

CAMPUS NEWS

College  Paper

Filbert
Approved!



Volume 19, Issue 3 FREE!

**SPRING THAW 2019
MID SEMESTER**



GET YOUR KICKS 13



ART ON DISPLAY 4



WRITE 17



SOLVE 22

Work, transfer or both?

As we are halfway through this spring semester, it's time to consider what's next.

If you are just a first-year student, stay put and come back for a second year at community college this summer and/or fall. But if you are a community college student nearing graduation, you have a lot to consider. Should you immediately go into the workforce with the two-year degree, or go on to a four-year college to further cement your credentials? Or both?

Of course, answering these questions is complicated. There are some jobs that only require a two-year degree that may pay better than some jobs that require a four-year degree or more. That's why so many people who already have bachelor's degrees are now going back to two-year schools: to learn practical skills.

Here are the five assessments you should perform as you consider parlaying your two-year degree into either a career or a bachelor's:

Step 1: Assess your two-year degree. Is

Please continue reading on page 10

What will your summer and fall look like? Plan now.



THE PLAY THAT GOES WRONG



MIDTERMS? GET IT WRONG!

PHOTO: MATTHEW MURPHY

Win NYC show tix!

Wow! This is our best contest yet! Snap a picture of a community college student (it can be you) reading this issue of Campus News and send it to pics@cccn.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. The front page of the paper should be visible in the photo.

Up to 10 submitters will win two free tickets to the Broadway hit "The Play That Goes Wrong." (See separate story on page 2 and ad on page 29.) You pick the show dates (some blackouts apply). Value is approximately \$200.



**Recent winner
Piangporn Petrof
at LaGuardia CC.**

See ‘The Play That Goes Wrong’

This month's prize sponsor is Broadway's funniest smash hit and an international phenomenon.

The time is right to see “The Play That Goes Wrong,” Broadway's funniest smash hit! This Olivier Award-winning comedy is a hilarious hybrid of Monty Python and Sherlock



Holmes.

Welcome to opening night of “The Murder at Haversham Manor” where things are quickly going from bad to utterly disastrous. With an unconscious leading lady, a corpse that can't play dead, and actors who trip over everything (including their lines), it's “a riotous explosion of comedy!” (The Daily Beast) and “tons of fun for all ages!” (HuffPost). Ben Brantley of The New York Times calls “The Play That Goes Wrong” “a gut-busting hit,” and Cindy Adams of the New York Post has just one word for you: “Go!” Get tickets now – it would be WRONG to wait!

If you are a community

college student at a campus where we normally deliver papers, you can enter our photo contest to try to win tickets (see page 1), or you can simply buy tickets through Telecharge.com or by phone at 212-239-6200. Or you can visit the box office in person at New World Stages Box Office at 340 West 50th Street (between 8th & 9th Avenues), where the show is now running.

The show is nightly, except Tuesdays, at 7 p.m. (8 p.m. on Fridays and Saturdays) and also at 2 p.m. on Saturdays and Sundays. It's two hours with a 15-minute intermission.

Learn more at Broadway-GoesWrong.com.



Manhattanville
COLLEGE®

Transfer to Manhattanville and transform your life.

Transfer to our traditional undergraduate programs or to our accelerated undergraduate evening programs for adults.



School of Arts and Sciences

School of Professional Studies

School of Education

MFA in Creative Writing

Manhattanville College | Purchase, NY | 914.323.5464 | manhattanville.edu

MNV979

For students taking a different path

Carly Davis
Campus News

Attending college as a nontraditional student can be both challenging and rewarding. As a nontraditional student, you are not just out of high school. You have life experience. You work a full-time job, and you may even have kids and a significant other. You are financially independent, and do not rely on your parents' tax returns for financial aid. Deciding to pursue your degree later in life can understandably come with some anxiety and doubt. You may worry about the extra workload and finding time to study for exams when you have a full-time job, and other responsibilities. I've been there. I'm 26 and a nontraditional student. I currently attend community college, and the experience has been an interesting one to say the least.

I graduated high school in 2011 and went straight to college after the summer break. I didn't take it seriously at all and changed my major a dozen times because I hadn't lived enough to know what I wanted to do. Needless to say, I didn't last very long. Fast forward to 2018 and I found myself reapplying as a nontraditional student.

So, what is a nontraditional student? A nontraditional student usually refers to someone who is 25 or older. It also may mean someone who works full-time and attends school part-time. Being a nontraditional student can make you feel out of place, but it is important to know that you are not the only one attending college later in life. The college demographic has changed compared to the way it was twenty years ago. According to the National Center for Education Statistics (NCES), 73% of students can be considered nontraditional. This means that mothers, fathers, husbands, wives, even grandparents are attending college. Being a nontraditional student is not as uncommon as you may think.

If you are enrolling as a nontraditional student, here are a few things to remember:

No One Cares

That may sound harsh, but it's true. No one cares as much as you think they do. The beauty of community college is that it caters to a diverse population of students. You will quickly find that you are not the only nontraditional student in your class. Even if you are it won't matter, because young adults



are still adults and age doesn't necessarily mean maturity.

You Have a Clear Vision of What you Want Your Future to Look Like

You know your endgame. You know exactly why you are going for your degree. Your goals are what will get you through all your classes. Being a nontraditional student gives you an edge because you are more focused and prepared. Having more life experience makes you an even better student than you could've been at 18.

There is Nothing Wrong with Making Friends and Networking

Trying to befriend an 18- or 20-year-old can seem like a pointless idea, but these students are your peers, and you are all in college to get a degree. If you have the time, try joining a club or organization that interests you. Network with other college students, both traditional and nontraditional. Making friends is important because it means having people to study with and having someone to borrow missed notes from if you miss a class.

Take Advantage of Study Groups and College Resources

When I first went back to school, it took some time to acclimate back into the academic world. I had forgotten pretty much everything I learned in high school and had to get used to studying and doing homework all over again. It can be quite overwhelming, especially when you have other equally important priorities. If you need extra help, don't be afraid to utilize your college's tutors and their writing center. Join a student study group if you need to.

Make Sure Your Professors Know Your Name

Be sure to participate. Ask and answer questions, and try not to sit in the back, unless there are no seats in the front of the class. Show them how serious you are taking your education. You may want to use them as a reference after you graduate.

Learn the Value of Good Study Habits

The college workload can drown you if you don't learn to swim early on. That is why it's crucial to know what works for you when studying. Go through all your class syllabi and take note of when exams are and assignment due dates. Do not wait until the last minute to study or complete essays.

Find Your Balance

As a nontraditional student, it can be hard trying to juggle school, family, and work. But the reason why you decided to enroll in school is because you know that it's possible to do it. It's all about finding a healthy balance and prioritizing. Just remember to take some time for you.

Just Breathe

The last bit of advice I have is to just relax. Take college seriously, but not so seriously that you forget to enjoy the experience of it. It doesn't matter how old you are, college can be fun if you let it. Deciding to enroll in school as a nontraditional student can be one of the best decisions you ever make.

Carly Davis is an English major at Hudson Valley Community College.



Tree-mendous!

Suffolk County Community College's three campuses have been recognized by the Arbor Day Foundation and the New York State Department of Environmental Conservation as 2018 Tree Campus USA members. The Tree Campus USA® recognition by the Arbor Day Foundation recognizes the college's commitment to effective urban forest management. This marks the third consecutive year that the Eastern Campus has been designated, and the second year the Ammerman and Michael J. Grant Campuses have received the prestigious designation.

The Tree Campus USA program honors colleges and universities for effective campus forest management and for engaging staff and students in conservation goals. Suffolk County Community College achieved the title by meeting



Tree Campus USA's five standards, which include maintaining a tree advisory committee, a campus tree-care plan, dedicated annual expenditures for its campus tree program, an Arbor Day observance and student service-learning project. Currently there are 364 campuses across the United States with this recognition.

Victor on display

SUNY Ulster hosts a gallery exhibit by Chris Victor titled "Hammer Dance," on display at SUNY Ulster now through March 29.

Chris Victor is a visual artist working primarily in repurposed and commonly available materials. "Hammer Dance" consists of a body of abstract, wall-based works inspired by his desire to return to painting. As the artist puts it, his aim is "to create works which are completely open about their own process of becoming." Chris' work has been in numerous shows and galleries, including The Grand Rapids Public Museum, the Trenton City Museum, and The Samuel Dorsky Museum.

The Muroff-Kotler Visual Arts Gallery at SUNY Ulster serves as a center for creative activity at the College and within the community. The Gallery is open Monday through Friday from 11 a.m. – 3 p.m.

A young man in a red t-shirt and yellow shorts sits on a large black sneaker. The shoe is positioned as if it's on top of a brick building. In the background, a lighthouse stands against a blue sky with clouds.

BIG Ideas

Money
BEST COLLEGES
2018-2019

From MONEY® Magazine. ©2018 Time Inc. Used under license.

When you dream big, anything can happen.

From our intentionally small classes to the skills of our excellent faculty, everything we offer is geared to enrich your experience and prepare you to pursue your own big dream. With nearly 60 undergraduate and graduate degrees in business, education, and the arts and sciences, and among the most diverse, dynamic student bodies in the nation, we provide a solid educational foundation so you have the confidence in your own abilities to succeed at whatever you choose to undertake — to own your future.

Contact us at: (516) 876-3200 or www.oldwestbury.edu

Open House

Saturday, April 27, 2019

9:00 a.m. to 12:00 p.m.



Writing for us is easy. Here's how to do it.

Your Name Here *Campus News*

If you're a college student interested in journalism, writing and/or photography or a faculty/staff member with something to say, we can use your help. Consider writing for us!

Stories should be of interest to college students and apply to current trends in the college world. For the print edition of Campus News, specifically, stories should apply to community college students in the Northeast. For the online edition, stories may apply to and use sources from any US college, whether community, 4-year or graduate. While we sometimes publish first-person essays, typically, a story should

be in the standard journalistic style with quotes from students and at least one expert.

For our printed newspaper, we generally pay student writers \$30-35 for an assigned story of 800-1200 words; \$20 for a shorter piece. Some story ideas:

Interesting Courses. Perhaps there is a unique for-credit course at a community college. Let's talk to the instructor and perhaps a student or two to learn more.

Upcoming Guest Speakers/Artists. Here we interview an upcoming community college campus speaker/guest artist for a profile piece. The event should be taking place at least a month in advance of the story's due date.

Good Sports. Let's write about a championship team or star player from one of the community colleges we serve.

Useful Advice Pieces. These stories fuel Campus News. Examples include how to do well on tests, how to study, how to write a better term paper, how to handle stress, how to make friends on campus, how to have work/life/school balance, etc.

To ensure getting into the print edition, be sure to give us your best effort. Proofread! We can't pay for first-person commentary and op-eds but do run them. We also cannot pay non-

student writers, or for stories that only appear online.

Our deadline for the print edition is the 24th of each month.

You may also submit web-first stories. These appear on Google News as well as our own site. This is a great publication credit for a student writer! We may pull some of these stories into the print edition.

We also run stories by faculty, staff, administrators and recent grads. Contact us at editor@ccn.us with your ideas.



ST. FRANCIS COLLEGE
BROOKLYN HEIGHTS, NEW YORK

Generous Scholarships and
Financial Aid Available

YOUR FUTURE STARTS HERE

APPLY NOW FOR FALL 2019

SFC.EDU/CN

Marketing students meet the pros

Nassau Community College hosted a marketing industry forum on Thursday, February 7, 2019, where over 120 highly motivated marketing, retailing and fashion students shared a unique learning experience.

Under the coordination of Marketing Chairperson Pat Lupino, faculty members invited leading experts to share their personal, professional, and business expertise with students.

Dr. W. Hubert Keen, NCC president, wel-



comed the students and was followed by Dean Jerry Kornbluth.

Professor Jack Mandel, emcee for the program, introduced the stellar panel consisting of: Bob Brennan, COO of Schneps Communications; Nancy Gilbert, Director of Marketing for the Simon Property Group; Andrew Krapf, Assistant Department Manager for Nordstrom; Ari Mendrinos, District Manager for Starbucks, and Robert Sinclair Jr., Manager of Media Relations for AAA Northeast.

The panel focused on such themes as networking, communication (both oral and written) skills, interviewing techniques, and



follow-up ideas.

At the conclusion of the program, a luncheon was held for panel members. A “give and take” discussion of shared academic/business goals was a luncheon highlight.



FIVE TOWNS COLLEGE

**FIND YOUR CREATIVE PATH
TO A COLLEGE DEGREE!**

**AUDIO RECORDING • BUSINESS
FILM/VIDEO • COMPUTER GRAPHICS
JAZZ/COMMERCIAL MUSIC
LIBERAL ARTS • MASS COMMUNICATION
MUSIC BUSINESS • MUSIC EDUCATION
THEATRE ARTS**



FTC.EDU • LONG ISLAND, NY • 631-656-2110



Subarus for studying

Columbia-Greene Community College's parking lot just got a little more packed, with the addition of a donated vehicle from Colonial Subaru and the grant-funded purchase of two more.

Representatives from Colonial Subaru, based in Kingston, visited the C-GCC campus at the close of the Fall 2018 semester to hand over the keys to a 2004 Subaru Forester, as well as a late-model Subaru engine for student lab practice.

In addition, the college pur-

chased a 2009 Subaru Legacy and a 2012 Subaru Impreza Sport from Colonial, using monies from the JK Winters Automotive Fund, administered by the Columbia-Greene Community Foundation.

The vehicles will be used for hands-on training by Automotive Technology students, particularly those pursuing the Subaru University option, which prepares students for employment as level-one technicians in virtually any Subaru dealership in the country.

Hoopsters help fill campus pantry

The Suffolk County Community College Women's Basketball team raised money to purchase food for the college's Ammerman Campus food pantry in Selden.



Helping with the food pantry donation are, from left, back row: Associate Head Coach Kerry Swanson, Anhya Jenkins, Aysha Shirley, Assistant Coach Andrea Iavarone, Lindsey Devine, Head Coach Kevin Foley. Front row, L to R: Chrissy Hobson, Alexis Jackson, Leatrice Brown, Kasey Koerner and Nina DeStefano.

Come to our Instant Transfer Decision Days: Get admitted, get enrolled, get going on your next chapter.

We make it quick and simple to transfer—without losing the credits you've earned.

Come to one of our transfer events to meet one-on-one with your transfer admissions counselor. On your visit, you can:

- Receive an admissions decision on the spot and learn how your credits will transfer.
- Speak with your representatives about scholarships, financial aid and the affordability of an Adelphi education.
- Take a guided walking tour of our gorgeous campus and state-of-the-art facilities.

In 2018, for the second consecutive year, we were named to Phi Theta Kappa's Transfer Honor Roll for ease of transfer.

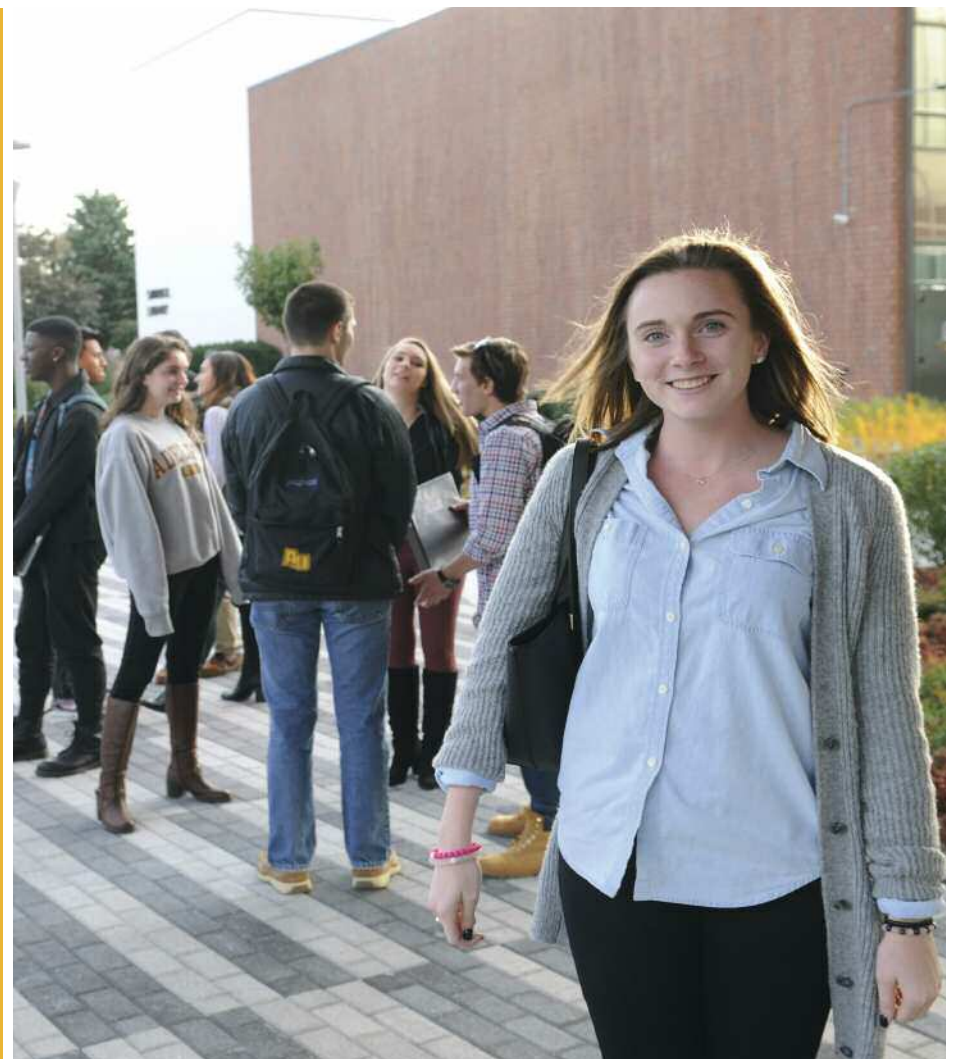
Upcoming Instant Transfer Decision Days

Garden City:

Thursday, March 14, 2019
 Tuesday, March 19, 2019
 12:00 noon–7:00 p.m.

Register today at
Adelphi.edu/TransferNow

ADELPHI
 UNIVERSITY
 NEW YORK



Earn credits faster with RCC!

8
WEEKS

FLEX
START



3.5
CREDITS

CLASSES BEGIN ON MAR. 25
REGISTER TODAY

Learn more at RCCAwaits.com

RCC | Rockland
Community
College

STATE UNIVERSITY OF NEW YORK

Jitterbugging to an abandoned dream

Kaylee Johnson
Campus News

There is a pair of nude character heels that have been sitting on my vanity bench for two months, and I swear, they have grown dark judgmental eyes. It would make sense, as they have led me into the darkest days of my life; we waltzed and jitterbugged into rejection, lunacy, and delusion gracefully, and always together. Those shoes would have led me off the bridge that separates my house from the icy Hudson if I let them.

Three weeks before my twentieth birthday, after spending the summer teaching ballet to children, I bought myself a pair of character shoes to audition for the Radio City Rockettes. I was a size 16 and an inch too short, but the mania was overpowering, and I spent five hours a day for two weeks practicing my kicks. A few days before the open call I woke up sober, sore, and restless and I knew that I couldn't handle the rejection that I would face in a room full of polished, thin women.

But, a week later I found myself in an elite audition room for a touring production of "The Nutcracker", and just as I originally suspected on that one sober morning, I was body shamed, overlooked, and humiliated. I left the audition halfway through and walked to my car in the pouring rain, listening to the heels tap against the sidewalk harmoniously.

I tried to tuck the shoes away after that, as they served as a reminder of my insecurities and failures, but they were expensive and I wanted to get use out of them, so I wore them to teach as a part of my Elementary Education fieldwork every Wednesday of the Fall Semester, which also happened to be the night of my acting class.

Out of every college class I have ever taken, acting has left the biggest impression on me. Not because of the material I learned; the professor was unsober, burned out, and sexually suggestive. But I finally cracked on that stage, and my classmates got to marvel at the intricacies of my psyche.

My first scene partner, Holden, turned out to be my first college crush, and I spent many hours studying him in those shoes; listening to him tell me how he wanted to be a broke Broadway actor living off bread and milk in a one-bedroom apartment in Manhattan, while publishing his manuscripts. I dreamt of a life where we would drive across the country together, writing about the people we'd meet along the way; a hippie lifestyle that tasted so nonsensical and alluring.

During one of our rehearsals, I put my elbows on the piano, closed my eyes, and listened to him sing to me. These moments

'Of every college class, acting has left the biggest impression on me.'

were tantalizing and led me into a cavern of enigmas that I have yet to understand.

That same day, while we were alone in the theater, Holden started dancing while I was reading *The New York Times*. I looked at him and laughed. "You could be worse," I said smiling coyly. He continued to dance and rehearse for his role in the school musical for an hour while I listened to the sound of my head pound while trying to read a single blurb in the paper.

The scene I curated was anomalous and emotional. Somehow, I convinced Holden



play a man on death row getting electrocuted. I played the mother of the victim he brutally raped and killed screaming at him through the glass. He just wanted to perform a proposal to the students, but I was never meant to blend in, and he knew that the moment he heard me talk about my distaste for people who read Nora Roberts and consider themselves literate during icebreakers on the first night of classes.

The shoes became a symbol of my youth; by day I taught children how to read in them, and by night I rendezvoused with a man who would never romantically like me for reasons that were completely out of my control.

On the day of our scene, I wore red lipstick, a tan pea coat that was purchased for my Uncle's funeral, cat eye sunglasses, twisted my newly charcoaled hair into a French twist, and those goddam character heels. When Holden saw this, he said "Wow, I am loving your look." Maybe he didn't see that underneath the sunglasses I was spiraling into an abyss of broken glass and bloody saliva.

And all because he made me feel what I should have felt after every exhausting ballet performance I wasted fifteen years of my life on. He made me feel exhilarated and my age, twenty.

So, I spent the rest of the semester harboring all my emotions in those heels, watching them grow muddier and more weather-beaten every week. Dance shoes aren't meant to be worn in snowstorms, you know. The left shoe was constantly at war with the right; left wanted me to jitterbug in the theater with Holden and let my guard down, while right was pulling me toward the basement of my campus library to write poetry in seclusion. Left always won, and the excuse I made when I neglected all other parts of life to embrace love was that I would be able to write about my experience someday.

When I went to watch Holden perform in the school musical, I sat in the front row of the dingy campus theater with twenty-year-old enthusiasm and an all-consuming migraine. For three hours I focused my gaze on him and tried to piece together all the unanswered questions that would not stop echoing in my

continued on next page

Job or transfer? (cont.)

the two-year degree in a field that is in high demand? Will you test the job market during this spring and summer, before your junior year this fall at a four-year college? If you can't find a career-leading job in these months, the best move may be to get more training and start your junior year this September. Weigh your options.

"With college costs continuing to skyrocket, the traditional bias that many executives have regarding four-year degrees is starting to recede," said Joe Weinlick, Senior Vice President of Marketing for Beyond.com, a career networking company. "Companies are more interested in whether they can bring in the right talent. If you have a skill that is in-demand, such as technology, you may be able to get a well-paying job right away. But in some fields, such as nursing, an advanced degree might be required to work in certain hospitals."

Step 2: Assess yourself. To get through your two-year college, you probably worked a job that only required a high school degree or less, while also studying. Can you take a more demanding job with your associate's degree in hand, and then take night, weekend or online courses at a four-year college simultaneously? If so, get the career now — and go to a four-year college at the same time, as a non-traditional student.

"If a bachelor's degree is important to your chosen career path, then don't put it off. But, you don't necessarily need to choose between working and a degree,"

Weinlick added. "An increasing number of colleges are offering online degrees in many subjects. It's hard work, but it can be done."

Step 3: Assess your financial aid and GPA. Did it take you four years to get a two-year degree? Then you may be running out of financial aid allowance. Is your GPA good enough to not only get you into the four-year college, but also get you added scholarship money to make up for the financial aid shortfall? If not, then you may be forced to prove yourself in the job market first.

Weinlick added: "After several years of a down economy, the job market is finally heating up. This means that recruiters are competing to find talent. If you aren't sure what to do, this is a great time to test the job market. If you find that you can get a job that launches you on your career, then you can immediately start to gain valuable experience. You can always choose to get your degree later."

Step 4: Assess the courses you have taken thus far. Were they "career" courses or "transfer" courses?

"There is a lot to consider here. For instance, did the student have a specific area of concentration or was he or she simply focused on meeting prerequisite courses?" asked Trey Wright, who heads up the higher education practice for Kaye Bassman International, a large national recruiter.

"Community Colleges are closely tied to industries within the communities they

serve. Students find a number of degree plans tied directly to jobs within those industries. If a student has concentrated their studies in one of these directions, then exploring the job market is probably a great idea. If they have followed the prerequisite path, they will find that their job options look very similar to what they would have experienced had they sought employment after graduating high school. These students should strongly consider transferring to a four-year institution and choose a degree plan geared toward a specific skill-set."

Step 5: Assess your long-term interests. Sure, getting a job that pays, say, \$40,000 a year now with a two-year degree may be better than actually paying two more years of tuition, but will an eventual bachelor's bring in more money over time? It is hard to imagine 10 or 20 years from now, but will a bachelor's offer you more flexibility down the road, say if you want to move into management some day?

"With the wage boost that comes from a bachelor's degree vs. associate's, and the obstacles that can develop returning to campus as time goes by, the answer is clearly to continue into a four-year program," said Matt Pittinsky, former Blackboard co-founder and current founder of Parchment, a credential management system that allows learners and institutions to manage academic credentials online. "Doing so provides more time in the labor market at the higher wage rate among other benefits. The key question is choice of major and selection of four-year program from a credit-transfer perspective."

Jitterbug (cont.)

ears. And while I lacked mental clarity during that turbulent time, I was certain that I was rooting for Holden; a soft-spoken dreamer with an angelic voice and idealistic lens. After the show, he wrapped his arm around me and expressed his gratitude, and I nearly vomited on the sidewalk from the rocky motion of all the emotions stirring inside of my heart.

The weeks that followed the show were rough, and eventually those shoes led me into foreign darkness. My theater class got to see a side of me that I did not know existed; as I threw off my black velvet shawl,

snorted powdered sugar meant to look like cocaine, and spent seven hours styling my hair and crying in the mirror of the makeshift dressing room.

After finals, I spent a lot of time exploring the West Coast, and for the most part I was able to forget about the fractures that Holden left me with. But in one moment, while I was standing on a vacant Arizona Route 66 road, I remembered him telling me how he wants to drive across the country and waltz with all the nuances of life. And, I realized that the man who had innocently flirted with me will linger in my writing for years to come; he unintentionally caused me to have a creative renaissance. I hope he gets to travel those picturesque roads someday with an untamed

heart and the same idealism I saw in his twenty-one-year-old eyes.

Maybe the curtains will open at St. James Theatre in New York City decades from now and I will lock eyes with the man who added color to my bland college experience. The audience will obliterate, and we will both be young and passionate again. But for now, I must decide what to do with the nude character shoes that can see into my abstract psyche.

Kaylee Johnson is a junior Education/English major.



Tips to improve you're your grammar

Laura LaVacca
Campus News

Grammar. A word that makes students cringe. The English language is so complex that once a rule is learned, there's quickly a rule that undoes it. The approach to grammar and writing should be more about giving students tools rather than rules that are often confusing or, worse yet, boring.

Roy Peter Clark's "Writing Tools" strives to do just that. A key text for any freshman to reference, Clark breaks down grammar into digestible "tools" — 50 to be exact.

On the most basic level, students should be aware of punctuation and how it affects the pace and rhythm of one's own writing. The various punctuation marks are confusing but Clark likens them to the flow of traffic. A period is a stop sign; a semi-colon is a speed bump; a dash is a branch in the road.

Grammar do's include varying the use of punctuation to show control but also to ensure the reader reads your writing the way you intended them to. A period is more of a dramatic pause than a comma would be, for example. Punctuation don'ts include excessive exclamation points, especially in serious pieces like academic research papers. Also, using more than one exclamation point or question mark, perhaps as students are used to doing in text messaging for emphasis, has no place in academic writing. One punctuation mark is sufficient.

Text writing is just that — artless, abbreviated and reserved for these casual technological exchanges. Understanding audience and the type of piece should be acknowledged first. In correct writing, lowercase i's do not exist nor do lowercase letters be-

ginning sentences. Avoid "LOL" or smiley faces. These are faux pas that professors certainly don't want to see.

Another helpful tip from Clark includes being mindful of verb choice. Often, students write passively with their verbs coming first and subjects second. Clark urges, "Use verbs in their strongest form, the simple present or past. Strong verbs create action, save words, and reveal the players."

Start with the subject of your sentence and let him do the action. Be forceful and assertive. These are *your* sentences; this is your story. Get rid of weak adverbs or modifiers like "sort of" or "kind of." These do not enhance the verb nor enrich your sentences. Good writing is concise and to the point.

Enhance writing by "seeking original images," says Tool #8 in "Writing Tools." Simply put, avoid clichés. The very definition has the word "over-used" in it. These cheapen writing and are unoriginal. Strive for original plays on words. "Never use a metaphor, simile, or other figure of speech which you are used to seeing in print," writes George Orwell.

With a similar approachable tone, the Grammar Girl of QuickandDirtyTips.com offers up some equally helpful grammar advice. Mignon Fogerty, author of "101 Troublesome Words You'll Master in No Time," breaks down her website into approachable grammar rules and topics. These range from ending a word with a preposition to using quotation marks correctly. This is a website every college freshman should have bookmarked.

Another common grammar area to be mindful of are indefinite pronouns. Understand that some are plural and some are



singular. Don't shift them halfway through an essay. Using "one" is a neutral pronoun that is often used in college writing. It doesn't cause confusion and is certainly more sophisticated than "you." Reserve the second person for letters, emails, texts — when you really are talking to that specific reader.

Understand that it's and its are two different words with very different agendas. The former being a contraction for "it is" and the latter showing possession. There's no such word as its'. Other homophone errors include to/too, their/they're/there and new/knew.

The apostrophe, therefore, is used in two different ways — one being contractions and the other being possession. Leaving an apostrophe off a word indicates pluralization and changes the meaning of the sentence en-

tirely, often resulting in nonsense. Take the sentence: "The teacher's students were passionate about grammar." The students belong to the teacher, as indicated by the apostrophe. Remove the apostrophe and suddenly there's more than one teacher in the sentence and the meaning is unclear.

'Be forceful and assertive. These are your sentences.'

Small errors lead to big problems — unclear meaning, incorrect sentences and loss of points.

The list of grammar do's and don'ts is extensive. Get down to the basics. Understand why it matters. Hit up your college's Writing Center and any free workshops if you're struggling. Good grammar helps far beyond the college years when you're in a career setting, sending mass emails to colleagues or when applying for a job and fixing up your resume. Knowing how to write and write well matters, inside and outside the classroom.

\$1.5 million women's grant

SUNY Ulster has received a \$1.5 million grant from the NoVo Foundation to help launch New Start for Women, a program beginning in fall 2019 to assist women in Ulster County who are living in poverty to obtain an education, skills, and the professional network needed for gainful employment. Administered by the Ulster Community College Foundation, Inc. and seeded by a \$100,000 donation from longtime SUNY Ulster supporter, Darlene L. Pfeiffer, the NoVo grant will be disbursed in \$500,000 increments over three years.

According to the US Census Bureau, there are over 12,000 women in Ulster County living in poverty, primarily in the age groups of 25-34 and 45-54. In Kingston, almost a fifth of city residents lives in poverty, half of whom are women. New Start endeavors to provide an education, combined with added support and services to empower

participants to succeed, that will lead to employment within the community.

SUNY Ulster has a long-standing commitment to the education of adult students looking to enhance or change their career paths through both its Continuing & Professional Education and AdultEDge programs. The addition of New Start for Women will help those in our community who do not have access to or cannot take advantage of educational opportunities as a result of economic circumstances, overwhelming barriers, or life challenges.

Students interested in the New Start for Women program will enroll in one of three SUNY Ulster certificate programs that have positive Department of Labor job projections for Ulster County: General Management, Administrative Office Skills, or Entrepreneurship. The New Start program will take a holistic approach to the educational

needs of students. In addition to providing tuition and fees, the program will provide academic and personal support, career support and mentorship, and community-building to help students achieve their goals.

New Start for Women's success will be built upon community partnerships among the College and donors, local nonprofit organizations, agencies, businesses, and community-based organizations to provide the tools and services students will need. Some of these include a laptop computer and home-based internet access, childcare, transportation, tutoring, counseling, networking events, a dedicated space at the Kingston Center of SUNY Ulster, study groups, and family events.

Mindy Kole, Associate Dean for Adult Learning at SUNY Ulster asserts, "Everyone on the New Start for Women team and at SUNY Ulster is very grateful to the NoVo Foundation for this

wonderful opportunity. We are very excited to work with NoVo and our community partners to provide education and a plethora of support services to the participants in this program. Our goal is to harness the strengths and services of SUNY Ulster and the community to provide a comprehensive program to address and remove the obstacles to success that students in this program face."

Dr. Alan P. Roberts, President, SUNY Ulster noted, "The creation of this new opportunity through the vision and generosity of Darlene Pfeiffer and the support from the NoVo Foundation is incredible and will enable us to leverage services with organizations in Ulster County to help program participants be supported through their higher education pathways. SUNY Ulster is pleased to continue our commitment to changing lives through education."

For more info, contact Mindy Kole at kolem@sunyulster.edu or at (845) 688-6041.

Transfer for disenfranchised College of New Rochelle students

In response to The College of New Rochelle's recent statement February 22 that it will likely close in the summer of 2019, Manhattanville College announced plans to support The College of New Rochelle students. "Manhattanville offers The College of New Rochelle students a smooth and easy transition to a nearby iconic Westchester college," said Michael Geisler, President of Manhattanville College. "CNR students will find similar values and wonderful resources at Manhattanville and we will do our utmost to ensure a rapid,

seamless integration of them into our welcoming community."

Manhattanville will provide transfer scholarships for CNR students and housing is available for fall 2019/spring 2020 semesters. **Manhattanville will host information session days and tours with rapid transfer application processing on March 14, 2019 from 3:00 – 7:00 p.m. and April 18, 2019 from 3:00 – 7:00 p.m. on the Manhattanville campus.** In addition, Manhattanville will honor CNR student's current semester bill (spring of 2019 at CNR) and ensure that students'

out of pocket expenses are equal to or less than what students paid in the spring of 2019 at the College of New Rochelle. As a result, transferring students will be able to attend Manhattanville at the same price they were paying at CNR.

"Offering to match cost is a way of helping students make a decision based upon which program is best for their future. Making a transition as a college student can be fraught with challenges, and we have put together a program that will make transferring simple for CNR students and their fami-

lies," said Peter Burns, VP for Enrollment Management at Manhattanville College.

"For the March and April events we will have shuttle buses between Manhattanville and The College of New Rochelle on March 14 and April 18 making it convenient for CNR students to visit our nearby campus, meet with a transfer official, tour the campus, meet with student ambassadors," added Mr. Burns. To get more information and register for the event please call or email Ken Scupp at 914-323-5157 or Kenneth.scupp@mville.edu.

Getting my kicks on historic Route 66

Kaylee Johnson
Campus News

Like an elusive debutante literary character, I spent holiday break exploring Historic Route 66 and the Nevada desert after getting my heart broken and experiencing a creative awakening. The empty roads and dry air acted as a sort of temporary wound sealant. For nine days I was completely carefree; the epitome of a twenty-year-old artist. There was a sense of clarity in my eyes during that trip that had disappeared for four dark months.

This trip would not have been possible without a rental car, and my family members' off-color commentary. In nine days, we explored the Las Vegas Strip, Red Rock Canyon, Seven Magic Mountains, Disneyland, Disney's California Adventure, Santa Monica Pier, Oatman Ghost Town, Arizona, Route 66, and Henderson. With enough careful planning you can pack all of this into one week, but

first you must be willing to drive and embrace spontaneity.

I could not imagine spending a week on the Las Vegas Strip walking through hotels and watching drunken cowboy-hat wearing frat boys dance to the soulless live performers that sing the same three songs every night and then go home, look in the mirror and feel nothing but numb; pulseless. The real fun is

outside of Las Vegas, and none of it is expensive. Most shows in Las Vegas are pricey and over-rated, but a hike around Red Rock Canyon costs fifteen dollars per

car, and a parking spot at Santa Monica Pier is only five dollars per hour.

Perhaps the key to feeling freedom run through one's coarse ashy veins is to break every unspoken rule of travel. Talk to the locals, they have stories too; find out about the façade of harmony they lust over



or are drowning in. Venture far away from the resort areas and stand with someone you love for a while, looking at a rusted abandoned diner on a road that used to be something. Think about the squeaky-clean honeymooners of the past who loaded up their trunks with picnic baskets, swim caps, and camera film before embarking on a passionate three-week journey across the country. To them every seedy rest stop, empty gas tank, and scorching summer day was dreamlike; nuances of mar-

riage. Focus less on menial travel planning and more on the direction your instincts are telling you to go.

Spring break is quickly approaching and if you don't have any definite plans, I strongly suggest gathering a few people you love and driving somewhere new and interesting; anywhere. If you can't think of a destination, let the destination choose you; get in your car and let your psyche do all the work. You will get wherever you are meant to go, eventually.

TRAVEL
WITH
KAYLEE



Matthews' art

Artwork by the Northampton photographer Sandra Matthews will be on view March 5-April 6 at the Amy H. Carberry Fine Arts Gallery, located in B28, on the campus of Springfield Technical Community College.

A meet and greet reception for the photographer will be on April 2, 9:45 a.m.-11:15 a.m. The gallery is open to the public and there is no charge to view the exhibitions.

Matthews will display work from her series "Present Moment," which includes photographs of family members, friends and acquaintances made over intervals of time and combined to make composite portraits. Some of these complex portraits incorporate backdrops of collaged newspaper contemporary to the time the photograph was made.



Matthews said, "I am interested in how humans register the passage of time, and in the connections between 'private life' and 'history.'"

Matthews, associate professor emerita of film and photography, is a graduate of Harvard University and SUNY Buffalo.

Ireland beckons

For the first time this summer, Northern Essex Community College will offer a study abroad course in Ireland for students who want to earn college credits. Modeled on the short-term study abroad courses that the college currently offers for its students, the English Composition course in Ireland will run from June 24 to July 5 and include surfing and kayaking on the Irish coast, a visit to Derry City in Northern Ireland, tours of ancient castles, and lots more.

The cost is \$3650 which includes airfare, housing and meals, and all activities and excursions. Contact studyabroad@necc.mass.edu or 978-556-3332.

Going on an English college tour

Rick Steves
Tribune Content Agency

Cambridge and Oxford have been in a centuries-long competition as England's top two universities – but I've always felt that seeing one is enough. The big question is: Which one? For years, I've had it lodged in my mind that Cambridge was much better to visit than Oxford. But on a recent visit, I changed my view. Though it's a close call, I'd give an edge to bustling Oxford – the more substantial town with plenty to see and do. Cambridge is a close second, with lovely gardens along the River Cam and a simpler, charming atmosphere.

Both towns are only an hour's train ride away from London, with Oxford to the west and Cambridge to the north, making each a fun and doable day-trip. Cambridge, with fewer accommodations, works better as a side-trip from London than as a stopover. Oxford can keep you busy sightseeing for a longer time and has plenty of good hotels – so it's worth a longer stay. Oxford is also a stone's throw from several other charming English destinations: the Cotswolds, Stratford-upon-Avon, Warwick and Blenheim Palace. But if you really can't pick just one, there's a great bus connection between them.

Despite their fierce rivalry – especially when it comes to rowing – Oxford and Cambridge have many similarities. Both schools use the “collegiate system,” where the colleges are mixed throughout the town; there's no sense of one secluded campus typical of many American universities. Both boast beautiful architecture and walkable town centers punctuated with convivial pubs and shops. And, of course, both have distinguished academic reputations

known throughout the world.

Founded in the 11th century, the University of Oxford is the oldest university in the English-speaking world and is known for its academic achievements and stellar alumni. Its many graduates have influenced the course of Western civilization in the realms of science, literature, politics and beyond (among its amazing alumni are Margaret Thatcher, Stephen Hawking and Oscar Wilde).

But that doesn't mean that Oxford is stodgy. Although you may see professors in their traditional black robes, this is a fun, young college town filled with shopping, cheap eats, pranks and rowdy, rollicking pubs – a mix of town and gown.

Of Oxford's colleges, Christ Church is the largest (and, some think, most pretentious). It's also the most popular stop for travelers – in part because of its historic fame, but mostly because scenes from the Harry Potter movies were filmed here. If Middle-earth and Narnia are more to your taste, stop by The Eagle and Child pub, a five-minute walk from the city center. It's most famous for its clientele – authors J.R.R. Tolkien and C.S. Lewis often met here.

The sightseers' Oxford is walkable and compact, and many of the streets in the center are pedestrian-only during the day. And there are more than colleges and literary connections here. The town also has a fine Norman castle-fortress and a museum of fine arts and archaeology.

The younger of the two, historic Cambridge is the epitome of a university town, with busy bikers, stately residence halls, plenty of bookshops and proud locals who can point out where the atom was first split. Origin-



nally founded in 1209 by some rebellious Oxford students, Cambridge now hosts 12,000 undergrads across 31 colleges, all with the same layout: green, monastic-type courtyards surrounded by chapels, libraries and housing.

The lively street in front of King's College, called King's Parade, is where locals gather. Nearby you'll find King's College Chapel, England's best example of Perpendicular Gothic architecture. When it was built, it had the largest single span of vaulted roof anywhere – 2,000 tons of incredible fan vaulting, held in place by the force of gravity. If you're in town for the evening, the evensong service at King's College Chapel is a must.

For a little levity and probably more exercise than you really want, try renting one of the traditional flat-bottom boats called “punts” and pole yourself up and down the River Cam. For a more relaxed spin, join a tour with a student guide who does the punting for you. Then quench your thirst at The Eagle, a pub near King's College where the discovery of the DNA double helix was announced in 1953.

With a history so rich, a drink here practically qualifies as serious sightseeing.

If your stay in England is limited, you may not want to see both towns. I recommend visiting one or the other and save time for something completely different. Whether you opt for Oxford's urban energy or Cambridge's easygoing tranquility, both offer a heady mix of history, architecture and youthful fun.

Rick Steves (www.rick-steves.com) writes travel guidebooks to the cruise ports of the Mediterranean and Northern Europe and hosts travel shows on public television and public radio. Email him at rick@rick-steves.com, follow his blog on Facebook, and watch for his TV special “Rick Steves' Cruising the Mediterranean,” coming to your local public television station this month.



**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
718.865.3604

SJC Long Island

Schedule a campus visit:
sjcny.edu/visitli
631.203.8616

St. Joseph's
College 
NEW YORK

Ready. Set. Joe's®

BROOKLYN • LONG ISLAND • ONLINE



'Jane the Virgin' preps for series climax

Danielle Turchiano
Variety

"Jane the Virgin" is coming to an end on the CW with a fifth and final season but series creator and showrunner Jennie Snyder Urman and series star Gina Rodriguez have known this would be the end for quite some time.

"Around the second year Mark Pedowitz said to me that the show will go as long as the story goes. That is a gift, if you work in TV, that you don't always get, and I was really grateful to that because it let me plan," Urman said at the CW's Television Critics Assn. press tour panel for the show Thursday.

Urman said she told Rodriguez around the third season that they had two more years' worth of story "if you're good."

"Gina and I are real partners. She's the one I come to with any and everything. We're a team," she explained.

Throughout the course of the five seasons, Urman shared that what she has taken away personally is "how much representation matters" and how important it is to be seen. She added she has taken out of the job how to lead with empathy, as well.

For Rodriguez, she shared she learned "about the spaces in which I could really create change." What she feels the most grateful for are the opportunities Urman has given her, she said, and she is really hopeful to do "for someone else what Jennie did for me" as she continues her career of producing and directing, in addition to acting.

Although she admitted that because she has yet to direct a feature film, she can only look at statistics, rather than personal experience, to know for sure whether or not television offers more of these opportunities than film.

"I have been extremely privileged because of Jennie's guidance," Rodriguez shared.

What she hopes now is that others create more opportunities, as well. "If your studio is hiring one female director, hire two," she said. "It may seem small, but it's already a big shift.

When it came to what Urman wanted to

do on-screen before the series' end, though, she said "the theme this year is things coming full circle." Urman wanted to revisit storylines and emotions that mirror "where we started but show how these characters have grown and changed."

In the fifth season premiere, for example, Urman said, there is a moment in which Rodriguez goes to Rafael (Justin Baldoni) in a yellow dress, which mimics a scene she previously performed when Jane went to Michael (Brett Dier) to choose him out of the love triangle.

Over the years, Urman noted that "in constructing the love triangle we knew we had to make both men worthy of Jane" because if one was less than, it would reflect back, negatively, on Jane. Each year would focus on a different part and provide each man different agency, with Urman asking her writers' room at the start of each season who was "Team Rafael" and who was "Team Michael," with goal being "to flip it over the course of the season."

The final season of "Jane the Virgin" starts with the answer to whether or not Michael (Brett Dier) is truly back from the dead. It's a telenovela trope that Urman pointed out has been threaded through the show-within-the-show but one that she still worried about executing "in a way that is both believable enough and also true to the tone and the spirit of the show."

The central moment of the final season premiere is a seven-page monologue for Jane where she works out her feelings about

'We knew we had to make both men worthy of Jane.'

the recent turn of events out-loud, to her mother (Andrea Navedo) and grandmother (Ivonne Coll), as she paces around her house. Rodriguez also directed the this episode, and she called this moment "a phenomenal challenge."

The scene, which was shot by Rory Robert Knepp using a Steadicam in a one, was attacked first technically, Rodriguez shared. "I went to theater school. I can remember an entire play... That's just the way I work. And when I saw this seven-page monologue, I was like, 'All right Jennie, let's do this,'" Rodriguez said.



Jennie Snyder Urman

Then it was about figuring out the specific choreography and making sure she hit each beat, she shared, making sure it "flowed organically." The scene ended up being a "great dance," added Urman, who said they had five takes of the scene and that any one of them could have been put in the final cut.

Urman added she also wants "a real sense of closure at the end." The philosophy in the writers' room has been how to have cake and eat it too — "really have it all and have these big family moments. I want to say goodbye in the right way, and I want to stick the landing, and it's a lot of pressure, but I really want to."

Added Rodriguez: "I don't know what's going to happen to me, emotionally, after the show is done because you don't get opportunities like this."

"Jane The Virgin's" final season premieres Mar. 27 on the CW.

How to write the college transfer essay

Daiki Yoshioka
Campus News

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

A Hint of Uniqueness

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

Show Who You Are

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

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

Research the School

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

Outline Your Plan

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



might be a good idea to start jotting down ideas on a piece of paper to see what you really want to do in the college and how the college helps you accomplish the objective.

Avoid Struggles

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

Start Writing NOW

Most importantly, don't start writing essays at the last minute; this is the most common mistakes made by applicants. Needless to say, excellent essays

require countless refinements and considerable time. A former Harvard student, Dan Milaschewski, advises to jot down any idea relevant to the prompt and whittle down afterward in the official blog of Harvard. Another former Harvard student, Taylor Reneau, advises in his YouTube video to start writing essays as soon as the prompt comes out. It is clear that the good college application essay needs exhaustive preparation.

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

2019 Summer Session at **SUNY Ulster**

Get a head start on your degree,
catch up on requirements,
or advance your career.

Find your class & register online:
www.sunyulster.edu/summer

Accounting
Art
Biology
Business
Communications
Criminal Justice
Earth Science
Economics
English
French

History
Information Literacy
Math
Music
Philosophy
Psychology
Sociology
Spanish
Veterinary Technology

3 Summer Sessions:

May 20 - July 1
May 20 - July 30
July 8 - August 15



\$170/Credit
In State Tuition

Start Here. Go Far.
SUNY Ulster
A STATE UNIVERSITY OF NEW YORK COMMUNITY COLLEGE

(845) 687-5075 • reginfo@sunyulster.edu

Visa, MasterCard & Discover Cards accepted • Payment Plan Available

WILDERNESS MEETS WONDER



Earn your bachelor's degree
at our remarkable lakeside campus.

To transfer your credits
contact our counselors today!



It's about the experience.

paulsmiths.edu
 [paulsmithscollege](https://www.facebook.com/paulsmithscollege)
 [@paulsmiths](https://twitter.com/paulsmiths)
 [#smittypix](https://www.instagram.com/smitty pix)

And the ‘flight from hell’ winner is...

Greg Schwem
Tribune Content Agency

Attention all you whiny, disgruntled air passengers who fire up your Twitter feeds to let the airline, and the entire Internet, know you didn't get your first-class upgrade, your aisle seat, or your specialty meal:

Please shut up.

Nobody wants to hear about the two-hour delay to Austin, the de-icing truck malfunction in Milwaukee or the passenger with nonexistent hygiene aboard your flight to San Francisco that left you so traumatized, you DEMAND a refund. Or at least 50,000 frequent airline points that can be redeemed during blackout periods.

For none of you have met Kevin Rohlwing.

Rohlwing, a senior vice president of training for the Tire Industry Association, could stop your “flight from hell” story mid-moan simply by holding up his hand at any point and asking, “Did TWO people die on your flight?”

For that is exactly what occurred aboard Rohlwing's recent Southwest Airlines flight from Baltimore to Las Vegas.

Now, death is never funny, and this humor columnist doesn't mean to make light of it. Many of us, me included, have been aboard flights where a medical situation necessitated an emergency landing or a frantic “Is there a doctor aboard?”

plea over the plane's intercom. A passenger succumbing midair is indeed tragic.

But two? The more I listened to Rohlwing's story, the more it sounded like a darkly comedic Netflix pitch:

“OK, here's the plot: Each week, carefree passengers board a flight to Vegas. But two of them never make it. The audience votes online with their picks. Think ‘The Love Boat’ on a plane. But without the happy ending!”

“We LOVE it. Order 40 episodes!”

Rohlwing recounted his story once he finally landed in Vegas, eight hours behind schedule, and we met at an awards ceremony rehearsal for the Tire Industry Association. He politely waited for me to finish droning on about my 90-minute delay out of Chicago before beginning his tale of woe. The normal flight turned anything but, he said, when an elderly woman went into cardiac arrest. The flight also contained a group of Korean War veterans traveling with their own paramedic. The medic, and the flight crew, sprang into action as the plane rapidly descended toward the nearest airport, in Fort Collins, Colo.

Once on the ground, the woman was removed by Fort Collins paramedics. Sadly, Rohlwing said, she passed be-



fore being taken to a hospital. As the plane refueled and pilots filed a second flight plan, crew members began expressing concern about the whereabouts of another passenger, who was last seen entering the plane's lavatory. A flight attendant eventually opened the door, only to find the passenger deceased on the floor.

The next time you roll your eyes when you hear, “Maintenance is aboard,” remember, Rohlwing's flight included two

‘Did TWO people die on your flight?’

visits from the coroner.

Rohlwing credited the pilot for doing his best to calm exasperated passengers.

“He commented that, in his 20-plus years of flying, he had never had a passenger pass away on a flight, let alone two,” Rohlwing said.

Real comforting.

Following the awards program, Rohlwing and a colleague returned to Baltimore. At baggage claim, they agreed the flight home was the BEST flight ever.

“No one died,” Rohlwing said.

This week I will be flying from Chicago to San Antonio. The Chicago forecast calls for subzero temperatures, which typically precede flight cancellations. My Southwest boarding pass has a high number, meaning a middle seat might be my only option. Hopefully our government remains open, so the TSA employees who screen me will earn paychecks for their diligence.

I will say nothing. My social media feeds will stay silent.

Instead, I will remind myself how lucky I am to wake up every morning.

Greg Schwem is a corporate stand-up comedian and author of two books: “Text Me If You're Breathing: Observations, Frustrations and Life Lessons From a Low-Tech Dad” and the recently released “The Road To Success Goes Through the Salad Bar: A Pile of BS From a Corporate Comedian,” available at Amazon.com.



Visit Greg on the web at www.gregschwem.com.

Have an interesting college story to tell?



Send us a message at collegestories@cccn.us!

Campus Puzzle

(solution page 24)

Across

- 1 Hershey's toffee bar
 5 Res __ loquitur: the thing speaks for itself
 9 Online shopping mecca
 14 Chip in a chip
 15 Seasonal song
 16 Hunky-dory
 17 Start of a knitting project
 18 Prefix with space
 19 Dry Italian wine
 20 Tailpipe emission
 23 Hot state
 24 Beatty/Hoffman box office flop
 28 Tug-of-war injuries
 32 Former fillies
 34 Ready for a refill
 35 Freelancer's email attachment: Abbr.
 36 Glider on runners
 37 Flowing garments

Down

- 38 Sonar signal
 39 Word in a bride's bio
 40 Went a-courting
 41 Two-time US Open winner
 42 Hair-smoothing hairs
 45 Library machine
 46 " __ the Walrus" __
 47 Shellfish cookouts
 54 Medicare prescription drug section
 57 Pre-coll.
 58 Brandy bottle letters
 59 Prospero's servant
 60 Highest sudoku digit
 61 Hip bones
 62 Free, in France
 63 Armoire feature
 64 Counting-out word

Down

- 1 Cyber Monday event
 2 Fort with lots of bars
 3 "Then again," in tweets
 4 Fixed
 5 "Be right with you"
 6 Pound, but not ounce
 7 Medieval laborer
 8 Six-time All-Star Moises
 9 Slips past
 10 __ pork: Chinese dish served with pancakes
 11 Letters often after a perp's name
 12 Loo
 13 Corrosive substance
 21 "Exodus" author
 22 Money makers
 25 Warbles
 26 Musical set in an orphanage
 27 Replies to an invite, for short

- 28 Make available
 29 " __ coffee?"
 30 Louvre Pyramid architect
 31 Pages with views
 32 Rachel Maddow's network
 33 Final Olds made
 37 Charming snake?
 38 2007 animated film in which Sting voices himself
 40 Coax
 41 Big chunk
 43 Many a bridesmaid
 44 Less cluttered
 48 Shift (for oneself)
 49 Hodgepodge
 50 "How awful!"
 51 Cruise stop
 52 Pork choice
 53 Do a vet's job
 54 Chum
 55 NPR journalist Shapiro
 56 Bone in a cage

1	2	3	4		5	6	7	8		9	10	11	12	13
14					15					16				
17					18					19				
20				21					22					
			23						24			25	26	27
			28				29	30	31					
32	33					34						35		
36					37							38		
39				40							41			
42			43							44				
45									46					
			47			48	49	50				51	52	53
54	55	56				57						58		
59						60						61		
62						63						64		

Campus Sudoku

(solution page 30)

			2	3	9		8	
6		1						7
							3	
		7	3		8	4		
				6				
		9	1		7			
	2				3			
5						3		8
	9		7	2	6			

Complete the grid so each row, column and 3-by-3 box (in bold borders) contains every digit 1 to 9. For strategies on how to solve Sudoku, visit www.sudoku.org.uk.

- A CAREER
- A PAYCHECK
- A COLLEGE DEGREE

(CHOOSE THREE)

Don't limit your life to the ordinary. Candidates accepted in the U.S. Air Force are automatically enrolled in the Community College of the Air Force free of cost. Not to mention the hands-on training you'll receive that gives you invaluable experience. With the Air Force, your future is limitless.

Your Local Air Force Recruiter:

TSgt Ledra Thomas

518-361-4350



LCC president is stepping down

LaGuardia Community College President Gail O. Mellow recently informed the campus community that she plans to step down in August 2019. “I love LaGuardia. After almost 20 years as president, I continue to be amazed at what our community accomplishes. We are an astonishing institution and it starts with our formidable students, with their extraordinary passion for learning and determination to overcome obstacles and thrive,” said Dr. Mellow (pictured above). “I remain floored by the endless dedication and talent of our faculty and staff to educate and support our students—they passionately embrace innovation and constantly seek to improve the work they do both in and out of the classroom. We have an incredible network of community supporters—from those providing funding for our at-risk students, public officials supporting our dreams, and businesses and not-for-profits providing internships and mentoring to our students. Our leadership team has never been stronger and I know that LaGuardia will continue to improve the lives of students, their families and our community for



decades to come.” LaGuardia Community College of the City University of New York (CUNY) serves more than 57,000 credit and non-credit students each year. With 60% of students born outside the U.S., representing 148 nations and speaking 90 languages, the College’s student body is among the most diverse in the nation. A majority come from families making less than \$30,000 annually.

“What we do at LaGuardia is essential in today’s America—giving students the knowledge and skills they need to build careers, thereby moving them out of poverty and making our communities stronger,” said Dr. Mellow.

Fast-track culinary

Beginning March 18, BCC’s Fast-Track Hospitality and Culinary Program will launch a pilot of three new non-credit certificates taught by industry experts. The new program is designed to provide the skills and experience needed to address the acute shortage of service professionals in the region, and to elevate the Berkshire experience for both visitors and full-time residents. The certificates aim to support

local economies and to cultivate and retain young talent in the Berkshires. Berkshire Community College’s (BCC) Community Engagement, Education & Workforce Development team has been developing a comprehensive county-wide plan to address hospitality needs in partnership with several key employers in the region. Details: www.berkshirecc.edu/hospitalitytraining.



Transfer Made Easy

Why waste your time endlessly searching for transfer information or your money applying to colleges where your credits won’t transfer?

GIVE ME CREDIT

Use the Affordable College App to request a credit evaluation from any school in the country.

credit.affordablecollege.org



Campus Word Find

By Frank J. D'Agostino

(solution page 30)

Find these words that are associated with college majors:

- Accounting
- Business
- Chemistry
- Cinema
- Dance
- Education
- English
- Fashion
- Government

- Graphics
- History
- Journalism
- Media
- Music
- Nursing
- Optometry
- Physics
- Psychology
- Real Estate

Find Mr. D'Agostino's puzzle books on Amazon.com.

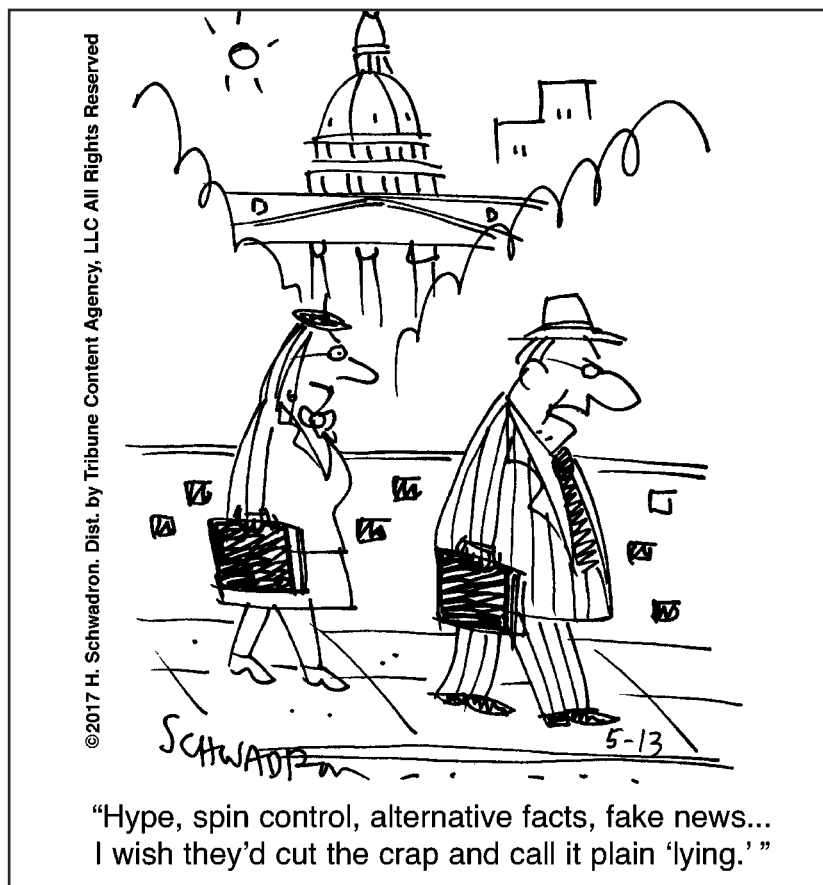


Write for us!

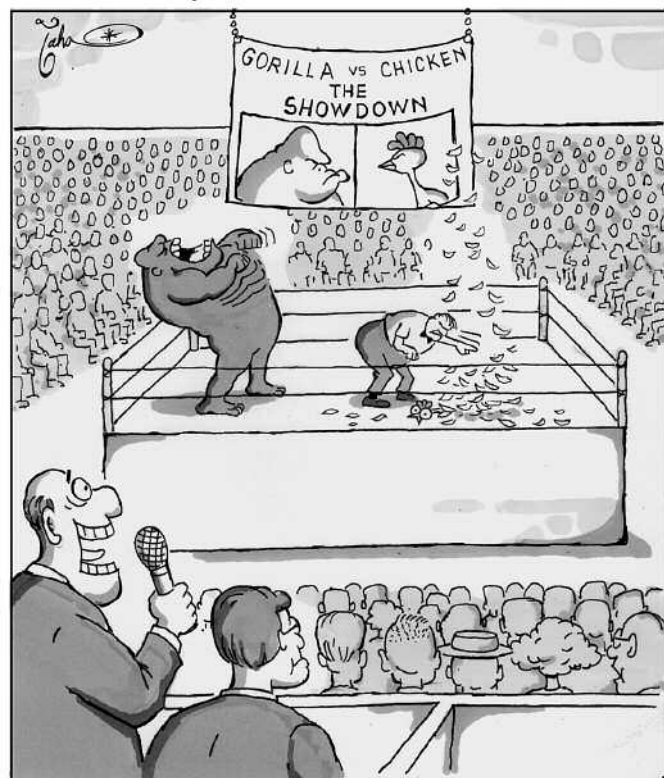


Contact editor@cccn.us.

9 to 5 by Harley Schwadron



Off My Meds.net © Copyright 2018 L. Taha



... and that's it! Three seconds into the first round, and it's over! Gorilla wins!

Blind student is living the DREAM

Mohawk Valley Community College public policy major Ahmat Adam Djouma has been selected as a DREAM Scholar by the Achieving the Dream Network and presented to the 2,300 attendees at ATD's annual conference, DREAM, Feb. 19-22 in Long Beach, Calif. He is one of eight students selected by the ATD Network to receive this honor.

Djouma was born blind. He and his family are originally from Sudan, but violent conflict there forced them to flee to Chad, where they lived in a refugee camp. The schooling there was Djouma's first opportunity to learn, and he had to memorize the lessons because the school did not provide accommodations and was unable to teach him to read or write. Throughout this experience he vowed to not live by the low expectations set before him be-

cause of his disability. He says, "low expectations create obstacles for people with disabilities." In 2009, Djouma and his family immigrated to the United States, where he had to learn braille and English simultaneously. During his senior year at Thomas R. Proctor High School in Utica, Djouma participated in the MVCC College Connection program, where he earned college credit as a part-time college student, which helped him transition to college. In 2017, he graduated in the top 10 percent of his class at Proctor with a Regent's diploma.

In his classes at MVCC, Djouma uses many styles of assistive technology to take notes, including his iPad, a braille note-taker, digital recorders, and a computer with JAWS (screen-reading software for blind and visually impaired people) that speaks information to him. He

uses earbuds or a headset to not interrupt other students during class. He also uses a cell phone, email, Facebook, Twitter, and all of the social technology used by others. Djouma's expectations for himself are high and he expects his instructors to have the same level of expectations for him.

Djouma is an advocate for accessibility in education and believes that "education is the key that unlocks the door to success." He is currently on the NYSED Advisory Council for Students with Disabilities in Higher Education, representing students with disabilities. He aspires to a career in law or government.

DREAM Scholars are nominated by their institutions, then submit applications asking them to reflect on their college journeys and undergo a rigorous selection process. During DREAM, the students talk with experts,



share their educational experiences, and attend sessions on improving student success, institutional governance, teaching and learning, administration, and more. Their individual presentations allow them to share what they have learned about Network colleges' work to improve students' success and completion and close achievement gaps for historically underserved student populations.

Learn to appraise

Columbia-Greene Community College is partnering with Abigail Hartmann Assoc. and Stair Gallery of Hudson to offer a two-day class and exam on Uniform Standards of Professional Appraisal Practice on March 25 and 26. This professional class is for ideal for appraisers and collectible-industry workers, as well as collectors, pickers, and aficionados of antiques, art, jewelry and collectables.

According to course instructor Gayle Skluzacek, A.A.A., president of Abigail Hartmann Associates of Manhattan and Claverack, N.Y., the USPAP Standards are the only standards for personal property appraisal sanctioned by the Congress of the United States, and recognized exclusively by the entire industry.

Students who successfully attend and pass this USPAP class will stand out in their profession by being able to write USPAP-compliant appraisals," said Skluzacek. "Of the estimated 2 million personal property appraisers in the U.S., only about 10,000 are USPAP compliant. With the recent changes to the tax laws in July 2018, the IRS stated that appraisals are to be performed by a qualified appraiser according to the 'substance and principles of the Uniform Standards of Professional Appraisal Practice'."

The course fee is \$465, which includes the required text, exam, and certification fee. For information, call (518) 828-4181, extension 3342, or email communityservices@sunycgcc.edu.

RCC athletes honored

Student-athletes from Rockland Community College have been awarded All-Region and/or All-Conference academic recognition for the Fall 2018 semester. RCC competes in Region XV of the NJCAA Div. III and the Mid-Hudson Conference.

Landing a berth on both the All-Region (3.25 GPA or higher) and All-Conference (3.0 GPA or higher) academic teams were volleyball players Deven Lawson, a sophomore outside hitter out of Nanuet HS; sophomore right-side player Danielle McManus from Clarkstown South HS; freshman setter Elizabeth Miñano out of Tuxedo (N.Y.) HS; and sophomore middle blocker Emily Schmidt from North Rockland HS; sophomore Aaron Jones from the men's soccer team; and sophomore cross country runner Jonathan Rose, from Chester, N.Y. In addition, freshman soccer player Steeve Cadet reaped All-Conference accolades. Schmidt was previously named first-team All-Region and All-Conference for her exploits on the volleyball court, while Miñano gained second-team All-Conference laurels. The women's volleyball team, under ninth-year coach Erik Ellingsen, posted a 14-8 overall record and advanced to the Mid-Hudson Conference semifinals and Region XV quarterfinals. The men's soccer team, under third-year coach Danny Samimi, reached the Region XV semis for the second time in three years.

Classified Ads & Games

APARTMENTS. NO BROKER FEE! In Brooklyn, Queens, Manhattan... 100% No Broker Fee. 100% approval. 300 Third Avenue, NY 10016. By appointment only. Call + Text: (212) 495-9186/WhatsApp.

PROFESSIONAL Graphic Designer that will design your logos, flyers, and business cards to give you **CONFIDENCE** and be **PRESENTABLE**. Text 929-355-4568

OVER \$10K IN DEBT? Be debt free in 24-48 months. Pay a fraction of what you owe. A+ BBB rated. Call National Debt Relief toll free at 1-855-222-0609.

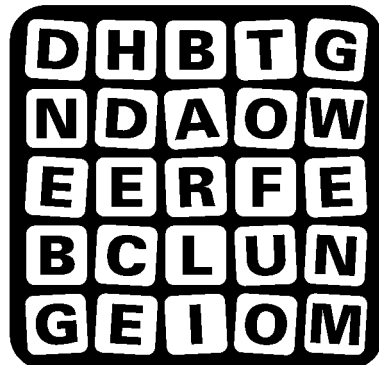
GET CLEAN TODAY. Free 24/7 Helpline for alcohol/drug addiction treatment. 844-656-8427.

WANT TO START A CAREER IN PRO SPORTS? 1-on-1 Sports Marketing Career Consultations. Email Ken Zore, KZ Sports Marketing at KZSM2010@gmail.com.

ATTENTION HOMEOWNERS! A



By David L. Hoyt and Jeff Knurek



INSTRUCTIONS: Find as many words as you can by linking letters up, down, side-to-side and diagonally, writing words on a blank sheet of paper. You may only use each letter box once within a single word. Play with a friend and compare word finds, crossing out common words.

BOGGLE POINT SCALE
 3 letters = 1 point
 4 letters = 2 points
 5 letters = 3 points
 6 letters = 4 points
 7 letters = 6 points
 8 letters = 10 points
 9+ letters = 15 points

YOUR BOGGLE RATING
 151+ = Champ
 101-150 = Expert
 61-100 = Pro
 31-60 = Gamer
 21-30 = Rookie
 11-20 = Amateur
 0-10 = Try again

Boggle BrainBusters Bonus
 We put special brain-busting words into the puzzle grid. Can you find them?
 Find **AT LEAST 11 FOUR-LETTER ANIMALS** in the grid of letters.

BOGGLE is a trademark of Hasbro, Inc. © 2018 Hasbro, Inc. Distributed by Tribune Content Agency, LLC. All Rights Reserved.

SOLAR ENERGY SYSTEM WILL SAVE YOU \$\$\$ ON YOUR MONTHLY UTILITY BILLS WHILE PROTECTING YOU FROM FUTURE RATE HIKES. TAX CREDITS AVAILABLE! CALL: 844-348-4998.

STUDENTS/FACULTY/STAFF: SEND YOUR 20-Word ad to us

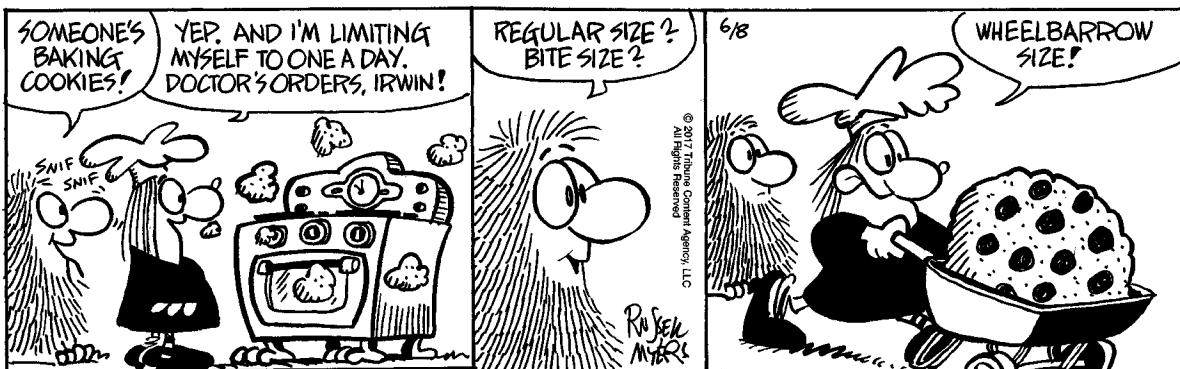
and we'll print it for free (you must send from a ".edu" address). Everyone else: \$1/word. Contact ads@ccc.us.

TUTOR - NYS TEACHER & WRITING PROFESSOR. MANY SUBJECTS. GRADE 6-ADULT ED. SAT, ENGLISH, COLLEGE COURSES. CALL: 516-318-3939.

Bound & Gagged by Dana Summers



Broom Hilda by Russell Myers



SCRABBLE GRAMS

Hasbro and its logo, SCRABBLE®, associated logo, the design of the distinctive SCRABBLE brand game board, and the distinctive letter tile designs are trademarks of Hasbro in the United States and Canada. ©2018 Hasbro. All rights reserved. Distributed by Tribune Content Agency, LLC.

RACK 1

A₁ E₁ U₁ T₁ T₁ N₁ M₃

RACK 2

A₁ I₁ O₁ N₁ J₃ T₁ D₂ Double Word Score

RACK 3

A₁ E₁ U₁ M₃ R₁ R₁ D₂

RACK 4

A₁ E₁ O₁ R₁ R₁ V₄ M₃ 2nd Letter Triple

RACK 5

A₁ E₁ T₁ T₁ S₁ D₂ F₄

PAR SCORE 260-270

BEST SCORE 330

FIVE RACK TOTAL

TIME LIMIT: 25 MIN

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

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

10-21

JUMBLE

THAT SCRAMBLED WORD GAME by David L. Hoyt and Jeff Knurek

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

TOMTO

INRAY

RIRETW

KOIVEN

See! I made this sweater to go with my hat. I'm really getting the hang of this.

This is a sweater? Are you sure that's this?

SHE LET HER HUSBAND MAKE SOMETHING WITH HER YARN. BUT HE WAS A _____

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

Print answer here: " _____ "

Jumbles: MOTTO WRITER RAINY INVOKE
 Answer: She let her husband make something with her yarn, but he was a "KINWIT".



MAKE YOUR MOVE

SMALL.
PERSONAL.
LOCAL.

INSTANT
DECISIONS

TRANSFER TUESDAYS GOING ON NOW

OPEN HOUSE
APRIL 13



concordia-ny.edu
1-800-YES-COLLEGE
BRONXVILLE | NEW YORK

CONCORDIA
COLLEGE  NEW YORK

Small School. BIG IMPACT.



Saint Peter's
UNIVERSITY

The Jesuit University of New Jersey



Complete your Bachelor's degree.

**Affordable Tuition. Transfer-Friendly.
Outstanding Value. Flexible Degree Options.**

Online and Evening Options, Eight-Week Terms:

- Business Administration **ONLINE**
- Criminal Justice
- Education (BA)
Pre K–3rd Grade
Elementary Education
- Nursing (RN to BSN) **ONLINE**
- Public Policy/Urban Studies
- Professional Studies
- General Studies
- Humanities
- Social Sciences

AVAILABLE ONLINE ONLY:

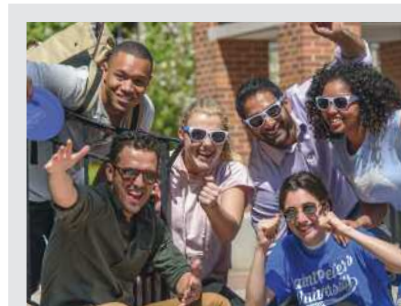
- Cyber Security
- Digital Marketing
- Organizational Leadership

————— With **NEW** programs launching for Fall, 2019! —————



Full-Time Day Options:

Choose from over 50 majors and minors including our accelerated Bachelor's to Master's programs.



Easy Transfer Process

Come to campus, call us or email your questions about transferring! This is your chance to discover more about Saint Peter's University and to unlock your full potential. Meet with an admission counselor, get an instant decision, and register for courses!

SPRING OPEN HOUSE Saturday, March 16th

Jersey City Campus

Learn more: **(201) 761-7100** or **saintpeters.edu/transfer**

'Reshape' exhibit

The Foundation Gallery at Columbia-Greene Community College will present "Reshape," an exhibition by the artist Matt Frieburghaus. The show will open with a reception on March 7, at 12:30 p.m. The show runs through April 19.



Frieburghaus uses photos and video and audio recordings to explore light and sound gathered from trips to Iceland. These works use blocks of color, lines, layers, and shapes to reference the dramatic low-arctic light, the midnight sun and the ever-changing environment of Icelandic geological features such as lava flows and glaciers.

The Foundation Gallery located in the Arts Center on the C-GCC campus, located on Route 23 in Greenport, one mile east of the Rip Van Winkle Bridge. Open weekdays, 9-5. For information, call (518) 828-4181, ext. 3351.

VP named to panel

Dr. Noemi Custodia-Lora, Northern Essex Community College's vice president of the Lawrence Campus and community relations, was named to a national equity advisory panel charged with creating policy and strategy so every worker has the opportunity for gainful employment.

The Racial Equity National Advisory Panel is part of the National Skills Coalition, a nonprofit based in Washington, DC. NSC's 28,000 members come from across the 50 states and Puerto Rico, and are drawn from business, labor, community colleges and the public workforce system.

Custodia-Lora is one of 23 individuals nationwide selected to serve on the equity advisory panel. Her "deep professional expertise in higher education, including her leadership at NECC in establish-



ing new and innovative partnerships to better serve immigrants and students of color, was a primary factor in her selection," according to the selection committee.

Custodia-Lora, herself an immigrant, said she is honored to be selected to sit on the panel. "I want to help advance policies and agenda promoting opportunities for professional immigrants currently on low-wage, low-pay jobs to upgrade their degree/work level."

DEAR FUTURE,
I WILL DETERMINE MY OWN
DESTINY. MY EDUCATION WILL
PREPARE ME FOR ANYTHING
YOU THROW MY WAY

BE FUTURE PROOF — GUARANTEED*

Visit our **OPEN HOUSE** Saturday, April 13 at 10 a.m.

VaughnCollege
of aeronautics and technology

vaughn.edu ENGINEERING | TECHNOLOGY | MANAGEMENT | AVIATION

* For eligible full-time students. See full details at vaughn.edu.

CAMPUS NEWS

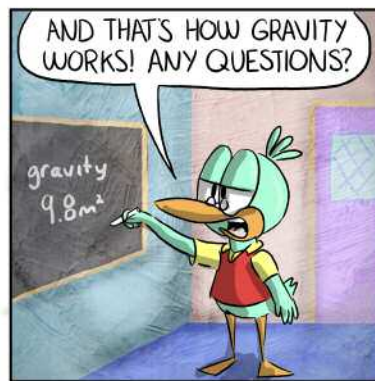
is published monthly and distributed to over 37 two-year colleges.

Regular Writers: Writers are usually college students, very recent grads or staff/faculty, including Prof. John DeSpagna, Peter Briguglio, Oheine Porter, Prof. Jack Mandel, Leanne Costantino, Laura LaVacca, Kaylee Johnson, Yesenia Coello, Telijah Patterson and Dave Paone. **Publisher/Editor:** Darren Johnson.

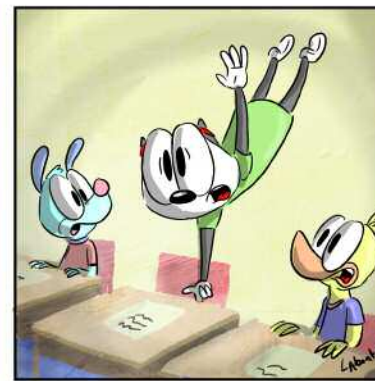
Photos and Art: Photos are taken and/or provided by the authors of articles or are archive/stock or PR images, unless noted. Most comics and puzzles are provided in agreement with Tribune Content Agency.

Contact/Subscriptions (\$24/year):
Send a note to editor@cccn.us for everything.

Filbert by LA Bonté

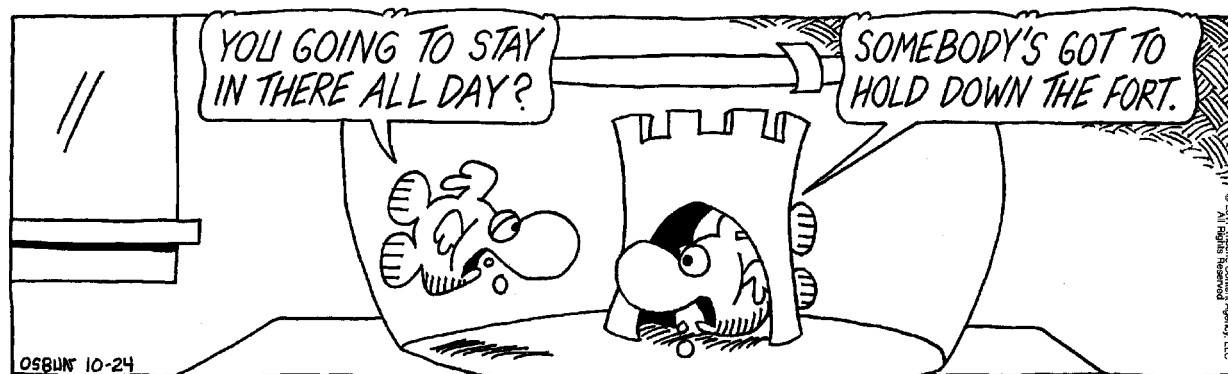


L.A. Bonté



@FilbertCartoons

Animal Crackers by Fred Wagner



OSBUN 10-24

© 2017 Tribune Content Agency, LLC

WE CAN MAKE A BIG DIFFERENCE WITH TUITION ASSISTANCE!



- Work one weekend a month and make up to \$246 for just two days of work; certain jobs can offer up to \$596
- Tuition Assistance Program Available: Receive up to \$4,500 a year to pay for your education
- Sign-on Bonus: Certain jobs offer \$15,000
- Student Loan Repayment Program: Can assist in paying some of your college loans
- Gain work experience for your future career

START YOUR ADVENTURE



AIR FORCE RESERVE

800-257-1212 • AFReserve.com/College

MIDTERMS?
GET IT WRONG!
THE PLAY THAT GOES
WRONG

**BROADWAY'S FUNNIEST SMASH HIT
AND INTERNATIONAL PHENOMENON**



PHOTOS: MATTHEW MURPHY

BROADWAYGOESWRONG.COM

Telecharge.com 212-239-6200 NEW WORLD STAGES 340 W 50th St, New York, NY

Detoxing from Facebook for 40 days

I'm giving up Facebook for Lent.

It's not that I'm being particularly religious — one doesn't even have to be Catholic to consider giving up something for Lent. It's 40 days and this year starts on March 6. Consider it a spiritual undertaking.

Lent is a great second chance after New Year's to try to stick to a resolution. You don't have to give up anything for Lent — instead, you can vow to do something. Say, take up jogging or volunteer at a shelter.

But most people who attempt a Lenten change are trying to reset and recover from a bad habit. Mine is Facebook.

I've podcasted about my awful Facebook feed on CampusXM.com. You can download the podcasts there or type "CampusXM" on iTunes.

I don't know why I feel compelled to keep checking Facebook. Yeah, it's proven "likes" give one a dopamine rush, but, more so, I think I check it because the Internet overall is

kind of boring — just Facebook is slightly less boring. I'm bored, and tired. And Facebook is easy. (But maybe I'm tired because I check Facebook too late into the night? Occasionally, I will check it at 2 or 3 a.m., if awakened by the dog barking or a loud truck outside.)

That said, it's also rather useless and distracts me from more important things — like reading and writing, and being more present and aware of my family when they are sitting right next to me.

Facebook does none of these things for me: It doesn't bring me entertainment, it doesn't make me money and it doesn't educate me.

Let's break these down.

Entertainment. Facebook sadly lacks in this area. In my feed right now are some mundane fan posts for TV-show pages I follow ("Did Tony Soprano die in the finale?"), pictures of people's lunches (yech!), and lots of political nonsense from long lost friends and relatives (Trump!). It's random and messy and a few people dominate with idiotic memes. This certainly isn't as elucidating as reading a book or watching a film; yet, it is easier. Thus, my using Facebook as a pacifier is lazy thinking. It is turning my

brain's mental muscles into flab.

Money. I could tolerate Facebook better if it actually made me money in some way. Ads I buy on the site go nowhere — and I was a professional marketer for many years; I understand how to advertise. The stuff I try to sell there doesn't

have a market; I've found people to be ad-blind on social media. Facebook, unlike LinkedIn, also isn't the place to find clients and impress your bosses. And then, the site tries to target me with their ads. For example,

recently I was talking in my car about the great massage chairs at Planet Fitness. My phone must have heard me because as soon as I opened Facebook-owned Instagram an ad for one of those chairs appeared (\$5000?!). I barely use Instagram, and there that ad was among the first few images. Pretty devious.

Education. Fine, if something isn't entertaining or at least money-making, maybe it can be enlightening. Reading The New York Times can be like eating your vegetables — you have to do it sometimes, and you may even learn to enjoy it! But Facebook shoves low-quality news at me. Sure, it's great for breaking headlines (one of The Monkees died?), but even my local news outlets mostly push

clickbait at me. For example, a local TV news channel pumped out a story about a kid who was selling hot cocoa to help fund Trump's border wall. This story is surely provocative — but the kid is in another state. It's hardly news. The local TV channel is desperate for clicks. These are the kind of stories local media is pushing out on social media. I am not going to learn much going to Facebook; it's not vegetables — it's empty calories.

So why do I keep checking out this site? How did Facebook hook me?

It doesn't matter. Lent will be a good excuse to detox, and I will report back and let you know how it went.

What will I do instead? I will make sure I have a book and a print newspaper nearby at all times. It will be like when I'm on vacation, away from wi-fi. Maybe that's the reason why I always feel refreshed, and reset, after a vacation. Lent may end up being a 40-day detox from the nonsense that is Facebook.

Maybe you should try this, too?

Darren Johnson is working to build a college podcast network. Want your podcast listed on CampusXM? Contact xm@cccn.us.



HEAR THIS ARTICLE AS A PODCAST ON



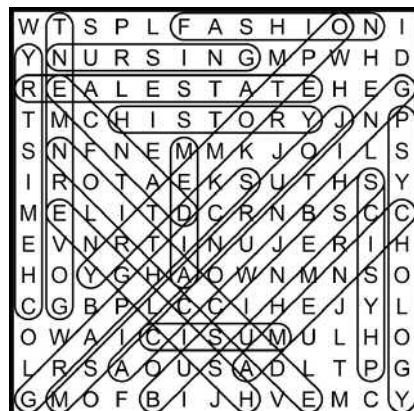
SCRABBLE GRAMS SOLUTION

N ₁	U ₁	T ₁	M ₃	E ₁	A ₁	T ₁	RACK 1 =	59
A ₁	D ₂	J ₈	O ₁	I ₁	N ₁	T ₁	RACK 2 =	80
E ₁	A ₁	R ₁	D ₂	R ₁	U ₁	M ₃	RACK 3 =	60
O ₁	V ₄	E ₁	R ₁	A ₁	R ₁	M ₃	RACK 4 =	70
D ₂	A ₁	F ₄	T ₁	E ₁	S ₁	T ₁	RACK 5 =	61

PAR SCORE 260-270

TOTAL **330**

Hasbro and its logo, SCRABBLE®, associated logo, the design of the distinctive SCRABBLE brand game board, and the distinctive letter tile designs are trademarks of Hasbro in the United States and Canada. ©2018 Hasbro. All rights reserved. Distributed by Tribune Content Agency, LLC.



7	4	5	2	3	9	6	8	1
6	3	1	4	8	5	2	9	7
9	8	2	6	7	1	5	3	4
2	5	7	3	9	8	4	1	6
4	1	8	5	6	2	9	7	3
3	6	9	1	4	7	8	5	2
1	2	4	8	5	3	7	6	9
5	7	6	9	1	4	3	2	8
8	9	3	7	2	6	1	4	5

Write for us!



Contact editor@cccn.us.



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-info



• **SPRING INFORMATION SESSION** •

Saturday, April 27, 2019, starts at 1 PM

 **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

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.

OPEN HOUSE: SUNDAY, APRIL 7 AT 1 P.M.

WHERE. HERE.
THE SMARTEST VALUE IN HIGHER EDUCATION

MOLLOY.EDU | 516.323.4000

