the years, many studies have claimed that working full-time is unhealthy for college students. But as previously stated, not all students can choose if they want to work or not. If you do have the option, I would not suggest writing work off entirely. There are many part-time creative opportunities available like tutoring children, freelance journalism, coaching a sport or dance team, babysitting, working on campus, or creating your own business! This summer I created a five-week ballet program for children at my local park. If your hobby is useful, utilize it to make money. Community and youth centers are always looking for responsible

‘Working full-time is unhealthy for college students.’

people to teach art, music, dance, and sports lessons. It gives me an activity to plan, while putting some extra money in my pocket. If you do have to work full-time, I suggest finding an employer who understands the importance of education and will work around your class times. And make sure you put a few hours aside everyday for homework and studying. For people who work full-time and are enrolled in courses full-time, college seems like a strenuous time full of anxiety, and it is because they feel overworked by professors and employers. The



only way to succeed in all aspects of one’s life during the college years is by downsizing. Work enough hours to afford basic needs and pay bills, but learn how to become thrifty in order to regain a sense of order in your life. You will savor those extra few hours a day, where you can actually focus on assignments, get coffee with friends, or call your parents.

Many community college students are adults, who have been working at a single place of employment for a significant amount of time, and cannot risk changing employers because they have a family at home depending on the paychecks. For those students, I would recommend speaking to your boss about your circumstances, and try to adjust your hours to make college more manageable, or take night classes part-time.

Whatever you are doing to make money, remember the reason you are enrolled in college, and that the payout of having a degree will be greater than the long hours you have spent behind a customer relations desk at a store in the mall. Everybody has an allotment of zest and effort, so be picky when distribut-

ing it. Put most of it into your studies and relationships, being that those are the two parts of college that will stick with you all your life, not the low-paying jobs you did to pay the bills. In some ways, it may be better to work a couple of hourly jobs before jumping into the professional workforce, since they can build social relations and practical skills. Listen to your instincts when courses begin; if you feel overworked and stressed change things around. Likewise, don’t feel reluctant to stand up to a boss who is treating you unfairly; as a matter of fact you would probably be speaking on behalf of many of your co-workers, who also feel that the boss overlooks their academics.

Kaylee Johnson is a junior majoring in Education with an English concentration at College of Saint Rose in Albany, NY. She previously attended Adirondack Community College.



What happens to a young student's art?

Kaylee Johnson
Campus News

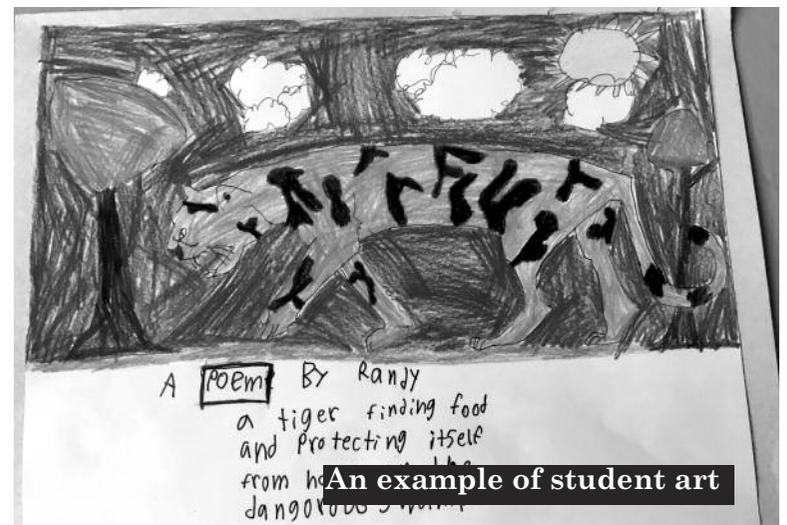
Recently, I was going through my family filing cabinet and found folders of childhood pictures, art projects, and cards that I had long forgotten about. Mother and Father's day crafts, Jack-o-Lantern cutouts, and every single baptism, communion, and confirmation card I received. It warmed my heart that my parents actually cared enough about my mediocre art projects to save them for two decades. I'm an education major and it made me consider my role as a future teacher, and the role of the parents of my students. When I saw those bits of crayon-scented nostalgia, they reminded me of my childhood teachers, and the impact they left on me.

Looking back, it is comical to think about the defining features of each of my elementary school teachers. The way my second grade teacher screamed at students if they said "can I go to the bathroom?" instead of "may I go to the bathroom?," how my 5th grade Catholic school teacher would assign no homework on days the Jets won, and the way my third grade teacher taught me how to love reading by introducing me to memorable books.

What will the absorbent little minds watching me stand in front of a classroom take away from my year of teaching them? I've heard burned out educators claim that only so much can be done to improve the quality of a student's life in a year.

In a way, they are right. I can only control what goes on in my classroom; I can't force parents to adequately feed and clothe their children, or be present enough to help with homework, but I can give students gifts that will last a lifetime. I can teach them the magnitude of kindness, inclusiveness, and empathy. I can introduce them to new worlds through reading and writing. And no matter where they go in life, they will have these non-perishable, eternally relevant gifts to pass on to their own children. When I worked in classrooms this past semester, I did not consider that my students' art projects would sit in a family's filing cabinet or basement for decades, a time capsule, if you will.

The impact I make at 22 years old will not be the same impact I make at 55, as an experienced educator. My teaching career will be the most dynamic thing in my life, because each student will require different pieces of my heart and mind. I wonder if my teachers, some of whom are now veteran teachers or even retired, think of the filing cabinets full of memories and moments in time, hearts touched by their teaching. I hope my students' works enter hundreds of filing cabinets and boxes in basements throughout my career, and when my own grown up students open those seemingly meaningless folders and assignments up someday, they will feel the impact I left on them many years prior.



CUT YOUR CELL BILL — IN — HALF!

First Month
FREE

Use Offer Code:
P1015

- Average customer bill is \$23.50/month
- No Contracts. No Hidden Fees
- Largest GSM Network
- Covers 99% of Americans
- 100% U.S. Based Customer Service
- Keep your same number & same phone

Call: **1-844-850-1956**

Visit: www.getpuretalkusa.com/P1015



PureTalk USA
SIMPLY SMARTER WIRELESS

Semester money! Sell ads for us! Or write for us!



Contact editor@ccn.us to apply for these part-time opportunities.

Campus News hosts toga party, Six Flags

Campus News will host its first ever Olde Saratoga Toga Party in the beautiful upstate town on Sat., Sept. 8, from 5 to 9 p.m.

Students with ID pay only \$50 and the event includes free drinks and food from local microbreweries, wineries and restaurants. Faculty/staff, \$60. Everyone else, \$75.

There will be 1990s music

with DJ Party-cus (think Sparticus) and a best Toga contest.

Don't know what a toga party is? Google Animal House and John Belushi – but ours won't be bawdy. It should be relaxing and enjoyable and lighthearted.

The setting will be non-profit, scenic Hudson Crossing Park on the Hudson River. A portion of the proceeds will benefit the park's preservation efforts.

Make a weekend of it and stay at a local hotel at a discounted rate. Discounted Uber/Lyft rides are available to take you to events. You must be 21+ to drink.

For \$99, a student not only

gets a ticket to the Toga party and the above discounts, but also a ticket to Six Flags Great Escape in nearby Lake George. These tickets alone are nor-

For only \$99, have the weekend of your life. Go to ccn.us/toga to sign up!

mally \$63!

And because this weekend is through Campus News, you'll be in good hands. Have any issues, give us a call, and we'll help you out.

Treat yourself to some fun and a nice weekend upstate! Go to ccn.us/toga to learn more.



Six Flags Great Escape



Toga gear a la Belushi



Hudson Crossing Park

136
YEARS OF
ACADEMIC
EXCELLENCE

**GENEROUS
TRANSFER
CREDIT
POLICY**

**TRANSFER
SCHOLARSHIPS
AVAILABLE**

CONCORDIA
COLLEGE NEW YORK

Small School. BIG IMPACT.

**ENROLLING
NOW**

for

**FALL
2018**

**INSTANT
ADMIT
DAYS**

JULY 19
AUGUST 7
AUGUST 9

+1.800.937.2655 | concordia-ny.edu | admission@concordia-ny.edu
171 WHITE PLAINS ROAD, BRONXVILLE, NY 10708 USA

Learn how to get an
iPhone 8® on us



iPhone 8

Ask an associate for details.
888-448-2602



SMARTPHONE BOGO: Limited Time Offer. Select locations. Must buy each iPhone 8 64 GB (\$699.99) on 0% APR AT&T Next (30 mos. at \$23.34/mo.) or AT&T Next Every Year (24 mos. at \$29.17/mo.) with eligible service. Tax on full retail price of both due at sale. After all credits, get iPhone 8 64GB for free. Max credit may be applied towards other eligible iPhone 8/8 Plus models priced up to \$950, which will be discounted but not free. iPhone X is not eligible. Req'd Wireless: Eligible postpaid wireless voice & data svc on both devices (min. \$65/mo. for new svc with autopay and paperless bill discount. Pay \$75/mo. until discount starts w/in 2 bills. Existing customers can add to elig. current plans if you cancel wireless svc on one, will owe that device balance of up to \$950. Activation Fee: up to \$45/each. Return: Return w/in 14 days. Restocking fee up to \$45 each may apply. Add'l BOGO terms for customers w/consumer acct & Subscriber Paid User acct: Purchased device must be on Subscriber Paid User acct & free/discounted device must be on the consumer acct. Billing addresses for Subscriber Paid User & consumer accts must match. Req's elig. postpaid wireless voice & data svc on both devices. Combined min. elig wireless svc is \$73.50/mo. (\$28.50/mo. on Subscriber Paid User acct + \$45/mo. on consumer acct after autopay & paperless bill discount. Pay \$83.50/mo. until discount starts on consumer acct w/in 2 bills.) Bill Credits: Applied in equal amounts to device over entire agmt term & will not exceed \$700. Both wireless lines must be on same acct, be active & in good standing for 30 days to qualify. To get all credits, free wireless line must remain active, with eligible service, and on agmt for entire term. If you cancel service, upgrade or pay up/off agmt early your credits may cease. Limits: May not be combinable w/other offers, discounts or credits. Purchase, financing & other limits & restr's apply. Participation in this offer may make your wireless account ineligible for select other offers (including select bill credit offers) for a 12 month period. See store or att.com/iphonemoboffer for offer details.
GEN. WIRELESS SVC: Subj. to Wireless Customer Agmt (att.com/wca). Credit approval required. Svc not for resale. Deposit: May apply. Limits: Purch. & line limits apply. Prices may vary by location. Taxes, fees, monthly, other charges, usage, speed, coverage & other restr's apply per line. See att.com/additionalcharges for details on fees & charges. Promotions, terms & restr's subject to change & may be modified or terminated at any time without notice. AT&T service is subject to AT&T network management policies. See att.com/broadbandinfo for details.
© 2017 AT&T Knowledge Ventures, L.P. All rights reserved. Service provided by AT&T Mobility. See att.com for details.
IV Technologies Inc.

NRO PD T 0118 5323 E



FIVE TOWNS COLLEGE
www.ftc.edu | Admissions: (631)656-2110

Check out FTC's
Interactive
Computer Graphics
Degree Program!

**INTERACT
WITH US
@ FTC**



Audio Recording • Business • Film/Video
Interactive Computer Graphics • Jazz/Commercial Music
Liberal Arts • Mass Communication • Music Education
Theatre Arts • Graduate Degrees



What's Your Story? Create It Here!

305 N. Service Road, Dix Hills, NY 11746



Long Island Dreamers celebrated, funded



The DREAM Foundation introduced the 15 scholars who are recipients of \$50,000 in scholarships at a news conference on May 17, at Nassau Community College, located in, Garden City, New York.

“All the finalist applicants deserve a scholarship, because they have incredible stories of success despite its challenges and difficulties,” said Valerie Anderson Campbell, Nassau County director of the Long Island African American Chamber of Commerce.

This year, the DREAM Foundation has awarded one scholarship for \$15,000, another for \$10,000, three grants for \$5,000 and 10 stipends for \$1,000.

“We are working very hard to be able to provide scholarships to immigrant students on Long Island, who are not able to receive any government financial aid to pursue higher education,” said Gloria Robles, president of the board of the DREAM Foundation. “We need the support of Long Island businesses, organizations and the community to continue helping outstanding immigrant students on

Long Island.”

The DREAM Foundation received this year more than 90 applications from immigrant students from, among other nations, South Korea, Colombia, St. Lucia, El Salvador, Poland, Guatemala, Honduras, Haiti, Jamaica, Peru, Thailand, and Argentina.

Winners and judges are pictured.

From left to right standing:

Luis Figueroa, evaluation committee of the DREAM Foundation; scholars: Viviana Escobar, Aida Guzman, and Agustin Beas; Joshua Lafazan, Legislator of Nassau County; Gloria Robles, president of the board of the DREAM Foundation; scholars: Johan Almanzar, Micaela Juarez, Rocio Rivas, Roxana Lopez, Eugenia Rodriguez, Estefany Perez, Breidy Ortiz, Adriana Salomon, and Monika Stepczyk.

From left to right sitting:

George Siberon, evaluation committee of the DREAM Foundation; Jorge Gomez, member of the board of the DREAM Foundation; Lia Suntoso, treasure of the DREAM Foundation; Ronald Diaz, first place scholar; Dr. Roy Aranda, honorary member of the DREAM Foundation; Adam Tavares, secretary of the DREAM foundation; and Leo Herrera, vice president of the board of the DREAM Foundation.

Write stories. Get published.
Reach people.



Contact collegestories@cccn.us with your story!

YOUR DREAM CAREER AWAITS

RCC | Rockland
Community
College

STATE UNIVERSITY OF NEW YORK

To learn more about our flexible start dates and online courses, contact us today.

WWW.RCCAWAITS.COM

Witch Trials course at SCCC (cont.)

happened. Even though it seems like a narrow topic, it's really a very thorough History course, because explaining the witch trials requires understanding things about the societies that engaged in them: religious beliefs, political conditions, wars, different legal systems, the lifestyles of peasants, the status of women, and the personalities of influential people like kings and popes. There are lots of bizarre, strangely funny, and horrifying stories students will encounter in this topic. (In that way, it's sort of like a microcosm of the human condition).

You're primarily known for your expertise on Viking History, correct? How do you say this course differentiates from your Viking World course (offered every other year in place of Witch Trials) expectation-wise? Are students as enthusiastic about European Witch Trials as much as Viking World?

Well, I've specialized quite a bit in Scandinavian History, but that's not all. For example, I've done a lot of Russian history. But most of my classes at SCCC are World Civilizations and Western Civilization, so building competence in those subjects is my biggest priority. My main adviser/professor in graduate school (Mary O'Neil at the University of Washington in Seattle) is a real expert in witch trials, so that's how I first got interested in the topic.

Both the Witch Trials and the Viking World courses are similar in that I assign a lot of varied primary source documents that are challenging but (I think) fascinating. (I

don't have much to say about how they are different. The topics are different; the skills students learn are similar).

Do you think this course has the ability to influence how students perceive certain historical events? Or even how they look at history as a whole?

Students improve their skills in reading, writing, thinking critically, and using empathy. They learn that sometimes a simple answer isn't enough for explaining a complex problem, and they gain important insights that remain relevant in modern life. For example, anyone who studies the witch trials will probably become more aware of the importance of fair trial procedures – especially the drastic consequences of using torture, or the risks of combining religious power with political power. You can see why many Law students start their education as History majors. (Witch trials are a fascinating topic for those interested in Psychology, too).

Do you have anything to say for anyone who's interested in taking the course or one that's similar?

I'm always pleased to hear back from for-



An illustration from 1775, Germany

mer
SCCC students that they really appreciated the witch trials class, and professors at the colleges and universities that they transferred to are often impressed that they had the opportunity take such a course here.

European Witch Trials (HIS 241) will be offered in Spring 2019, and for many programs it counts for several different kinds of elective requirements: Social Science, Humanities, Liberal Arts, or General Elective.

Innovative instructors

Two Northern Essex (Mass.) Community College faculty members, Clare Thompson of Amesbury and Kristen Sparrow of Haverhill, are the recipients of the 2018 Massachusetts Colleges Online (MCO) Course of Distinction (COD) Award given to state faculty who develop and teach innovative online and blended courses.

Thompson was recognized for her online course "ENG 101," which holds an engaging theme due to its main focus on the

global water crisis. She began working at Northern Essex in 1999 as a tutor in the writing center. She worked as an adjunct faculty member teaching Basic Writing, Composition I and II. She became a full-time faculty member in 2007.

Sparrow has designed her hybrid course "Introduction to Computer Science" to demonstrate basic programming and online problem-solving skills through the use of desktop videos. An adjunct instructor at NECC for 18 years,



Clare Thompson



Kristen Sparrow

Sparrow will begin teaching full time in Computer Information Sciences Program in the fall.

How to be 'Internet famous'

Ryan Walsh
Campus News

Anyone who uses social media has thought to themselves at least once or twice about what it would be like to be an internet star. Whether it's the gateway into the world of celebrities or the opportunity to generate a lifetime of wealth, it's no secret that being famous often comes with a number of perks. There are those who wish to influence others and make a change in the world, and also those who merely crave attention.

The truth is that whatever the reason may be, you're interested, otherwise you probably wouldn't be reading this. But the question is how? How could an ordinary human being like you possibly stand out among the millions of other people? The answer is simple: Learn from someone who has already done this successfully.

Famous YouTuber Tyler Oakley started out no more ordinary than me or you. As an undeclared freshman at Michigan State University, Oakley had no intentions of achieving fame when he began uploading videos in 2007 to keep his friends updated on his life. After his channel gradually increased in popularity, Oakley saw this as an opportunity to start conversations that he felt deserved more attention, including topics like suicide prevention and LGBT rights. Now over ten years later Oakley has gained over 7.8 million subscribers on his YouTube channel and has been recognized by many influential people, ranging from talk show host Ellen DeGeneres to former president Barack Obama.

On March 27, Oakley sat down in front of students at the

University at Albany to discuss his experiences with internet fame. Throughout the event, he offered sets of advice to those seeking an effective presence on social media.

Everybody has a platform.

Many beginners give up before they even try to obtain stardom online because they don't think they have what it takes to become famous. Oakley, however, believes everyone has the potential.

"My first video got 5 views," he said. "And then the second video got like 10 views, and I was like please, no autographs." For Oakley, humor was a huge element that helped him find his voice on YouTube, though it still took lots of time and lots of learning before he developed his platform. He repeated several times that it doesn't matter whether you have 10 followers or a million followers. "You have a platform, whether or not you call yourself a YouTuber or an influencer."

He also thinks it's important to acknowledge the different tools that the internet offers you and use them to your advantage instead of limiting yourself to one outlet. "Sometimes with a YouTube video I'm like 'how do I articulate all of my feelings into 8 minutes?' On the podcast, I have 30 minutes to really dive into something. For a lot of the things that were a little heavier, I opted into talking about them in my book." Combining all of these methods is a very practical way to build yourself up, so start experimenting with what



works best for you.

Content matters most.

Once you find your platform and discover what works best for you, prepare effective ways to establish it. After all, people only follow you because they want to see the content you put out.

"I really try to think of content that I would have benefited from," Oakley said. He loves making his videos "funny and idiotic," but often times touches upon subjects that he feels are important. "What isn't out there that I think people need to have conversations about?"

Oakley has dedicated a large portion of his platform for activism for LGBT rights and other social issues including ed-

ucation, mental illness, and healthcare. Whatever your passions may be, explore them and people with similar interests will be drawn to your content, but don't try to copy what anyone else is doing.

YOU are essential to your own platform.

People follow your content and subscribe to your pages because of YOU. The biggest advantage you have over everyone else online is your own unique personality: your experiences, your stories, your opinions.

"The more authentic I was and honest I was with what I was going through, the more universal it actually appeared to be," Oakley said. "Now, having gone through sharing those things, I am more comfortable doing it because I know from experience that it hits home and helps." As you become more relaxed in your own personality, your audience will find you.

Be sure to highlight what separates you from everyone else

**Let's face it.
We all want to be
popular online.
An influencer
tells us how.**

Rockland students help with PR relief

The devastation of Hurricane Maria to Puerto Rico last September triggered humanitarian efforts from many quarters. One of those efforts originated from a small group of concerned individuals at Rockland Community College and has resulted in thousands of pounds of donations and more than \$2,500 in gift cards sent to residents of the crippled island.

The RCC Aid to Puerto Rico Task Force assembled within weeks of the catastrophic event – the worst hurricane to hit Puerto Rico in more than 80 years. By early October, thanks to the generosity of the college community, a shipment of water, flashlights, non-perishable food, first aid supplies, toiletries and disposable diapers was on its way for distribution to hard-hit residents. Senator David Carlucci, a 2000 RCC alumnus, and a Puerto Rico-based veterans organization assisted with the initial effort.

In the months that followed, the task force received donations not only from RCC students, faculty and staff, but also from many others in Rockland

County. Task force coordinator Inez Rivera, a faculty counselor/instructor in RCC's Student Development Center, picked up donations from several groups in the county including Congregation Sons of Israel in Nyack and Pomona Middle School. At the latter, students decorated and filled shoe boxes with donations and notes of support for the people of Puerto Rico, a commonwealth of the United States whose residents are American citizens.

Following a visit in March by a collaborating contact in Puerto Rico, who came to thank the college for its generosity and provide an overview of the progress made and continuing challenges faced, the task force assembled eight pallets of donations for transport to the island. Some 4,500 pounds of donations were collected, everything from water, non-perishable foods and over-the-counter medications to toiletries, school supplies and children's books, as well as new and gently used clothing and



shoes for adults and children. Additionally, \$2,600 in Walmart gift cards – 52 cards worth \$50 each – were distributed via the nonprofit organization Altrusa International.

“Some of us on the task force, myself included, have family and friends on the island,” says Rivera. “This tragic event not only destroyed many homes, business and services on the island but led to the death of thousands of people. This horrific event was cause for despair but action serves as an antidote to despair. I strongly believe that

every action, however small, has the potential for positive impact.”

At the end of the 2017-2018 academic year the task force met and renewed its commitment to continue its efforts when school resumes in the fall. “With the upcoming hurricane season before us,” Rivera says, “it is our hope that the island of Puerto Rico and its residents will be spared any strong weather events, allowing the rebuilding to continue and for stability to be achieved.”

Shakespeare with a twist

Tragedy and comedy will command center stage this summer as the Rockland Shakespeare Company (RSC) offers free performances of a pair of William Shakespeare's plays, *Titus Andronicus* and *Twelfth Night*, at Rockland Community College's Cultural Arts Theater. All are invited to enjoy the theatrical troupe's 21st anniversary season, which runs from Friday, July 6, through Saturday, July 21.

Thought to be Shakespeare's first tragedy, *Titus Andronicus* kicks off the eight-show season

with a classic revenge plot set in the latter days of the Roman Empire. The pervasive motifs of death and violence evoke the Roman spectacle plays that were extremely popular in their day. “*Titus Andronicus* is so visceral, so grounded in raw, dark, human nature,” says Christopher Plummer, RSC's co-director along with Patty Maloney-Titland. “I believe it was the blueprint for so many other tragedies.” Likewise, Plummer believes the play's character of Aaron the Moor was a template for Iago, one of

Shakespeare's most unforgettable antagonists.

RSC is known for staging its Shakespeare plays with a distinct twist.

Performances will be staged in RCC's Cultural Arts Theater instead of outdoors. The new outdoor performance space, the John and Joan Maloney Rockland Globe Stage, is expected to be ready in time for next year's RSC summer season. Meanwhile, RSC continues its experimental on-stage seating for the audience, with the actors per-

forming on an elevated riser platform above the stage where the audience will sit.

Seating is limited because of the on-stage seating arrangement. All performances begin at 7 pm. “You really don't get more polar opposites than these two,” says Plummer, who noted that RSC has performed *Twelfth Night* twice before and *Titus Andronicus* once since the ensemble's founding in 1998. “But that's been our rhythm for over 20 years now. We're never strictly tragedy or comedy. This gives people a flavor for both.”



TRANSFER IN. STAND OUT.

Imagine a college where professors know your name. Where students say hello. Where *transferring in* and *fitting in* aren't mutually exclusive. You call it your "dream school." We call it "just another day."

At St. Thomas Aquinas College, you'll find a welcoming community, active campus, and staff dedicated to maximizing your prior credits so you can get to work earning your bachelor's degree—and earning a living.

So go ahead: Transfer in, and stand out. You'll be in good company.

LEARN MORE at www.stac.edu/transfer



• **TRANSFER FRIDAYS 10AM-2PM** •

REGISTER ONLINE
www.stac.edu/transfer/1

 **ST. THOMAS AQUINAS COLLEGE**

BEST.YOU.EVER.

NYC Metropolitan Area
(20 minutes from the heart of Manhattan)
125 ROUTE 340 • SPARKILL, NY 10976
845.398.4100 • WWW.STAC.EDU

A U.S. News & World Report Top-Tier Institution

Don't manage diabetes — reverse it

Dr. Sarah Hallberg
Special to Campus News

Diabetes is reversible. That's the exciting conclusion of a study I'm leading at Indiana University Health.

Two hundred and sixty-two patients with type-2 diabetes recently completed one year of a clinical trial examining the impact of a low-carbohydrate diet, which limits foods like grains and pasta while boosting consumption of healthy fats like avocados and butter. The diet didn't restrict calories.

Using smartphone technology, health coaches worked with participants while physicians monitored and adjusted medications.

A control group of 87 patients with diabetes received the

American Diabetes Association standard nutritional treatment.

A full 94 percent of patients on the low-carb intervention have been able to reduce or eliminate their need for insulin. For six in ten patients, average blood sugar levels fell so low that technically, they had reversed their diabetes.

These findings are promising for treating one of America's deadliest, most expensive diseases.

Diabetes is a public-health emergency. Thirty million Americans suffer from diabetes. The illness is the nation's seventh leading killer, with serious side effects including heart disease, kidney damage, limb amputation, and blindness. Last year, diabetes cost the country about \$327 billion in medical

bills and lost productivity.

Despite this staggering cost, health experts have focused on managing the disease rather than reversing it. When patients consult the ADA website, they learn that "there is no cure for type 2 diabetes, but it can be managed."

"Management" usually involves costly medications. Medical expenditures for people with diabetes total about \$13,700 per year — double the figure for people without the disease.

Bariatric surgery, the procedure that helps people lose weight by stapling, binding, or removing part of the stomach, has even become a "first line" treatment for obese individuals with diabetes. This was once seen as a last resort, as it costs about \$26,000 and one in six patients experiences complications. Yet in 2016, the ADA led 45 international diabetes organizations to begin recommending the surgery as standard treatment.

That's misguided. Plenty of research — including our own — shows that dietary adjustments can curb diabetes. A 2017 study from University of California San Francisco found that 60 percent of diabetic patients put on a very low-carb diet were able to stop common medications for their condition at one year. A 2008 study found that 95 percent of patients on a low-carb diet either cut back on diabetes medications or stopped taking them entirely.

With conventional treatment regimens, according to a study in *Diabetes Care*, only 0.1 per-

cent of patients achieve complete remission.

Nutrition-centric treatment was once the standard. In the 20th century, people with diabetes were told to avoid foods high in carbohydrates. That treatment fell from favor with the commercialization of insulin. Employing insulin, patients could again consume carbohydrates, and when the U.S. government launched its low-fat, high-carbohydrate ad-

'Type 2 can be controlled in 60% of cases with patient adjustments, including a very low-carb diet.'

vice via the dietary guidelines in 1980, those with diabetes fell in line with everyday Americans, eating bread and pasta with gusto.

Critics worry that low-carb diets are too difficult. But in our study, 83 percent of patients stayed with it. With individualized support, changing a grocery list is far less daunting than a lifetime of dependency on costly medications.

Reversing diabetes is possible — and should be our goal.

Sarah Hallberg, DO, MS, is the medical director and founder of the Medically Supervised Weight Loss Program at Indiana University Health and an adjunct professor at Indiana University's School of Medicine. She is also the medical director at Virta Health.



Letter: SUNY chiefs oppose Trump directive

The Board of Trustees for The State University of New York resoundingly decries and opposes The Trump Administration's recent dissolution of the Justice and Education Department's policy guidelines regarding diversity and inclusion. This action opposes the fundamental ideas of our country, will inflict incalculable harm on American Higher Education, and promises to compromise national economic competitiveness.

We appreciate Governor Andrew M. Cuomo's call to action to The State University of New York and The City University of New York. We will ensure that our Diversity and Inclusion Plans are furthering New York's commitment to equity and opportunity. We also appreciate his tireless support of our efforts to expand racial, gender, and economic diversity during his tenure. We will work aggressively to develop the desired report detailing how we will continue to increase diverse representation on our campuses.

Our nation has gleaned great scientific and economic contributions from the diverse environments produced at our colleges and research universities. The proper inclusion of racial and economic considerations into admission processes allows universities to create environments that offer their students an optimal, well-rounded education. These considerations also ensure that academic institu-

tions have minds from various cultural and socio-economic backgrounds working together to produce dynamic solutions to our complex societal problems. Furthermore, nuanced academic admissions processes allow campuses to help ensure equitable opportunity is offered to demographics that our country has consistently disenfranchised.

The Trump Administration's recent actions threaten to irrevocably unravel the fabric of Higher Education. The attacks on diversity will prevent an incalculable number of women, economically disadvantaged citizens, and people of color from being able to pursue the educations they are entitled to. Moreover, this order will prevent every student from being able to benefit from the brilliant perspectives of their multicultural peers.

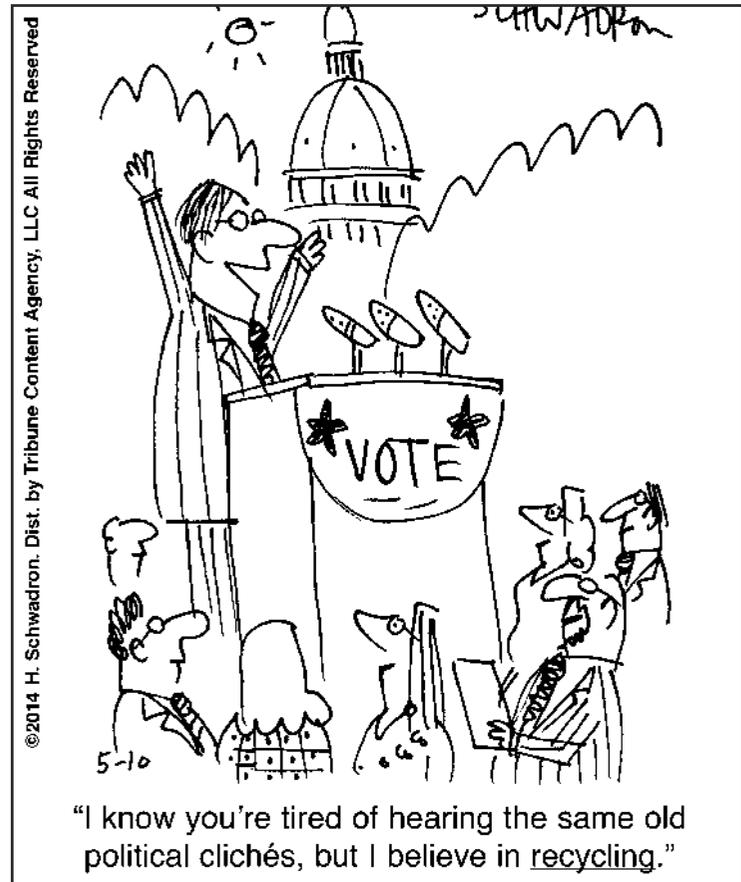
We want our institutions to remain intellectually resolute, culturally dynamic, and economically viable. We will continue every effort to increase diversity on our campuses. America must continue to endeavor to become a country that truly offers equal opportunity to all of its citizens.

H. Carl McCall, SUNY Chair

Kristina M. Johnson, SUNY Chancellor

Albany, N.Y.

9 to 5 by Harley Schwadron



©2014 H. Schwadron. Dist. by Tribune Content Agency, LLC All Rights Reserved

CALL NOW & SAVE ON YOUR NEXT PRESCRIPTION



World Health Link

Toll Free Phone
1-855-400-3977

Drug Name	Qty (pills)	Price*	Drug Name	Qty (pills)	Price*
Viagra 100mg	16	\$120.00	Ranexa ER 500mg	200	\$190.00
Viagra 50mg	16	\$100.00	Myrbetriq 50mg	90	\$305.00
Cialis 5mg	84	\$150.00	Actigall 300mg	300	\$205.00
Cialis 20mg	16	\$119.00	Bystolic 5mg	84	\$185.00
Levitra 20mg	30	\$130.00	Eliquis 5mg	168	\$605.00
Stendra 200mg	16	\$260.00	Spiriva Respimat 2.5mcg	180 ds	\$235.00
Spiriva 18mcg	90	\$130.00	Namenda 10 mg	84	\$46.00
Advair 250mcg/50mcg	180 ds	\$190.00	Prempro 0.3mg/1.5mg	84	\$100.00
Vagifem 10mcg	24	\$205.00	Estring 7.5mcg/24hr	1	\$120.00
Premarin 0.625mg	84	\$95.00	Restasis 0.05 %	90 ds	\$225.00
Combivent 18mcg/103mcg	600 ds	\$140.00	Combigan 0.2%/0.5%	15 ml	\$140.00
Symbicort 160mcg/4.5mcg	360 ds	\$215.00	Azilect 1mg	100	\$321.00
Entocort 3mg	100	\$130.00	Janumet 50mg/1000mg	180	\$350.00
Januvia 100mg	84	\$260.00	Lumigan 0.01%	9 ml	\$80.00
Aggrenox 200mg/25mg	200	\$140.00	Flovent HFA 110mcg	360 ds	\$160.00
Abilify 5mg	84	\$140.00	Jardiance 25 mg	84	\$390.00
Colcrys 0.6mg	100	\$109.00	Stieva-A Cream 0.05%	40 g	\$80.00
Ventolin 90mcg	600 ds	\$80.00			
Vytorin 10mg/40mg	90	\$155.00			
Xifaxan 550mg	100	\$170.00			
Asacol 800mg	300	\$250.00			
Vesicare 10mg	100	\$166.00			

- ✓ Over 1500 Medications available
- ✓ Price Match Guarantee
- ✓ Call for Free Price Quote
- ✓ Prescriptions Required
- ✓ CIPA Certified

All pricing in U.S. dollars and subject to change without notice. "We accept Amex, Electronic Checking, Personal Check or International Money Order." *Prices shown are for the equivalent generic drug if available.*

**Mailing Address: World Health Link, PO Box 42 Station Main
Winnipeg, MB R3C 2G1 Canada**

**Ready for the
next move that
will change
your life?**

We're ready too.

St. Joseph's makes transferring
simple, seamless and rewarding.

SEE FOR YOURSELF

SJC Brooklyn

Schedule a campus visit:
sjcny.edu/visitbk
877.634.8426

SJC Long Island

Schedule a campus visit:
sjcny.edu/visitli
877.256.1718

St. Joseph's
College
NEW YORK



Ready. Set. Joe'sSM

BROOKLYN • LONG ISLAND • ONLINE



Community college athletes can make it to the NCAAs; here's how.

Leanne Costantino
Campus News

The road to landing on a roster at a four-year university often leads student-athletes to begin their careers at a community college. A lot can be done in the community college setting to help student-athletes prepare for playing sports at a higher level.

“The best thing a player can do to get picked up by any team is to be the hardest working player on the field and off the field,” said Ryan Cummings, pitching coach for SUNY Adirondack baseball and former NAIA pitcher for the College of St. Joseph. Focusing on the little but not so little things like being the first to arrive to a practice, putting in extra work and being the last one to leave are some actions I took great pride in. Those actions ultimately led to me getting picked up by CSJ.” Ryan began his collegiate baseball career at SUNY Adirondack, a two-year college located in Queensbury, New York.

Beginning at a community college is a great way for student-athletes to work on their skills while competing against other athletes that are closer in age to them than they would be at a four-year college. Some students aren't necessarily ready or conditioned enough right out of high school to begin playing against athletes that are, in some cases, four years older.

The community college setting also gives student-athletes a chance to work harder and make an impression on coaches that they might not have made when they were in high school. “The little stuff is remembered more than a game winning hit or a great game performance. Committing to things like getting your workouts in, creating healthy habits, and hanging out around athletes who are committed to the same work ethic and ideas that you share will push you even farther,” said Cummings. The work ethic and drive that student-athletes have in community college will be a big indicator as to how they will perform if they were to play at a higher

Campus News | End-of-Summer 2018 | Page 16



Photo by Author

level, which is exactly what college coaches are scouting for.

“The community college athletes need to stay active playing in the summer after their first year of community college because they are playing at the same time that we are playing during the academic year. This allows us to get out to see them over the summer,” said Chris Cannata, head coach of the softball team at UAlbany, a division I team in the America East conference. Various leagues are looking for college students over the summer, including

‘A huge factor in making an NCAA team is being able to adapt and be versatile.’

wooden bat leagues like the Perfect Game Collegiate Baseball League (PGCBL), which is the league that the Glens Falls Dragons play in. During the transition from community college to a four-year university, Ryan Cummings pitched for the Dragons to help him gain experience and play with athletes from all over the country while staying conditioned and focused on the game. Summer leagues are a great opportunity to stay at peak performance because they have a very condensed schedule with games happening multiple times a

week.

“Also, athletes should email the coaches on a consistent basis keeping them apprised of their season, stats, and any awards they may receive,” continued Cannata. “And finally, they should do their homework and find out ahead of time how many credits are transferable so that they will not have any eligibility issues when they get to where they are going.” Constant communication with coaches at the universities that athletes wish to attend is crucial to gaining recognition. Coaches are busy with their own seasons and players during the school year, so it helps to stay in the forefront of their minds as their seasons are underway so that they can get an idea of who is out there that can help improve their programs for the next season.

“Another huge factor in gaining a spot on a team is being able to adapt and be versatile,” said Cummings. “These skills will lead to many opportunities not just on the playing field, but in life as well. Being able to be coachable is huge. You never want to make a coach feel that his advice goes in one ear and out the other.” Coaches at major universities will often agree that a coachable athlete is more valuable than an extremely talented athlete that is too proud to accept

continued on next page

NCAAs (cont.)

criticism. At the end of the day, when an athlete attends a university, they are playing for the name on the front of the jersey. It is more of a team effort with less emphasis on personal performance, so it is imperative that students-athletes can be team players.

One last, often overlooked piece of advice for students seek-

ing sports scholarships is to cross-train and remain healthy all year. "There isn't much emphasis on this as much as there should be, but playing other sports is huge," continued Cummings. "I feel as if playing hockey while I wasn't playing baseball in season helped me a great length mentally and physically. A lot of athletes focus on one sport too early on. Change is

always good and I found that putting on my skates and taking my mind off of baseball not only helped me mentally relax and refresh, but also helped me build strength in other areas that may not have been affected by just playing baseball." Strength and conditioning will help to keep the body sharp and in peak performance so that the risk of injury is reduced. Coaches are making an investment in their athletes, and it helps for those athletes to be in

the best shape they can be in with as little risk of injury as possible. This will help coaches have confidence in a students longevity with the team.

Above all, an athlete with passion, drive, and dedication will be the most desired candidate amongst any collegiate program. A student-athlete can go far if they apply themselves mentally and physically and enter a new program with an open mind and a willingness to learn.

Regional 2-year college sports shorts

RCC baseball shines

The Rockland Community College baseball team recently completed a prosperous spring season, advancing to the Region XV championship finals and placing six players on the All-Region XV team.

Coach John Greeley's squad posted a Mid Hudson Conference record of 13-7 and overall mark of 24-19 en route to a trip to the Region XV finals. The Hawks lost their first game of the double-elimination tournament to Dutchess CC but rallied to beat Orange County CC and Dutchess CC before succumbing to top-seeded Westchester CC. All 12 sophomore players graduated in May and the squad's collective GPA in the spring 2018 semester was a commendable 3.08, earning the Hawks a spot on the NJCAA Academic Team of the Year honorable mention list. RCC finished tied for 62nd in cumulative GPA among all baseball teams in the three divisions of the NJCAA.

Headlining the Hawks' roster of student-athletes was freshman catcher Umberto Piccinich, who posted a perfect 4.0 GPA to reap NJCAA All-Academic first team honors. Also qualifying for the All-Region Academic team, with GPAs of 3.25 or higher, were: Stephen Greeley, 3.75; John Daly, 3.58; Joseph Frank,

3.45; Alex Perich, 3.40; Kenneth Hoppe, 3.38; and John Greeley, 3.35. Securing a berth on the All-Conference Academic team, at 3.0 or higher, were: Bryan Shiver, 3.22; Bill Rotella, 3.21; Christopher Perich, 3.17; and Nick DeCandia, 3.01.

Softball Camp

Mohawk Valley Community College is hosting a Softball All-Skills Day Camp this summer for students ages 8 to 18.

The camp will take place from 9 a.m. to 3 p.m. Monday through Thursday, July 23 to 26, in the softball fields and Jorgensen Center Field House at the College's Utica Campus, 1101 Sherman Drive. Check-in begins 30 minutes prior to Monday's session in the lobby of the Jorgensen Center Field House.

The cost for the camp is \$120. Contact: 315-717-9000 or bmexico@mvcc.edu.

National appointment

Gary Broadhurst, Associate Dean of Athletics, Physical Education, and Recreation at Mohawk Valley Community College, has been elected to the National Junior College Athletic Association (NJCAA) Board of Regents. He will represent Region III (Upper New York State)

of the NJCAA.

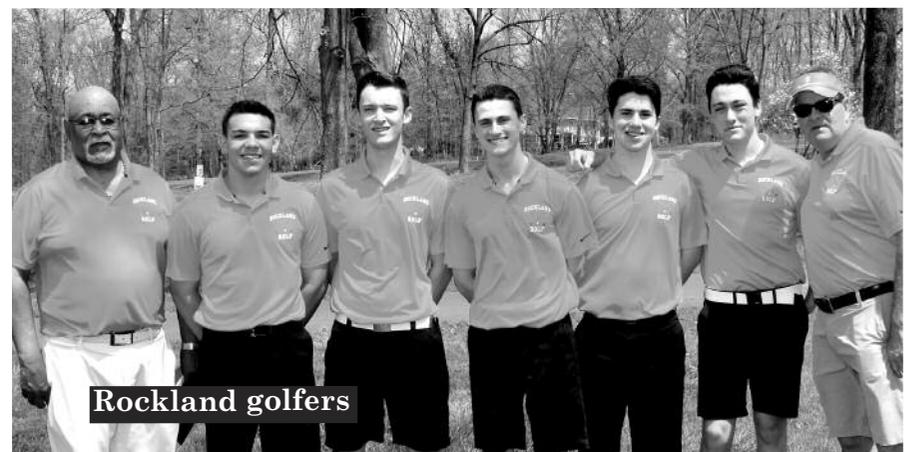
Broadhurst's appointment is part of a new governance structure for the NJCAA, which will provide more opportunities for student-athletes at all three divisions and connect all 24 of the NJCAA's regions. This new structure will include monthly engagement from the Board of Regents nationwide, providing sound structure with a national leadership presence while fitting the mold for not-for-profit organizations and institutions. Leaders from across the NJCAA will have opportunities to engage while obtaining information from their respective region leaders.

During his tenure at MVCC, Broadhurst has helped to develop one of the most comprehensive, diverse, and successful two-year college athletic programs in the country.

Golf finals

The Rockland Community College golf team enjoyed team and individual success during the spring 2018 season, highlighted by a second-place finish in the Mid Hudson Conference and a third-place showing in the Region XV tournament. Additionally, three Hawks golfers qualified for the National Junior College Athletic Association (NJCAA) championship tournament – freshman Sean McGarvey, and sophomores John Barna and Anthony Mottolose.

McGarvey, an NJCAA All-Academic third team honoree, paced the Hawks at the NJCAA tournament by finishing tied for 46th place out of 87 competitors. Barna followed in 76th place and Mottolose in 82nd. The tourney was held June 4-8 at the Chautauqua Golf Club in Chautauqua, N.Y.



LaGuardia grows with Google

In June, Grow with Google announced that it will bring the IT Support Professional Certificate to over 25 community colleges, including LaGuardia Community College, part of CUNY.

“As one of the first community colleges nationwide selected as a training site for Google’s IT Support Professional Certificate, we’re pleased to provide this new avenue to a rewarding career for New Yorkers with a personal interest in technology,” said LaGuardia Community College President Gail O. Mellow. “Through our robust tech education program, which trains 3,500 students each year in numerous tech-related programs, LaGuardia is training tomorrow’s workforce for NYC’s flourishing tech ecosystem.”

Google.org is funding JFF, the workforce develop-

ment nonprofit, to provide support for learners in seven states (CA, IL, MI, NY, OH, TX, and WI). In addition, 14 more companies signed on to consider those who complete the program for their IT support jobs. The program will be available in the 2018-2019 school year.

“Google is committed to training the workforce of today and tomorrow, and we are thrilled to team up with community colleges to help graduates jump start a new career in IT Support,” said Jesse Haines, director of Grow with Google. “Community colleges play an important role in helping Americans get ahead, and they will be strong partners in Grow with Google’s mission to create more economic opportunities for Americans.”

Launched in January on the Coursera learning platform, Google’s IT Support

Professional Certificate aims to train learners with no prior experience to be IT support professionals in about eight months. In the five months since its inception, almost 40,000 learners have enrolled in the online program.

With over 150,000 open positions, IT support is one of the fastest growing fields in the US. While there is demand for specialists, employers are often challenged to find trained talent, as the majority of IT support positions do not require a college degree but do require prior experience. Through hands-on assessments that allow learners to troubleshoot as if they were on the job, this certificate is designed to give learners the training and experience they need to get a job in tech support. The median annual wage for computer-user support specialists is \$52,160.

\$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, ad layouts, HTML5 publications 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 2018 at the discounted price of \$99 (this is \$849 otherwise).

Campus News also can get your whole college QuarkXPress for just \$999! Ask your IT administrator to contact us.

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





The Family Gourmet Buffet

- 2 (5 oz.) Filet Mignons
- 2 (5 oz.) Top Sirloins
- 4 Boneless Chicken Breasts (1 lb. pkg.)
- 2 (4 oz.) Boneless Pork Chops
- 4 (3 oz.) Kielbasa Sausages
- 4 (4 oz.) Omaha Steaks Burgers
- 4 (3 oz.) Potatoes au Gratin
- 4 (4 oz.) Caramel Apple Tartlets
- OS Seasoning Packet (.33 oz.)

51689LBK | \$199.90* separately

Combo Price \$49⁹⁹

*Savings shown over aggregated single item base price.

Plus, get
4 more Burgers and
4 more Kielbasa
FREE!



Call 1-855-583-6293 ask for 51689LBK | www.OmahaSteaks.com/meals188

Limit 2 pkgs. Free gifts must ship with #51689. Standard S&H will be added. Expires 10/31/18. ©2018 OCG | 18M0094 | Omaha Steaks, Inc.

2 Locations: Transferring to St. Joseph's

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 encourages 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 College." 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 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 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 2018.

Changes to the campus include new residence halls, nursing labs and a student center.

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

CAMPUS NEWS

Hitting 37 Colleges!



*Is proudly
made with*



And now you can own the same software – make stunning fliers, resumes, A+ reports, HTML5 pubs, eBooks, PDFs and more!

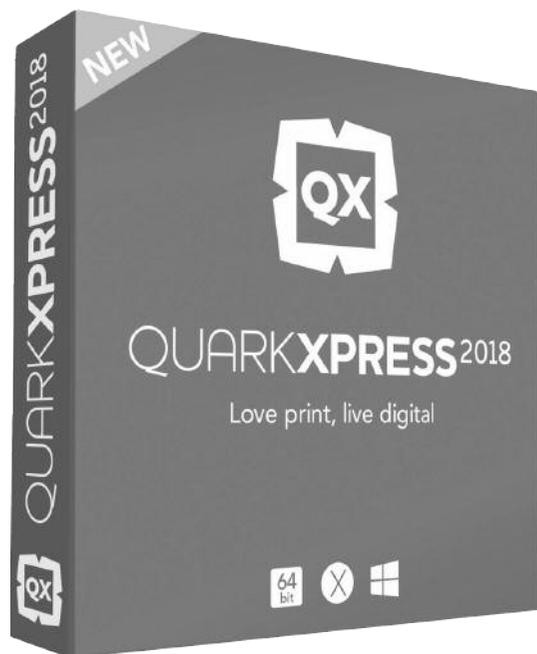
Got campus ID?

Then you qualify for the
Academic Full Version of
QuarkXPress 2018

for only ...

\$ 99

Regular Price \$849



**Students, faculty and
staff – even part-time –
qualify for this deal.**

**This is the full-version of
this wonderful desktop
publishing software.
No strings attached!**

**Admins: Get a campuswide
site license for only \$999!**

No subscriptions! You own it forever!

Go to www.ccn.us/quark
to get yours! *Offer expires 10/31/18.*

Jefferson offers free textbooks on loan

A collaborative effort between Jefferson Community College (JCC) faculty, staff, students, and the JCC Foundation is fueling a Textbooks on Reserve Program to provide free access to textbooks and reading materials necessary to complete a large number of JCC courses.

Currently, over 100 titles are available through the Textbooks on Reserve program, covering more than one-third of all courses offered at Jefferson. Anyone attending Jefferson - first-time, transfer, adult, veteran or military student - is welcome to borrow from the textbooks on reserve collection. Books are available on loan in two-hour increments in the JCC library. Initially designed as a means of lowering the financial cost associated with attending college for all members of the

student population, since the pilot program began in January 2018, reserve textbooks have circulated 332 times.

"I am extremely pleased at how this program has just taken off," says Constance A. Holberg, library director. "Students struggle with the affordability of college and this is yet another program Jefferson is offering to help ease that burden - which in turns helps students complete their classes and discover all the resources the library has to offer."

Textbooks on Reserve has been made possible by book donations from Jefferson faculty and students and with the support of the JCC Bookstore, operated by Follett. In addition, the JCC Foundation and Faculty Student Association (FSA) have made grants to the program to

purchase additional titles.

In line with the College's vision and core values, Textbooks on Reserve is another step the campus community has taken in order to bring the highest-quality education to the largest number of individuals at the lowest possible cost. JCC shows its dedication to education and personal enrichment by operating Textbooks on Reserve in tandem with the Open Educational Resources (OER) movement. OER puts the tools and resources necessary to produce, publish, and distribute college texts directly in the hands of those who teach

and develop curriculum. Since early 2017, OER has been pivotal in enriching the academic experience had by both teachers and students alike.

For more information about Textbooks on Reserve, call the library at JCC, (315) 786-2225, or email cholberg@sunyjefferson.edu.

Fall classes begin August 27.



START YOUR CLASSES IN THE SUMMER

Summer Sessions

Summer I June 4-28	Summer II July 9-Aug 22	Summer III Aug 6-30
-----------------------	----------------------------	------------------------

sfc.edu/cn



ST. FRANCIS COLLEGE
BROOKLYN HEIGHTS, NEW YORK

Traveling to Disney World in the high heat

Kaylee Johnson
Campus News

If you have ever traveled to Disney parks you know that in order to fully enjoy the magic, you have to look past the crowds of obnoxious people who seem like they have never been exposed to civilized society. Disney Parks, especially during the warmer months, become the hot vacation destination for delirious heat stroked families to viciously fight and throw tantrums. Seasoned Disney travelers have seen it all: the thrashing toddlers, the rabid parents, and the scooter drivers overcome with road rage.

Years ago, when I was a child myself, a cast member told my family that three o'clock is the witching hour for families who have been on their feet all day. And she was

not wrong. To this day I can still tell the time based on people's spirits. During the morning hours, people are full of vitality, enjoying the company of their loved ones. But as the days progress, guests deteriorate. I know people from many different demographics, and some have more trouble than others looking past the crowds and crying toddlers. People who have traveled to Disney Parks as children are less likely to be phased by little things that may enrage travelers who are used to tranquility.

Disney is not the type of vacation where you can put your feet up and relax. It takes a lot out of you. If you are not the type of person that can patiently wait on lines, or ignore

crying children in a restaurant, plan your trip carefully. Cheaper resorts like All-Star Sports, Music, and Movies are popular with young families, but higher end resorts like Disney's Grand Floridian Resort

and Spa are dominated by families with older children and retirees. There's something for everyone on Disney property, which makes it a prime location for family

reunions. Both children and older people can find activities that suit their fancies, whether it is relaxing by the pool, enjoying the parks, or boating.

I cannot judge the angry guests who feel that they are

not getting what they paid for. Even I have trouble looking past the crowds and rude guests at times. A few months ago I booked a dinner at Goofy's Kitchen at Disneyland Hotel, and my family and I were seated next to a toddler's birthday party. Children were hugging our legs, blowing horns in our face, and singing like Florence Foster Jenkins. I felt like we were transported to a low-budget circus. As one can imagine, I left with an extremely bad taste in my mouth, so my suggestion is to read the reviews, and avoid embracing spontaneity when booking meals and resorts. All people can universally love Disney, but it has to be done correctly, as everybody has different preferences. Decisions that seem minuscule have the potential to skew your entire perception of Disney Parks.

**TRAVEL
WITH
KAYLEE**



GenCyber Camps upstate

Mohawk Valley Community College once again will host free GenCyber Summer Camps for high school students, funded by the National Security Agency. The camps begin in July and run Monday through Friday from 8:30 a.m. to 4:30 p.m.

These award-winning summer camps are designed to introduce local high school students to the rapidly growing field of cybersecurity and expand the knowledge of students already familiar with the industry. The camp options are:

Beginner Camp: Offered July 16-20, this camp is filled with hands-on activities and laboratory exercises to introduce students to the cybersecurity field. It is designed for

first-time GenCyber students entering ninth through 12th grade who are interested in learning about cybersecurity.

Advanced Camp: Offered July 23-27, the Advanced Camp is designed to expand the knowledge of returning GenCyber students (or those already familiar with cybersecurity) who will apply what they have learned to complete a capstone project that challenges them to either defend a computer sys-



tem from attack or conduct a cybersecurity forensics investigation. Seats are very limited for this camp.

For more information or to register, call 315-792-5300 or visit www.mvcc.edu/gencyber.

SCCC No. 3

Suffolk County Community College's athletics program has been named a the National Alliance of Two Year College Athletic Administrators (NATYCAA) 2017-18 NATYCAA Cup Award recipient, finishing third, for overall athletics program excellence. The college's program was also recognized as the sixth best in the nation out of 650 two-year colleges.

The NATYCAA Cup Award was established in 2003 and recognizes, nationally, overall outstanding two-year athletics programs.

Since 2012, Suffolk County Community College has had two sixth place finishes, two third place finishes, one second place finishes and one first place finish.

Snap photos like a pro (cont. from cover)

be at a comfortable distance to start with.

Choose the Right Lens. The biggest mistake in portraiture is choosing the wrong lens. If we use the specs from 35mm, film photography, a 50mm lens is called “normal.” That means there’s little or no difference in the appearance of a subject when looking through the lens. The subject appears to be at the same distance through the lens as he is in real life.

Anything wider than 50mm is called “wide angle.” The wider the angle, the more distortion of the subject. So shooting a portrait with a 28mm lens is huge mistake. It’ll make big noses look even bigger. A wide angle lens isn’t flattering to just about everyone’s face. A wide angle lens also makes the subject appear farther away than he is in real life. So the photographer’s reaction is to get closer, but the closer you get with a wide angle lens, the more distortion there is.

Selfies by nature are taken at a close distance (arm’s length) and with a wide angle lens. That’s why selfies are amateur photography. Pros don’t shoot selfies.

Anything longer than 50mm is called “telephoto.” A telephoto lens makes the subject appear closer than he is in real life, as a telescope does. The longer the lens, the more it flattens the subject. So a long lens is good for someone with a large nose. It won’t exaggerate it, but flatten it, instead, making the subject look more flattering. Even if the subject doesn’t have a large nose, longer is just more flattering overall.

So the trick is to **use a 50mm lens or longer.** Seventy-five or 80 millimeters are very nice portrait lenses. On a phone there’s no way of knowing exactly what millimeter you’re at, so zoom until you pass what looks like 50.

Plain Background. Busy back-

grounds are distracting. A solid-colored wall or even a door will make for plain backgrounds and will emphasize the subject, which is the whole point of the picture.

Soft Light. Direct sunlight is not a help. Believe it or not, an overcast day works better. Or even a partly cloudy day. If there’s direct sun, move your subject into the shade. If you’re indoors, shoot with indirect sunlight coming through a window.

These four rules are all you need to follow to shoot a nice portrait.

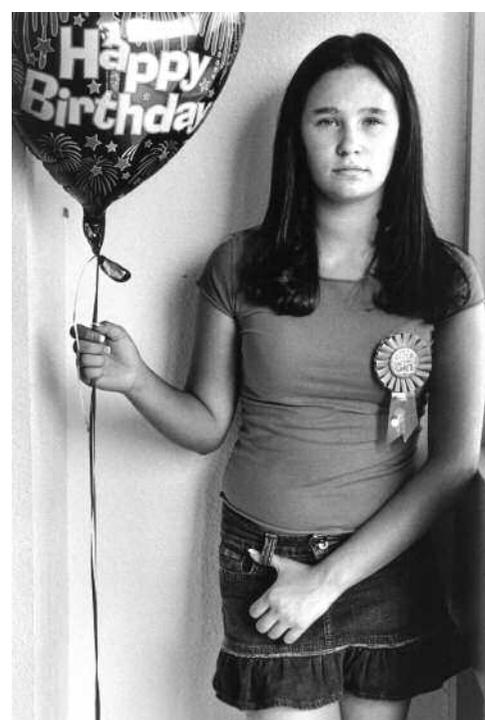
Once you do them, you can mix things up a little by adding a few variations. Items that belong to the subject or T-shirts with slogans can add new information about the subject. The picture should still be about the subject first, with the items only enhancing what we want the viewer to know.

Here’s your summer assignment: go shoot some nice portraits. You’ll get more Facebook and Instagram likes than you’ve ever gotten before!

See more of Dave’s photos on ccn.us!



Dave’s advice: *Everything you need to know is in this shot: 50mm lens, get close, plain background, soft light and contrast between the subject and background.*



Dave’s advice (above): *This one has two variations. A 35mm lens and a little farther back, but they work since there are two subjects. The rest is the same: plain back, soft light and contrast.*

(Below) *Same, but add props.*

Send us your pic; win tix!

Whether you take it with a smart phone or an SLR camera, snap a picture of a college student (it can be you) reading this issue of Campus News and send it to pics@ccn.us or text it to 518-879-0965, and we’ll publish it online and perhaps in the print edition. Include the name, major and college of the student pictured and your info. One submitter will be chosen each month and win two free tix to Six Flags Great Escape in upstate Lake George, NY!



#1 IN THE NATION
for

TRANSFORMATION

VISIT US

...and find out why you should transfer to Saint Peter's University in Jersey City!

- **Flexible degree completion options:** Full-time Day; Part-time and Full-time Evening; On-line!
- **Small classes where faculty know your name.** Saint Peter's University average class size is 22 students with a student-to-faculty ratio of 13-to-one.
- **50+ undergraduate programs** including: Sports Management, Business (On-line available), Criminal Justice, RN-BSN (On-line), Education, Cyber Security, Psychology and Science and Technology Majors.
- **Center for Career Engagement and Experiential Learning** – career preparation including internships, faculty-student research, and personalized one-on-one counseling.
- **Mac Mahon Student Center** featuring fitness center, game room, student meeting rooms, campus café and dining hall.
- **On-campus parking** or easy access to campus by public transportation. **FREE** campus shuttle!

**Scholarships
for transfer
students!**

Up to \$25,000 per year, plus additional housing grants, are available for qualified students.

Join us for one of our
TRANSFER THURSDAYS
to discover more about Saint Peter's!

June 7, 14, 21, & 28

July 12, 19, & 26 • August 16

saintpeters.edu/transferdays



Saint Peter's
UNIVERSITY

The Jesuit University of New Jersey

saintpeters.edu/transfer

Walk-in Bathtubs by
American Standard
 140 Years of Experience
Be Safe & Independent!

\$1,500 SAVINGS
18 MONTH NO INTEREST FINANCING*



AS SEEN ON TV

Five reasons why American Standard walk-in bathtubs are the best choice for you.

- 1 Experience You Can Trust!**
 Only American Standard has 140 years of experience and offers the Liberation Walk-In Bathtub.
- 2 Superior Design!**
 Ultra low easy entry and exit design, wide door, built-in safety bar with textured floor provide a safer bathing experience.
- 3 Patented Quick Drain®!**
 The only 2 minute, patented Quick Drain fast water removal system.
- 4 Lifetime Warranty!**
 The **ONLY** Lifetime Warranty on the bath **AND** installation, **INCLUDING** labor backed by American Standard.
- 5 44 Hydrotherapy Jets!**
 More jets than any other tub we've seen.



Trusted Professional Installation with Best Lifetime Warranty!



\$1,500 in Savings INCLUDES a FREE American Standard Toilet

Finance Options Available! Low Monthly Payments!*

**Includes FREE American Standard Right Height Toilet
 Limited Time Offer! Call Today!**

855-753-1658

FREE IN-HOME EVALUATION!



Receive a free American Standard Cadet toilet with full installation of a Liberation Walk-In Bath, Liberation Shower, or Deluxe Shower. Offer valid only while supplies last. Limit one per household. Must be first time purchaser. See www.AmericanStandardBathtubs.com for other restrictions and for licensing, warranty, and company information. *Subject to 3rd party credit approval. Minimum monthly payments required. CSLB B982796; Suffolk NY:554-3IH; NYC:HIC#2022748-DCA. Safety Tubs Co. LLC does not sell in Nassau NY, Westchester NY, Putnam NY, Rockland NY.

'Internet Famous' (cont.)

and figure out how to incorporate that into the content you post. Oakley's experiences as a gay millennial caught the attention of millions of people, but his story is only one of many unique narratives. "There's not just one type of person. There are so many variations of what you might label as all the same. Once you dig a little deeper you'll find that there are so many different ways to be gay, or to be black, or to be Muslim, or to be whatever you are."

Don't overdo it.

"You don't have to change the entire world in one moment," Oakley said. Making change requires a certain level of patience tied together with a great deal of determination. Before you decide to use your platform to

speak out, you should ask yourself what your motives and intentions are. Oakley has a mental checklist that he follows:

"Is this something I should say? Is this something I should say? Is this something I should say right now? Is this important for me to use my platform to say? Or is this something I should let somebody else say? Am I even qualified to even be talking about this? If it passes all those tests, I'll jump in."

However, Oakley has learned over the years that there are many topics that aren't within his territory for input. So instead, he's used his platform to support or promote others. "More often than not, it is not my place and so I just kind of favorite tweets that I agree with or quote tweet things and say 'read this

thread because it's important.'"

Be responsible.

The internet can be an amazing tool for opportunities, but it can also be a very dangerous place. Especially in the public eye, your mistakes have the potential to be seen and judged by millions of people within seconds.

"I want to do my best, and I don't want to disappoint people. One slip up of anything regardless of intention can and will have an impact, and it doesn't matter what your intentions were if you negatively impact the world like that." Oakley thinks that mistakes are inevitable, but learning from them and correcting yourself can be a learning experience for not only you but those in your audience too.

"I'm going to mess up. Every-

body is," Oakley said. He believes that patience and leaving room for growth are an essential part of being responsible. "I try to be as patient with people as I can because I would want to be granted the same patience if the roles were reversed."

Start now.

"If you're thinking about starting, start today because a year from now you'll wish you started a year ago," Oakley said. "You will suck at first. Your videos will be terrible, but you will get better and better." Even as a professional, Oakley continues to make mistakes every day, but just like you and me, he is human. "Recognize the power you have. There is so much that you are capable of doing."

Before leaving his seat on stage, Oakley shared one last piece of advice:

"Do the damn thing."



Earn Your Bachelor's Degree From Elms College



Undergraduate Off-Campus Degrees

Accounting
Holyoke

Early Care and Education
Greenfield • Pittsfield

Healthcare Management
Holyoke

Marketing and Management
Holyoke

Psychology
Gardner • Holyoke

RN-BS
Gardner • Greenfield
Holyoke • Worcester

Social Work
Enfield • Greenfield
Pittsfield • Springfield

Now at seven convenient community college locations

Elms College Off-Campus Locations

Asnuntuck-Enfield (ACC) • Berkshire-Pittsfield (BCC) • Greenfield (GCC)

Holyoke (HCC) • Mount Wachusett-Gardner (MWCC)

Quinsigamond-Worcester (QCC) • Springfield Technical (STCC)

For more information contact: Wanda Banks • 413.265.2336 • banksw@elms.edu

www.elms.edu/off-campus

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, Leanne Costantino, Laura LaVacca, Jonathan Lopes, Kaylee Johnson, Ryan Walsh, Yesenia Coello, 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.

Publisher/Editor: Darren Johnson.

Original Layout Template: Thomas Johnson.

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

Subscriptions (\$19.99/year):

Campus News, 39 County Route 70, Greenwich, NY 12834, or, better, editor@cccn.us.

Ask your campus librarian to subscribe!

Facebook: facebook.com/schoolpaper

Instagram/Twitter: campus_news

Web: www.campus-news.org

Advertising: You read this paper – others do, too. Advertise and get results! Simply e-mail us or text/call 518-879-0965.

To Write for Us: Just send us a note at the email address above.

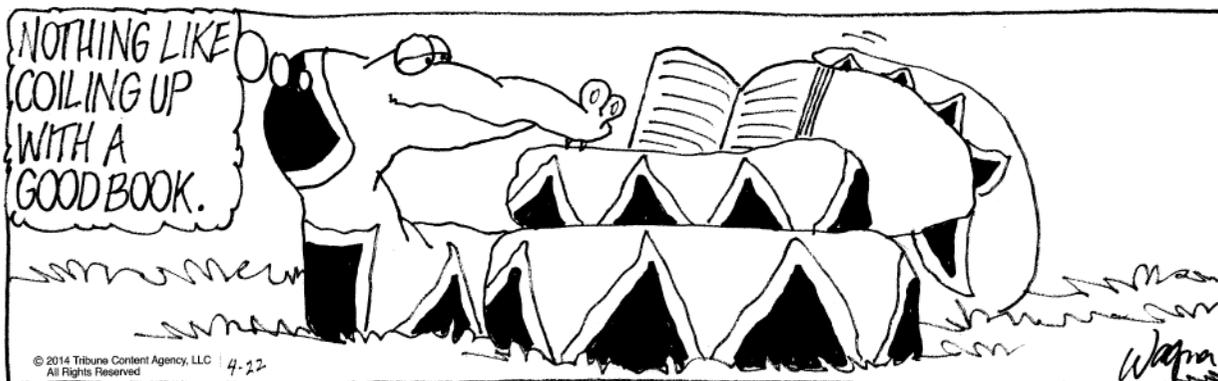
Broom Hilda by Russell Myers



Gasoline Alley by Jim Scancarelli



Animal Crackers by Fred Wagner



Filbert by LA Bonté



By: L. A. Bonté

For more comics visit FilbertCartoons.com

Campus News is really rockin' Instagram.



See what we are up to in cyberspace. Follow [Campus_News](https://www.instagram.com/campus_news) – don't forget the underscore!

SUNY Assembly names officers

The SUNY Student Assembly's 2018-2019 executive officers were sworn in on June 1. By virtue of his position as Student Assembly President, **Michael Braun** of Elmont, NY also became a voting member of the SUNY Board of Trustees.

"It is a great honor to take on the immense challenge, and to try to meet the incredible opportunity, presented to me as the voice for SUNY's 600,000 students on the Board of Trustees," said Braun. "I am committed to using this platform to work to ensure that SUNY offers its students the high quality education and overall experience that they deserve."

Braun, formerly the Student Assembly's Chief Financial Officer, was elected as President and Trustee this past April by

student leaders from across SUNY's 64 campuses. Braun served as president of SUNY Cortland's student government from 2016-17. He is currently a graduate student at UAlbany.

Nicole Pereira, of Baldwin, NY, was sworn in to a second term as Student Assembly Vice President today. Pereira is currently seeking her Master's in Public Administration at the University at Albany.

Jakob Webster, a student at the SUNY Polytechnic Institute, took office today as the Student Assembly's Chief Financial Officer. Webster previously served as Chair of the Student Assembly Military Affairs Committee.

Messiah Gaymon was sworn in today as Secretary of the Student Assembly. He is a

rising senior at Farmingdale State College, where he currently serves as the student government president. Gaymon was previously a Representative on the Student Assembly Executive Committee.

Additionally, 16 new Representatives to the Student Assembly Executive Committee took office. They are responsible for representing the campuses in their academic sector to the Assembly. They are:

Richard Caldicott, Binghamton University

Carlos Cobo, Stony Brook

Daike Yoskioka, Binghamton University

Rey Manderino, ESF

Aloayse Tisor, UAlbany

Jahad Hoyte, Farmingdale State College

Matthew Keicher, Morrisville State College

Taryn Rackmyer, Mohawk Valley Community College

Jordan Spells, Rockland Community College

Brendan Caluneo, Hudson Valley Community College

Gabe Marciano, Finger Lakes Community College

Brandon Wallburg, Clinton Community College

Kelsey Young, Westchester Community College

Marisa Bevilaqua, Oneonta
Shiyiheim Nartey-Tokoli, SUNY Plattsburgh

Dalton Bisson, Oswego

Queensborough graduates 1st HS biz class

There was inaugural pomp and circumstance on June 21 as Queensborough Community College celebrated the first high school commencement of its Business Technology Early College High School (BTECH).

BTECH is an innovative six-year education program that was developed through the partnership of QCC, multinational technology software corporation SAP, the New York City Department of Education and CUNY. Students at BTECH have the opportunity to earn their high school diploma and an A.A.S. degree within six years. Students are also engaged in college and career readiness programs, workplace learning experiences, and have opportunities for intern-

ships and job placement upon completion of their degree. Students can earn either a Computer Information Systems A.A.S. or Information Internet Technology A.A.S degree and attend dual credit college courses starting in their sophomore year of high school.

Dual credit enrollment is a nationally recognized framework leading to significant success of students in college retention and graduation rates, as well as in high-level grade attainment. Queensborough's STEM Academy is very strong. Engineering Science and Mathematics & Science, both Associated in Science degrees, are among top five curricula by enrollment. These areas of study along with many other related

programs provide a link on the college website that allows students to view potential careers.

There are 79 graduates from the legacy cohort and 36 students earned awards, including the Office of State Comptroller's Student Achievement Award; District Attorney's Citizenship and Scholastic Endeavors Award; and American Federation of School Administrators Leadership Award. Of the 79 BTECH graduates, 58 will continue their studies at Queensborough.

Featured speakers at the commencement ceremony included New York City Council Member Barry Grodenchik, who presented a \$50,000 gift towards BTECH technology resources.

Dr. Diane B. Call, President of Queensborough Community College said, "Each of you have so much to be proud of. Your successes in high school and your experiences in and out of the classroom will influence your life in positive ways for years to come. Hold on to the values you learned at BTECH. Remember where you came from and where you want to go."

Legacy student speakers featured Valedictorian Nhoj Plummer, who will continue his studies at Queensborough in Computer Information Systems. Salutatorian Bill Leung, who earned over 37 credits and is a member of the National Honor Society, will continue his studies at Hunter College in Computer Science.

Sometimes little stories mean everything

Darren Johnson
Publisher, Campus News

The story pictured to the right is an endangered species. It appeared on the bottom of the cover of the daily paper I received at my home yesterday, delivered by an adult in his car who only makes about \$100 a week doing this, published by a company a county away, who outsources their printing to another county, as the print readership dwindles here and everywhere.

Wikipedia says this paper has a circulation of under 18,000, so a story about a sewer district in one of the dozens of small towns in its jurisdiction surely won't get a lot of views. In the story even, sewer officials lament that they can't get enough interest in a survey they are conducting about the sewers. At least that's what I think it says. I only read the headline and lead, determined I don't have any interest in this sewer district in a far-away town, and didn't jump to page 6.

My guess would be only a handful of those 18,000 potential pairs of eyeballs jumped to page 6. Maybe they live in the town with the sewer issues. Maybe they are just the anal-retentive types with lots of free time who insist on reading every word in the paper. The online version of this story probably isn't tearing up the Internet, either. If it gets 100 views online — which seems optimistic —

that means the paper will only make 20 or 30 cents — not dollars, cents — on that story with the banner ads that accompany it, that pay via impressions.

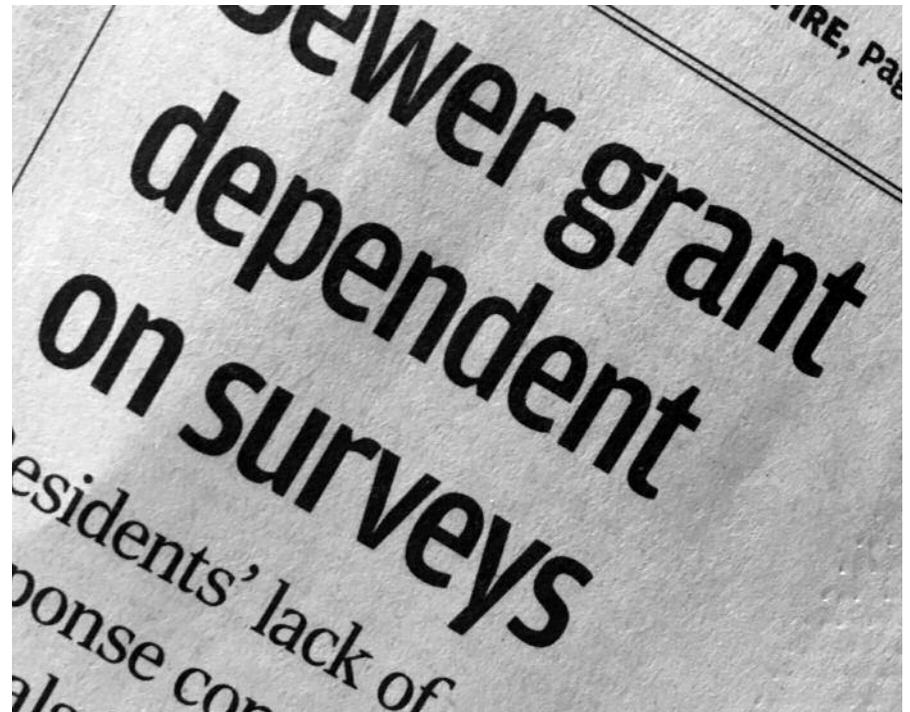
It's hard to pay a reporter who may make \$40,000 a year or more with pennies. I wrote such stories when I was a community journalist. Before newspapers decided to give everything away for free online, we wrote these beat stories as an obligation. We had no clue how many people read such dry, hyper-local stories, but we were on the ground, and personally knew the people we covered at each beat, and felt a duty to tell their stories. At least we knew they read the stories, because they'd comment about them when we'd see them in person — and they'd call in angrily if they felt misquoted. I don't recall ever wondering if 10 people would read my story or 100 or 1000.

'What will happen when papers give up print editions?'

The problem now is, with digital analytics, we know such stories get tumbleweeds. And while the print model of the paper relied on overall readership — not the readership of one particular story — the online versions of papers are much more specific. Few people are Googling about

this sewer district, few people are commenting on it on message boards, it doesn't have a sexy picture to go with the story. So, again, pennies.

As newspapers give up on their print editions and



move to the web, will these little stories get left behind? Probably, because they just don't have a sustainable business model backing them. And what will be lost? A new study suggests that

warned, to paraphrase, "Never pick a fight with people who buy ink by the barrel and paper by the ton." There is no equivalent of that on the web. There may never be.

So perhaps this is an obituary for all the little stories that may not mean much individually, but, collectively, they keep thousands of local governments on their toes, and make them better. We taxpayers save millions thanks to such diligence.

Or perhaps we'll be able to come up with a business model that can adequately feed these watchdogs with journalism degrees — so that they can continue to protect us.

Darren Johnson has practiced and taught journalism

and owns Campus News, a newspaper that's actually growing. To learn how to save your newspaper, contact him at editor@ccn.us.



reduced press coverage results in less watchdogging and thus more government corruption and/or ineptness, and thus higher taxes.

And think about all the little newspapers with their little stories closing everywhere, abandoning their beats, and then what will happen? Will politicians take citizen journalists who complain about their local issues on Facebook as seriously as they took a printed newspaper written by trained journalists? Doubtful. Mark Twain

SCRABBLE BRAND GRAMS SOLUTION

N ₁	I ₁	A ₁	C ₃	I ₁	N ₁	S ₁	RACK 1 =	59
S ₁	A ₁	N ₁	D ₂	L ₁	O ₁	T ₁	RACK 2 =	62
L ₁	E ₁	U ₁	C ₃	O ₁	M ₃	A ₁	RACK 3 =	61
S ₁	Y ₄	R ₁	I ₁	N ₁	G ₂	E ₁	RACK 4 =	61
T ₁	H ₄	O ₁	R ₁	I ₁	T ₁	E ₁	RACK 5 =	70
PAR SCORE 255-265							TOTAL	313

SCRABBLE® is a trademark of Hasbro in the US and Canada. ©2014 Hasbro. Distributed by Tribune Content Agency, LLC. All rights reserved.



CREDITS APPROVED!

TRANSFER TO MERCY COLLEGE AND
YOU'LL GET THE CREDITS YOU DESERVE.

- **Maximum number of credits accepted-**
Up to 75 credits from a two-year school
& up to 90 credits from a four-year
school
- **Over 90 graduate & undergraduate
degree & certificate programs**
- **Affordable** - one of the lowest private
tuitions in the country
- **Flexible scheduling** - days, nights,
weekends & online

When you transfer to Mercy
College, there's no telling how
far you can go.

MERCY
COLLEGE



FOR THOSE WITH A PASSION TO GET AHEAD

1.877.MERCY.GO • mercy.edu/approved

Learn More at Transfer Day • Monday, July 9 at Any of Our Campuses

DOBBS FERRY • MANHATTAN • BRONX • YORKTOWN HEIGHTS • ONLINE

WHERE CLOSE TO HOME IS FAR FROM ORDINARY.

Find the college that's the right fit for you —
and your future. Transfer to Molloy, one of the
best colleges in the region.

TRANSFER TODAY.

WHERE. HERE.
THE SMARTEST VALUE IN HIGHER EDUCATION

MOLLOY.EDU | 516.323.4000



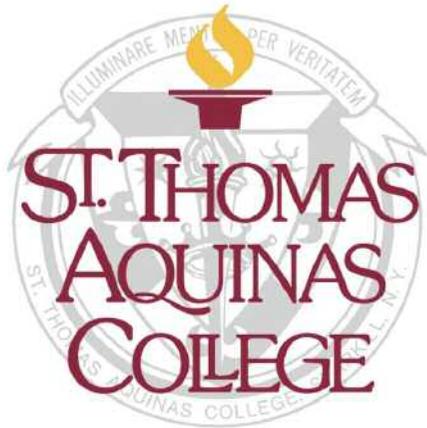
Sponsor Videos

Click on the stills from these campus videos to learn more about each college or click on the college logos to go to the campus web sites.



Sponsor Videos

Click on the stills from these campus videos to learn more about each college or click on the college logos to go to the campus web sites.



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



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.sjcnyc.edu or connect with them on Facebook, Twitter or YouTube.

Sponsor Videos



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.

Sponsor Videos

