

Community College

CAMPUS NEWS



Volume 15, Issue 1 FREE!

It's a New Year 2017



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GIVING BACK 10

Top 10 ways to win at college

Shahael Myrthil
Campus News

No one said that college would be easy, but that doesn't mean that you should just drop out and live under a bridge. If you do, think about when it's snowing: where would you get heat, if you don't have a homeless shelter nearby? So if you're not too fond of the idea of slowly dying from hypothermia, listen up and know that, like myself, you can and will survive college! Here's how:

1. Eliminate the toxic relationships in your life. Having to constantly deal with petty drama will only drain your energy and serve as a distraction that'll hurt your grades.

2. Treat the library as if it was your second home. Spend less time wasting your money on unnecessary clothes and invest in your future by tackling your books and study!

3. Behave in class and participate. Being a teacher's pet in high school



was considered lame, and would make you the laughing stock of the school, but in college, it isn't as bad as you think! Don't be afraid to stand out from your classmates, and participate in class as if your life depended on it! It's that type of behavior that will get a

teacher to take a liking in you and remember you for years to come! I can't tell you how many of my professors wrote letter of recommendations for me! Not all professors will do that, es-

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The problem with New Year's resolutions



Tiffany Hervas
Campus News

At the end of every year comes the renewal of hope and inspiration for change. Champagne bottles pop and glasses cling as the world welcomes in the New Year. Full of second chances, rekindled love and passions; people look forward to the setting of new goals and aspirations. Within a matter of 24 hours suddenly the world is

filled with a renewed spirit, declaring, "This is the year for change!"

While the month of January sparks all the craze, gym membership's increase, smoking patches fly off the shelves and Staples' supplies run low as Americans makes their first moves towards a "better, healthier living." Top New Year's resolutions include losing weight by going to the gym and/or eat-

ing healthier, quitting smoking and becoming more organized. Although, it is also just as common for the craze to diminish during the following months as most people's vigor and ambition dissolves into the routine of everyday life and responsibility. The leaving behind of the once vibrant zeal results in lame excuses, procrastination and ultimately termination.

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Why should I hire you?

Prof. John DeSpagna
Campus News

You are on your first job interview out of college and one of the questions you will probably be asked is, “Why should I hire you?” In order to successfully obtain the job you want after graduating from college, you will have to be ready for the job interview. This is a skill set that you can improve on with practice, so why not start working on this now.

In previous articles, I have written about developing your five-year plan, understanding what your 401k benefits are and why your credit score is important. Being prepared for the job interview is another step on the path to success.

Before you go on the job interview, you need to be prepared. Learn about the company ahead of time by talking to employees or go to their web sites. Make sure you bring at least five extra copies of your resume because a team of employees may interview you.

You also need to clean up your Facebook site. Yes, employers do go online and learn about you from your Facebook site. Facebook is your autobiography. Clean it up! Do you have privacy settings in place?

When you meet the interviewer, make sure you shake hands firmly. You also need to make eye contact and say the interviewer’s name. Eye contact is important and the interviewer will also be looking at your body language.

During the interview, the company will be looking to create a good match between a job candidate and their firm. They will be asking questions and probing further with follow up questions to see if you have the core competencies a company is looking for. Do you have a good work ethic and do you use sound judgment?

Some of the questions they may ask include:

What is the best job you ever had?

What is the worst job you ever had? Do not say anything negative about an employer. My worst job was at Shea Stadium and included wheeling out the garbage bins after the game. I told the interviewer that I knew things could only get better from there on out.

What is your greatest strengths and weaknesses? Turn the weakness into strength!

What motivates you?

What is your five-year plan?

How are you going to help this organization?

You should also have some specific examples ready that emphasize some of your skills. Some of these questions may include:

Tell me about a time you went the extra mile? This emphasizes your work ethic.

How you made a big decision? This shows sound judgment.

A time that something did not go according to a plan? This shows adaptability

Some of the points you may want to talk about include some experiences you have had in travel, volunteering and experiences that will make you an asset to the organization.

At the end of the inter-

view, you are probably going to be asked, “Do you have any questions?” You have to be prepared for this question and have several questions ready to ask. If you do not come prepared with any questions, you are telling the interviewer that you are not interested in the job. Do not make this mistake. Do not ask about compensation; let the organization bring this up first.

Upon leaving the interview, ask the interviewer for their card, thank them and ask them about the next step in the interview process. Be aggressive and tell them you will contact them in one week so you can arrange for a starting date. Send out an email immediately after the interview thanking them for the opportunity to interview.

Follow up in one week with a phone call. I interviewed with Merrill

‘Be aggressive and tell them you will contact them in one week.’

Lynch for a position and told the interviewer, “I will call in one week.” One week later, I called and was offered the job. No one else called and the manager said he wanted to hire someone who really wanted to work for the organization.

If you really want a job, you need to have the skill set, experience and interview skills to get the job. Be prepared, aggressive and let the interviewer know that you really want the job.

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



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Spring break destinations a short drive away

Kaylee Johnson
Campus News

With spring break approaching in March I cannot walk through the halls of my college without hearing students murmur about their trips to places like the Caribbean. White sand and sparkling turquoise waves are a sight to see, but there is also a lot to explore in their backyard. Here are some places in the Northeast to scratch off your bucket list during spring break:

Montauk. This popular beach town is nicknamed “the end” because it is at the very end of Long Island. Although it will be too cold to swim during spring break you can still enjoy the view. Rates for hotels will be a lot cheaper during spring break than they will be in the summer when the tourists start rolling in. You will fall in love with Montauk’s salty sea air and charm; there is no spring break destination quite like it.

Saratoga Springs is a town nestled in Upstate New York, best known for horse racing. This is the perfect getaway for college students on a budget. Hotels on the outskirts are usually under \$100 a night, and they are only minutes from downtown Saratoga. I personally recommend the harness track; you will save money but you will also have a better view of the horses. Plus the legal age to gamble at the casino and horse tracks is 18. There’s also a famous Revolutionary War battlefield.

Howe’s Caverns. This gem is located in central Upstate New York. Here you can walk through beautiful underground caves, and even ride in a boat underground. The tour costs \$25 dollars a person, and it makes the perfect day trip. Be sure to bring a jacket because the caves are very chilly!

Smuggler’s Notch. This cozy ski resort is in Jeffersonville, Vermont, is perfect for skiers and hot chocolate sippers alike. This resort has something for everyone; it would make a perfect destination for a family vacation or a weekend trip with friends. You do not have to be an expert skier to participate, as they offer lessons for beginners. This would be the perfect way to

end winter and transition into spring.

Kennebunkport, Maine. This adorable beach town has a whole lot of charm. Here you will be sure to find antique shops, museums, and great views of the beach. This is a small town so you could definitely do it in a weekend.

American Falls. The American side of Niagara Falls is beautiful, and majestic. There are plenty of things to enjoy without a passport. Some of those things include Seneca Niagara Resort and Casino, Hidden Valley Animal Adventure, and Niagara Jet Adventures. American Falls will be sure to impress you during spring break.

New York City. How can you go wrong with New York City? It is a place on everyone’s bucket list, and with all the hustle and bustle you will never be bored. Some of my favorite things to do when I visit New York City include walking through Times Square, seeing a Broadway show, strolling through Central Park and visiting the zoo, and going to The Museum of Natural History. If you are going for the first time it may be inspiring to see the Statue of Liberty or visit the 9/11 memorial. New York City is the perfect fit for anyone. Whether you are going for a week or a day you will make memories that will last a lifetime.

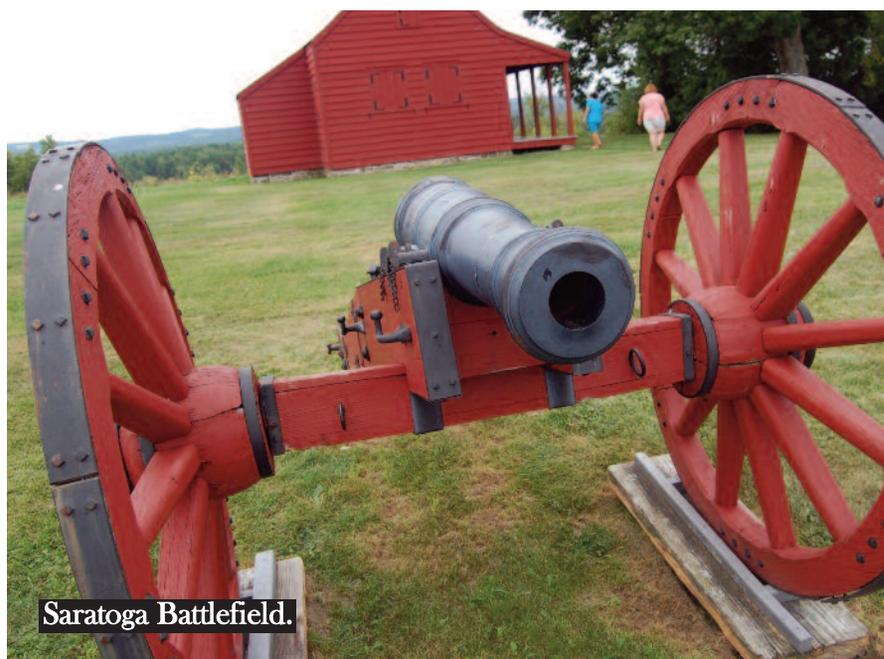
Martha’s Vineyard. This preppy beach destination was where the famous movie “Jaws” was filmed. You can visit Jaws Beach and look for sharks, or enjoy fresh seafood. If you are a “Jaws” fan, Martha’s Vineyard should be at the top of your bucket list.

Boston. History buffs will fall in love with Boston. Some of the most popular things to do include the Freedom Trail, Paul Revere’s house and Fenway Park. There are also countless museums for all interests. You will feel completely immersed in history when you visit Boston.

Atlantic City has a bad rap, but if done correctly it can make a wonderful trip. The ocean is beautiful, and the boardwalk is always lively. Whether you love to shop, gamble, or party you will enjoy Atlantic City this spring break.



New York City.



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Hate graffiti and a campus' response

Shahael Myrthil
Campus News

An outbreak of anti-Semitic graffiti at Nassau Community College has put the campus on edge and drawn responses from students, faculty, and administrators.

Since mid-October, swastikas and references to Adolph Hitler have been scrawled on the walls of men's bathrooms and on one campus building stairwell on at least six occasions.

The first incident occurred on October 15, according to *Newsday*, when three green swastikas were found in a second-floor men's bathroom in the E building.

Thirteen days later, on October 28, an anti-Semitic remark and two swastikas were spotted on the wall of a men's bathroom in the D Cluster building.

The next day, a member of the Public Safety Department found multiple swastikas drawn on the urinals and walls of the first two floors of the men's bathroom in the E Cluster Building.

More recently, in December, swastikas and "Heil Hitler" references appeared in men's bathrooms in a stairwell in Clusters A and B.

Swastikas, used by the Nazis, symbolize the millions of people that had been killed during the Holocaust. So, with the dark history behind this one symbol, college officials are taking this matter very seriously as they worked alongside Nassau County Police officials to find the man responsible for this crime.

"We have zero tolerance for any and all kinds of hate speech," said NCC President W. Hubert Keen in a statement on NCC's Facebook page. "The discovery of swastikas on our large, open campus is unacceptable and will not be tolerated."

The Nassau Community College Federation of Teachers, which represents NCC's full-time faculty, also issued a statement. It read, in part, "We cannot ignore the fact that who-

ever drew these swastikas did so in the context of what appears to be a national, post-election increase in bias incidents against not only Jews, but also Muslims, African Americans, and people of color in general, women, LGBTQ, and immigrants."

The NCCFT statement also said, "... the hateful message of those swastikas reminds us how important it is to make respect for difference and diversity a proactive, affirmative part of the work we do here."

In a press conference held in Mineola, Nassau County Police Det. Lt. Richard Lebrun stated that the "individual who did this is absolutely misguided," but he (LeBrun) did not think that this past election had anything to do with these recent hate crimes, noting that there is not any "evidence of a surge in hate crimes since Republican Donald Trump was elected president."

He continued by saying that "while we may have had a couple of incidents after the election, we don't see a tremendous spike," according to *Newsday*.

Lebrun pointed out "bias crimes are down countywide in 2016 compared with 2015, when 62 incidents were reported; 35 involving graffiti. So far this year, there have been 49 bias incidents, 33 of them involving graffiti."

Students interviewed (by Shayna Egalite and Katherine Frame) on campus had expressed surprise and disappointment about the incidents.

"I don't know if I'd say I was surprised. I'm more disappointed than anything else," said Landon Cooper. "I'm disappointed. Although it does not have any personal effect on me, I think that it is disrespectful to people of all kinds, regardless of their race."

Several students thought the anti-Semitic graffiti was the result of the election. Some saw that the election of Donald Trump as having everything to do with people attacking others because of their race and religion.

"Definitely the election played a

role," said Arianna Simmons. Nicole Lichtman also saw the actions "probably [having] has to do with the election."

"I think that it's ridiculous that the people that did this think that they could do something like this and get away with it," she said.

Kevin Duggan, NYPIRG's project coordinator and a graduate of Nassau, said he thought the election "had really empowered people to feel like their hate is normalized and ... that it's appropriate to hate people in that way."

He added, "I am horrified, as an alum of NCC and someone who works to better this school and get the student body involved in working together. ... This only means that we just need to keep fighting."

At the December 13 Board of Trustees meeting, two faculty, Evelyn Deluty, a member of the Philosophy Department, and Sally Drucker, a member of the English Department, expressed concern about the incidents.

Deluty, president of the Academic Senate, asked about the school's silence about the incidents.

"I can't fathom why a series of hate crimes that began two months ago hadn't made public. Why did we hear about these incidents through external media sources?" she asked.

Not addressing these issues when they first occur, goes against the Clery Act of federal law statutes, she noted, which mandates that "the statistics of hate crimes be compiled and made public on an annual basis."

She went on to say that college should make this information public when these crimes first arose not just because external media sources want them, but because it can help prevent a series of other similar crimes from occurring.

On December 21st, Dr. Hubert Keen, had once again released another statement on NCC's Facebook

account, to let everyone know that the suspect responsible for these series of hate crimes was in custody.

"We have learned of the arrest of a student who has allegedly confessed to drawing all of the swastikas recently discovered on campus. We are grateful to the Nassau County Police Department for their good police work in this painstaking investigation. I would also like to commend our own Public Safety Department for working closely with the police in breaking this case. We are especially thankful and proud of the excellent investigation carried out by our NCC Public Safety Officer, Sargent Charles Derck. We are deeply saddened that the alleged per-

'I am horrified... This only means that we need to keep fighting.'

petrator is a student, and it reminds us that a zero tolerance policy and a rigorous program of on-campus anti-bias programs must be reaffirmed every day. We will use this unfortunate series of events as an object lesson for our students, faculty and staff in the days and weeks ahead," Keen wrote.

According to the Long Island Press, 20 year old, Jasskirat Saini, of Plainview, was charged with multiple counts of aggravated harassment and was arraigned on December 21st, at First District Court in Hempstead. It was reported that Saini had allegedly told police that "the graffiti was in response to his feeling slighted by the Jewish community in Plainview."

In a Press Conference, Acting-Nassau County Police Commissioner, Thomas Krumpeter, had stressed to the media that hate crimes directed to any community will not be condoned.

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Guerilla Girl 'UnMasked' at Nassau CC

Esther Atunrase
Campus News

Guerrilla Girl Donna Kaz, aka Aphra Behn, spoke at Nassau Community College on Wednesday, Dec. 7, about her life as a feminist artist and about her group's campaign to address sexism in the New York art world.

Kaz said she became a member of Guerrilla Girls in the mid 1990s. She grew up in Glen Cove, Long Island, and studied Theatre Arts in SUNY Brockport in Upstate New York.

It was in college that Kaz first identified as a feminist. She said that growing up, there were no feminist role models she could look up to, no female rock stars, and she wanted to change all that.

Unfortunately, very early on in her career, two horrible things happened to her. First, she was sexually assaulted by a professor at college. After that, she moved to New York City, where she got involved in a violent relationship that lasted three years. She said the experience played a big part in her becoming an activist and an artist and led to her involvement with the Guerrilla Girls, a group of feminist artists committed to combatting sexism in the art world.

Kaz said that at her first meeting as a Guerrilla Girl, she was given an address (a secret location), which was a loft in SoHo. The loft belonged to one of the Guerrilla Girls.

She had to swear on a stack of bananas that she would not reveal the identity of any of the Guerrilla Girls. After that meeting, Kaz was officially a member of the group.

In early 1998, the Guerrilla Girls decided a weekend retreat might be the perfect way to merge the energy of its new members with the wisdom of the old. In a circle of chairs, the Guerrilla girls sat and voiced their ideas.

Kaz said she knew little about the rest of the art world but she wanted to attack the theatre world

where her knowledge was vast. Her idea was for a visual work, taking and altering the famous paragraph about videotaping performances found in every theatre program across the country.

The plan, she said, was to make copies of this and paste them in the bathroom stalls of theatres in NYC. The Roundabout Theatre, Primary Stages, Signature Theatre, The New Group, The Atlantic Theatre Company and George Street Playhouse are just some of the theatres in NYC producing main stage seasons of plays written by white men only.

The Guerrilla Girls were assisted by Baboon Boys, who were men who supported the feminist movement. The Baboon Boys are not considered members of the group, however. That was the very first sticker campaign the Guerrilla Girls undertook, addressing sexism and discrimination in the theatre world.

It went on for an entire season and lo and behold, two plays written by women were in fact produced the next season. The plays were "Impossible Marriage" by Beth Henley and "The Mineola Twins" by Paula Vogel. The theatres had not produced a play by a woman since 1986, and the Guerrilla Girls took full credit for the change.

Kaz said that the theatre committee of the Guerrilla Girls was a small group of 5 or 6 women who met in coffee shops or Thai restaurants. It was easy to get work done, she noted, as it was a small committee.

After the sticker campaign, the group had to figure out what next they were going to do. They came up with postcards, which was based on an activity action kit that they had at The New Museum. The postcards carried a message addressing the sexism in the theatre world. The postcards (put in an activity kit) were addressed to all six artistic directors that were not producing any plays by women. The activity action kit was also a way for the Guerrilla Girls to reach out to the public's help in their mission.



Donna Kaz

In 1999, the 52nd Tony Awards were to take place and not one woman had ever won an award for directing. This was a horrible statistic. The Guerrilla Girls decided to go down to the Tony Awards and hand out ads, and also to see if people were going to pay attention to the fact that no woman was winning any award(s) because they were not working on Broadway.

Surprisingly, two women won Tony Awards for directing that season. A woman won a Tony for *Resurrection of a Play* and the other woman for *Resurrection of a Musical*.

The Guerrilla Girls took credit for that, as well. Kaz's involvement with the Guerrilla Girls is the subject of a recently published memoir,

'She had to swear on a stack of bananas she'd not reveal their identities.'

"Un/Masked: Memoirs of a Guerrilla Girl on Tour." Her talk at NCC was sponsored by the College's cultural program.

Kaz said that when the Guerrilla Girls first started gathering statistics, fewer than 17 percent of plays produced were written by women. The percentage increased to 17 percent in 1997, and today it is 20 percent. It is still abysmal, Kaz said, but there is progress.

How to fix our broken credentialing system

John Engler
Special to Campus News

The professional certification industry is booming. In the last three decades, the number of occupational licenses, industry certifications, and other post-secondary credentials awarded has jumped 800 percent. There are now thousands of certifying institutions. The advent of online learning has empowered students to earn those credentials at their own pace, in their own time, anywhere in the world.

In theory, this is a positive development. Professional certificates often may represent a lower-cost alternative to traditional college and can equip people with

the skills they need to launch solid careers.

In practice, though, the certification industry is a complicated maze. It's nearly impossible for applicants to determine whether a program is high-quality. And it's equally difficult for employers to determine what skills a certificate actually conveys. The result? Frustrated students making costly spending decisions, a diversion of tax dollars from more useful purposes, and businesses unable to recruit workers with the proper training.

There is serious demand for the skills professional certificates can impart. In the early 1970s, just a quarter of jobs required a college degree or postsecondary certification. Today, three in five do.

Consider the healthcare sector, where one in every four new jobs is created. Most of these positions require some specialized post-secondary training – but not a college degree that too often comes with substantial student debt. These jobs pay handsomely with good benefits. The median salary for a critical care nurse or sonographer, for instance, approaches \$70,000. Plus, these positions provide job security and cannot easily be outsourced.

The nation's certification programs, though, vary widely in quality. Of the 4,000 official certification bodies in this country, just 10 percent are accredited or assessed by a third party. Workers, unsurprisingly, have a hard time navigating this maze. Many end up wasting their money on low-quality programs that provide credentials with little market value. On the flip side, employers are often stuck guessing if a particular certification actually reflects concrete competencies and whether an applicant is really prepared for the job.

These inefficiencies are major contributors to our skills gap. There are plenty of jobs in this country; there just aren't enough qualified workers to fill them.

Right now, there are about 6 million open positions that employers can't fill. Most are in skilled professions like manufacturing and information technology. A recent survey of top CEOs from the Business Roundtable found that 97 percent see the skills gap as a major problem.

The joblessness resulting from this skills mismatch has hit men particularly hard. Despite the overall unemployment rate bouncing back to pre-recession levels – it currently stands at 4.9 percent – 15 percent of working-age men can't find paid work. That statistic is close to where it was during the Great Depression.

'15% of men can't find work.'

Creating real transparency and accountability in the certification and credentials market can fix this problem and put more Americans back to work. That's why we here at the Business Roundtable have joined forces with the Lumina Foundation to launch Credential Engine, an online certification registry empowering workers and employers to search and compare programs. Students can provide real-time feedback about program quality. And employers can publicize the specific programs they value.

We need to fix the certification market. Done right, these programs can empower people into a field with solid earnings and lasting job satisfaction. The Credential Engine is the first step in fixing a broken system.

John Engler, who served as the governor of Michigan from 1991 to 2003, is president of the Business Roundtable.



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In the community

Mohawk Valley Community College's iServe Mohawk Valley volunteer program and Sodexo Food Service held an Open House on Dec. 2, highlighting the efforts of the College's students to feed those less fortunate within the local community through the Food Recovery Network program.

Students who volunteer for MVCC's Food Recovery Network chapter collect leftover food from the Utica Campus dining halls, weigh it, and package it. It then gets picked up as donations by local soup kitchens that offer hot meals to our neighbors who would otherwise go hungry.

"MVCC's students are making a difference to the people within the community by not letting this food go to waste," said Kelly Fleming, program coordinator for iServe Mohawk Valley, a grant-funded program hosted on

MVCC's Rome Campus. "There are so many of our neighbors who go to bed hungry and this program is crucial to preventing that from happening. iServe Mohawk Valley has become a vital network of collaborations which is expanding and growing."

Since launching this student-driven campaign in September, MVCC students have collected and distributed more than 1,200 pounds of food to the Salvation Army Soup Kitchen and Mother Marianne's Westside Kitchen, located at St. Joseph and St. Patrick Church on Columbia Street in Utica.

MVCC is the only community college that is a member of the Food Recovery Network. The goal of this event is to highlight the need for such services provided by area and regional colleges during not only the holiday season, but year-round.

The Food Recovery Network is the largest student movement against food waste and hunger in the United States. It began at the University of Maryland in 2011 when a group of students noticed good dining hall food ending up in the trash at the end of the night. By the end of the school year, the Food Recovery Network at UMD had recovered 30,000 meals and delivered to District of Columbus-area partner agencies.

During the Spring 2012 semester, the second FRN chapter was founded at Brown University, and the two schools joined forces with two other campus food recovery programs at University of California, Berkeley and Pomona College. In May 2013, the Sodexo Foundation provided FRN with founding funding to hire a full-time staff and transition into a professional non-profit. In the years since, the FRN has swept the nation and made higher education the first sector where food recovery is the norm and



MVCC

not the exception.

Pictured: Miranda Smithling and Galina Runkevich, both second year students from Frankfort, package leftover food from the Resident Dining Hall while volunteering as part of MVCC's Food Recovery Network.



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Is Winter Session the real deal?

Laura LaVacca
Campus News

Winter session can be a great time to complete some extra credits toward your degree. Those who are considering early graduation or those who need to cram in some extra classes to graduate on time should consider registering at winter session.

There are important things to keep in mind. Firstly, the winter term is only a few weeks long as opposed to a spring or fall semester, which is at least 15 weeks in length. Therefore, courses tend to be more vigorous. Be vigilant about how many courses you enroll in. Winter courses also, usually, meet daily and for an extended period of time. More devotion to the course may be necessary than during other sessions.

There are also few things to consider when deciding on which course to take: the topic, the level and cost.

Hofstra University located in Hempstead, Long Island, has a variety of offerings. Approachable courses include an Introduction to Global Studies class and a literature course entitled, *Mythologies and Literature of the Ancient World*. The first course is an interdisciplinary course that introduces students to different perspectives on global studies and cultural issues. Introductory courses are a great course to complete in a small amount of time as well because they don't delve too deep into topics that may be too cumbersome to digest in the shortened semester.

The second course mentioned explores Eastern mythology, the Bible and Greek literature. Both courses satisfy CORE requirements. Taking literature courses that may have an abundance of reading requirements is a good idea when it is the only course you're focusing on during winter session. Undergraduate courses at Hofstra per credit hour are \$1,380.

Hofstra also offers a couple of 1-credit courses. If you are apprehensive about taking a 3-credit course in such a short period of time, then perhaps students should consider a 1-credit

class that meets less time and has less work. For example, Hofstra offers a 1 credit Literacy, Art, Music & Dance course where students meet for two six-hour sessions. This course on language, literacy, and learning is designed for students in the Fine Arts Education, Music Education, and Dance Education programs. It is not as great of a commitment as a 3-credit course and may be more manageable for students who are working over break or need a mental break from a full-course load.

Graduate internships and independent studies offer flexible options. Independent studies can be done with professors one-on-one and give students a chance to explore topics further in depth. Winter session is also a great opportunity to satisfy internship requirements during a time when they don't have a full course-load. At Hofstra, graduate courses are \$1,268 per credit hour.

If a private university is too steep or the course you need is not offered, community colleges in the tri-state area also offer winter session classes. Nassau Community College charges \$203/credit for county residents.

They have ample offerings of introductory courses including English Composition I & II, Intro to Statistics, Public Speaking and many more to satisfy basic degree requirements. They also offer evening classes that begin at 6:30 p.m. and run until 9:30 p.m. If flexibility and affordability is what you need, a community college is your best option.

Many SUNY schools in the area offer winter session options as well. Binghamton University is offering over 100 sections of undergraduate and graduate courses, internship programs and independent studies. No student housing is provided during Winter Session, though current matriculated students may register for break housing. The tuition for NYS residents is \$270 per credit hour and \$898 per credit hour for those outside of NYS. SUNY Buffalo also offers many courses including study abroad opportunities though if this interests

you, you must pay attention to strict deadlines that are often scheduled in the fall. Therefore, study abroad opportunities for winter 2017 have passed, but keep an eye out for winter 2018 registration deadlines.

Online courses are a good option when students live far from campus or are concerned about commuting daily. Often winter session courses are offered multiple times a week to complete the necessary material in the 2-3-week session. If commuting is an issue, distance education is a perfect solution. Binghamton offers many advanced distance education classes including upper-level accounting classes. These courses are 4 credits and have some pre-requisites attached to them. The courses also require students to be available for a proctored final exam. So although students may be taking an online course because they are not in the area, or are home for break, that does not necessarily mean

that they won't be required to show up in person for an exam at some point. This is another thing to consider before registering for your winter course. Keep in mind your whereabouts and the necessity to dorm or find housing for winter session.

There are many options from tra-

These courses are short and meet daily.

ditional classroom courses to online to one credit to four. Prices range from hundreds to thousands, and classes range from undergraduate to graduate. All in all, if students desire to take a winter course, odds are they can find one to satisfy their degree, their wallet and their mind.

Ulster nursing club holiday toy drive



Each year the Nursing Club of SUNY Ulster organizes a drive to collect toys for needy children. This year the Angel Tree program supported Christmas Wishes of Ulster County.

Christmas Wishes of Ulster County was established in 2014 by a local, single mother looking to help 4-5 families have a special Christmas.

Now in 2016 they have over 700 children on their Christmas wish list.

The Angel Tree is filled with tags that represent children, ages infant to 12 years old. The tag indicates what the child would like and their clothing size. Students, faculty, and staff are invited to take a tag and fulfill a wish.

Celebrities who went on to earn advanced degrees

Kristina Bostley
Campus News

We become acquainted with celebrities by the roles they play in the media – whether it’s on television, in movies, or on the radio. Thus, it’s often hard to discern who they are behind the media makeup and the public personas they create for themselves. There are a number of celebrities who have earned degrees in higher education, and a surprising number of them who have continued their education to receive advanced degrees.

Mayim Bialik rose to fame playing Blossom in the self-titled 1990s sitcom, but she was far from the eccentric teenager she portrayed. In fact, it is her character on the current hit comedy “The Big Bang Theory” that she is more similar to. Both Amy Farrah Fowler and Mayim hold advanced degrees, only Mayim’s is physically real. After several stints in acting in the 1990s, Mayim attended UCLA and received a Bachelor of Science degree in neuroscience and a Bachelor of Arts degree in Hebrew and Jewish Studies. She went on to complete her doctorate degree in 2007, earning her Ph.D. from her alma mater. Two years later, she coincidentally landed the role of a socially awkward neuroscientist who began dating a fellow scientist on “The Big Bang Theory.”

Dolph Lundgren may be known as an international action star, appearing in roles including “Rocky IV,” “Universal Soldier,” and recently, the “Expendables” franchise, but his acting career actually started after he completed his education. The Stockholm-born actor and director attended the Royal Institute of Technology in Stockholm, where he earned his undergraduate chemical engineering degree. Dolph also studied chemistry at Washington State University and Clemson University, and went on to receive his master’s

degree as an exchange student in the University of Sydney in Australia. In 1983, Dolph was awarded a Fulbright scholarship to MIT in Boston. It was around the same time that his interest in acting took over, and he moved to New York to pursue his career in the entertainment industry.

Between her work as an award-winning actress and compassionate humanitarian, it may be easy to overlook the fact that **Ashley Judd** completed both undergraduate and graduate programs. She graduated from the Honor’s Program at the University of Kentucky, her home state, where she majored in French and minored in anthropology, art history, theater, and women’s studies. As if that wasn’t enough to complete her academic resume, Ashley returned to school in 2009 to earn her MPA from Harvard’s Kennedy School of Business, notably winning a Dean’s Scholar Award. In between degrees, Ashley starred in blockbuster movies including “Heat,” “Kiss the Girls,” “A Time to Kill,” and “Double Jeopardy.”

New York native **David Duchovny** rose to fame starring as FBI agent Fox Mulder in the sci-fi television drama series “The X-Files.” But before Duchovny was digging into paranormal case files, he hit the books – quite literally. The valedictorian of his high school class went on to receive a Bachelor of Arts degree in literature from Princeton University. After that, he went to Yale to pursue his master’s degree in English literature. It was while he was writing his dissertation that Duchovny became interested in acting, traveling from the Connecticut-based school to New York City to act

in Broadway plays. He landed a few small commercials and television roles, but moved to Hollywood to pursue his acting career, eventually ending up on “The X-Files” before moving on to “Californication” – both of which earned him Golden Globe awards.

Long before **James Franco** was starring in the cult TV show “Freaks and Geeks,” before he was starring as Spiderman’s best friend

Already famous, these actors put their educations first.

in the recent action trilogy, and before he appeared in “Pineapple Express” as a stoner, he had an aspiration to learn. After graduating and pursuing an acting career, James returned to school to pursue a bachelor’s degree in English with a concentration in creative writing from UCLA; he maintained and graduated with a grade point average of 3.5/4. But he wasn’t satisfied with just a bachelor’s degree: soon after his graduation, he enrolled in different programs in Columbia University (M.F.A. writing program), Brooklyn College (creative writing), NYU’s Tisch School of the Arts (directing), and Warren Wilson College (poetry). His master’s degree in fine arts

came from Columbia University in 2010, and his master’s degree in filmmaking from NYU in 2011. Soon after, James decided to pursue a doctorate in English from Yale

continued on page 29



Top 10 ways to win at college (cont. from cover)

pecially if you got caught sleeping or texting away in class a lot. Please treat your professors as if he/she was your boss! You would never break your boss's rules right in front of them, so don't do that to your professor. You just never know when you might just need a huge favor. I have professors that I've taken many semesters ago, that I'm still in contact with today!

4. Join a Club. Don't feel as if just because you aren't an outgoing person that means that you can't join a club! If that was the case, I would not have become an editor of my school newspaper 2.5 years ago. Joining a club will help you gain experience needed for the real world.

Let's say if you wanted to pursue a career in business, but had no experience, join the Marketing Club! Love fashion and want to involve yourself in a group of like-minded people? Check out the Fashion Club!

5. Visit the Career Counseling office. Is there a degree that you're interested in pursuing but aren't quite ready to take that leap of faith in that direction? Check out the Career Counseling Center for advice. The counselors there will help you decide what jobs will best fit your current interests and the skills you already have and plan on developing. Taking assessment and personality

tests will help you narrow down which field might be ideal for the characteristic traits you currently possess.

6. Don't procrastinate! I can't tell you the number of restless nights I've had trying to get a huge project done! Don't be like me - give yourself a few days in advance to get homework done, especially if it's worth half of your grade. You'd think that I'd learned my lesson after the first time, having spent the day with swollen eyes and a pounding headache from a lack of sleep.

7. Save money by packing your own lunch. Trust me when I say that it'll benefit you in the long run! Ever found yourself having a shortage of

change for the bus or had an incident occur where you unexpectedly needed

that wad of cash, that you had that previous week before you had gone and spent \$40 on lunch? It's not a good experience to find yourself in. For the past two months, I made a decision to cut back on my spending drastically, by bringing a homemade lunch to school. It was one of the best decisions I've ever made, seeing that I saved \$50 a week!

8. Depend on a dictionary/thesaurus like it is your best friend. Bad grammar and misspelled words would easily get you in the rejection



pile of a job opportunity you really wanted, if an employer spots mistakes that could've been avoided. Apply that same mindset to your school assignments as you would for a job. If writing isn't your strong suite, buy yourself a dictionary and a thesaurus or rely on the free sites offered online!

9. The fewer latenesses and absences you have, the better! If you went to a high school like mine, every time you were late you had to go around collecting people's trash around the cafeteria. That wasn't fun at all, considering the fact that it had come between me and trying to get my homework done before the next period. Again, procrastinating is definitely a weakness of mine that I'm not too thrilled about. Most professors have a policy, where they'll excuse two

or three absences. More than that, and you'll run the risk of either getting kicked out of their class or having points taken off your final grade at the end of the semester.

10. Carry a planner. Having a to-do list where you'll be able to jot down the due dates of your subjects will help you stay on top of your assignments. I did not like that feeling of waking up that morning of, realizing that I had a homework due in a few hours that I forgot to do over the weekend! Don't let that be you! You can get free planners at your Student Activities Office.

So with all of the tips I have given you, I'm sure the rest of your experience here at a community college (or any school for that matter) will be great!

'Don't be late and risk having points taken off your grade.'

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The problem with New Year's resolutions (cont.)

The common problem with New Year's resolutions seems to be the method utilized to complete them. When forming lengthy lists of goals to achieve by the end of the year can actually be a hindrance to success. Once confronted with a difficulty in a task, it is easy to begin to feel hopeless and discouraged. This mentality of feeling "set back," when goals are not efficiently met can have an effect on the effort put into other ambitions. Before you know it, yet another year passes without any accomplishment.

General unawareness of the differences between the term's product and process goals has an effect on an individual's productivity. These goals differentiate because some are naturally quicker and easier to accomplish than others that require more time and effort. Why lay on the load

at the start of the New Year when all it takes is a small effort each day? This year make the commitment for the year, not for the day. Change your mindset to alter an aim that benefits your own success.

While creating this year's list, I challenge you to step out of your comfort zone and look beyond the norm. Since the top resolutions consist of better, healthier living, why not chose to improve character instead of image? Why not aim towards something worthwhile, meaningful and fulfilling, not just for yourself, but also for others around you? Purpose to make a difference in your community and/or school by getting involved — help is always needed and appreciated. Plan to improve in some way each day by setting your own specific challenge. Purpose to be wholly patient one



day, kind the other, perhaps unselfish, understanding, appreciative, encouraging and whatever other values that come to mind. It will be a resolution that is definitely out of the ordinary, but pregnant with the beauty of strong, admirable character. One who is strong in character is able to succeed in any goal purposed before him. This includes the commitment to lose weight, eating healthier, quitting smoking, getting organized and visiting family.

By surrounding yourself with positive, supportive encouragement you are already setting yourself up for success! Adjusting your mindset for daily goals instead of yearly ambitions helps for a daily focus. While fulfilling aims for each day disciplines the mind it also prepares to make them habits. Those habits along with the help of accountability partners will help keep you on track and goal oriented. Motivation, enthusiasm and purpose are essential to the fulfillment of any goal.

However, it is important that you keep in mind the disappointments and setbacks that can and will come along the way. Do not become disheartened with slow progress — it is

natural. Perseverance and patience are significant in the long road to success. Remember the more difficult the journey the more rewarding the destination. Make a list of your previous accomplishments and seek to add on to it as the year progresses. By the end of the year you would

have realized you accomplished more than what you would have thought. This New Year's Eve, cheer to the past memories

made and lessons learned; then, turn your gaze on the possibilities of opportunity and achievements for the coming year. Keep in mind that it is the small steps between big decisions that bring great results. But if you do happen to slip up, do not hesitate to jump back on the bandwagon. Stand firm, stay focused and strive for success. Do not be afraid to set unusual goals because it is just that sort of thinking that will strengthen you physically, emotionally and mentally. Look toward what you can do today and not for what you are ultimately shooting for. Good luck and have a happy and safe New Year!

'Surround yourself with positive, supportive encouragement.'

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... so there we were, just laying around the jungle minding our own business when these crazy protesters showed up...

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A free Amazon Prime trial is well worth it

Darren Johnson
Campus News

When buying holiday presents on Amazon this past year, I realized we were eligible for the academic incentive called Student Prime because a couple of us in the house have .edu email addresses. Student Prime works for college students, faculty and staff -- just use your .edu address to register.

With Student Prime, you get six months of free Amazon Prime -- meaning, free two-day shipping on items that leave the Amazon warehouse. There are other bonuses, too, such as, if you opt out of two-day shipping on some items, Amazon will credit you \$5 for pantry purchases. I get free coffee K-cups that way.

At the end of the six-month trial,



www.nu2u.info

students pay \$49 a year for Prime, which is half the normal charge. But even if you just order a handful of textbooks each year from the site, that fee is more than fair just to save on shipping, and to get the books

quicker.

But I'm finding an even better perk is the free Amazon Instant the Prime Student membership includes. Holy cannoli! This may be better than Netflix.

You can download the Amazon Instant app on any device that also lets you watch Netflix or Hulu. I use an old Wii and have Instant play on my TV set. Other video game systems also have this ability.

Amazon Instant has lots of free fare for Prime members, and the movies and TV shows seem more current than the old content Netflix tries to pass off as new.

The first show I queued up is exclusive to the service, "The Man in the High Castle," an alternate reality series loosely based on Philip K. Dick's 1962 book, where, because FDR had been assassinated, the US

doesn't get out of the Depression fast enough and doesn't enter World War II in time, and the Axis wins. The US is divided between Japan and Germany. Hitler is still alive -- barely -- and is governing from afar.

Stylistically, this show is eerily beautiful but the plot seems to move along way too slowly. What I'd like



'Sopranos.'

to see are American militias and such forming and fighting the Axis from within. Instead, we get some individual stories of quiet rebellion and intrigue. That said, I haven't gotten to Season 2 yet, and Season 1 was just outside-the-box enough to get my attention and pique my curiosity enough to continue.

Some Free HBO, Too

Amazon Instant also seems to have several HBO series on it, free for Prime members.

What is certainly "new to you" is "The Sopranos," often considered the best TV series of all time (and subsequent greats like "Breaking Bad" surely would not exist without it). The average reader of this column was just a baby when this series hit in 1999,

and it hasn't played much on regular TV. Besides, this series was the first to have a lot of "adult content." It doesn't translate well to regular TV.

But it holds up excellently, and, because it had only aired on HBO and somewhat sporadically over its six years, I had never really seen it before, either, except for an episode here and there. Marathon watching this complex crime drama is much better, because episodes tie into each other and there are a lot of references that harken back to past episodes.

As an added bonus, it was filmed in Northern New Jersey and New York, so you can perhaps identify its various locales. Just brush up on your Italian-American slang beforehand.

For a direct link to Amazon Student and to get six months free, go to www.cccnews.info/amazon. Again, you must have a .edu address. Have fun!

Started seven years ago, "It's New to You!" was the first column to discover hidden gems on Netflix and other services. Read more reviews at www.Nu2u.info.

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'The Man in the High Castle'

January's new releases on Netflix

Avail. 1/1/17

Around the World in 80 Days (2004)
 After Innocence (2005)
 Bee Movie (2007)
 Boogie Nights (1997)
 Braveheart (1995)
 Caddyshack (1980)
 Collateral Damage (2002)
 Dreamcatcher (2003)
 El Dorado (1966)
 E.T. the Extra-Terrestrial (1982)
 HALO Legends (2009)
 Hugo (2011)
 Justin Bieber: Never Say Never (2011)
 License to Drive (1988)
 Nancy Drew (2007)
 Ocean's Twelve (2004)
 Real Detective: Season 1 (2016)
 Superman Returns (2006)
 Superman II (1980)
 Superman III (1983)
 Superman IV: The Quest for Peace (1987)
 Superman: The Movie (1978)
 The Parent Trap (1961)
 The Shining (1980)
 The Perfect Physique (2015)
 The Rat Race (2012)
 To Be A Miss (2016)
 Trudell (2005)
 V for Vendetta (2005)

Vanilla Sky (2001)

Avail. 1/3/17

It's Always Sunny In Philadelphia: Season 11 (2016)
 Jen Kirkman: Just Keep Livin'?'*

Avail. 1/6/17

Coin Heist*
 Degraasi: Next Class: Season 3*
 Growing Up Coy (2016)
 Mar de Plastico: Season 1
 One Day at a Time: Season 1*
 Tarzan and Jane: Season 1*

Avail. 1/7/17

Alpha and Omega 7 (2016)
 Miss Sharon Jones! (2015)
 Under the Shadow (2016)

Avail. 1/9/17

Best and Most Beautiful Things (2016)
 Ratchet and Clank (2016)

Avail. 1/10/17

As I Open My Eyes (2015)
 Best Friends Whenever: Season 2 (2016)
 Happily Married (2015)
 Jim Gaffigan: Cinco*
 We're Lalaloopsy: Season 1*

Avail. 1/11/17

Disney's Alice Through the Looking Glass (2016)

Avail. 1/13/17

A Series of Unfortunate Events: Season 1*
 Aquarius (2015)
 Casablancas: The Man Who Loved Women Clinical*
 Historia de un clan: Season 1*

It Follows (2014)
 The Investigator: A British Crime Story: Season 1*

Avail. 1/14/17

Camp X-Ray (2014)
 Cardboard Boxer (2016)
 Estar O No Estar

Avail. 1/15/17

A Beautiful Now (2015)
 Hostage to the Devil (2016)

Señora Acero: Season 3 (2016)

Twisted Trunk, Big Fat Body (2015)
 Wartime Portraits: Season 1 (2014)

Avail. 1/16/17

Flash of Genius (2008)
 Halloweend (2016)
 Rezort (2016)

Avail. 1/17/17

Fatima (2015)
 Neal Brennan: 3 Mics*
 Roger Corman's Death Race 2050 (2016)



Avail. 1/19/17

Good Kids (2016)

Avail. 1/20/17

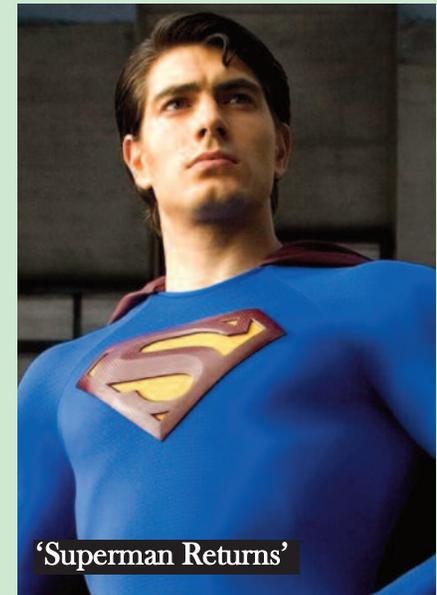
Frontier: Season 1*
 Papa (2015)
 Take the 10*
 Voltron: Legendary Defender: Season 2*

Avail. 1/21/17

Bates Motel: Season 4 (2016)
 Grami's Circus Show: Season 2 (2016)

Avail. 1/24/17

Cristela Alonzo: Lower Classy*
 Gad Gone Wild*
 Hieronymus Bosch: Touched by the



'Superman Returns'

Devil (2016)
 Kill Command (2016)
 Terrace House: Aloha State: Season 1: Part 1*

Avail. 1/25/17

Era el cielo

Avail. 1/27/17

Home: Adventures with Tip & Oh: Season 2*
 iBOY*
 Kazoops!: Season 2*
 Shadows of Truth (2016)
 Sharknado: The 4th Awakens (2016)

Avail. 1/28/17

Ripper Street: Season 4

Avail. 1/30/17

Antibirth (2016)
 Swing State (2016)

Avail. 1/31/17

Bill Burr Stand Up Special*

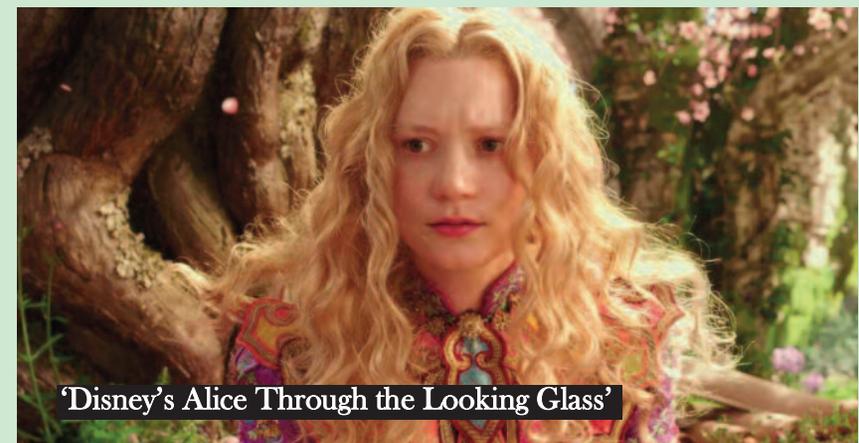
*Netflix Original.



'Caddyshack'



'E.T.'



'Disney's Alice Through the Looking Glass'

Middlesex adds multi-campus food pantries

In collaboration with the Merrimack Valley Food Bank, Middlesex Community College is launching a pilot program to open food pantries on its Bedford and Lowell campuses.

The Bedford Food Pantry officially opened Wednesday, Dec. 7, offering nonperishable, supplemental food to enrolled Middlesex students, staff and faculty. Under the direction of MCC's Center for Leadership & Engagement, the Bedford and Lowell Food Pantries will be open fall and spring semesters while classes are in session.

MCC President James Mabry cut the ribbon to open the Bedford Food Pantry with State Rep. Ken Gordon, Bedford Town Manager Rick Reed, Bedford Police Chief Robert Bongiorno and Selectwoman Margot Fleischman, among others, looking on.

"Like growing numbers of college students across the country, many Middlesex students are struggling to make ends meet while working and taking classes," said Mabry. "For some, making a trade-off between food and other essential living expenses is a reality.

"Helping to alleviate the challenges associated with food insecurity and hunger will enable our students to remain in school, be successful, and become engaged community members," he added.

According to Sheri Denk, Civic Engagement Specialist in the Center for Leadership & Engagement, the MCC Food Pantry will offer enrolled students food items packaged in cans, boxes and plastic. The pantries do not have refrigerators or freezers, Denk explained, so can only offer nonperishable, supplemental food to be prepared at home. If personal-care items, toiletries or paper goods are donated, they will also be offered, she added.

The Bedford Food Pantry is located in Bedford House (Building 5) in Room BH 001.



Serving the college community, it will be open from noon to 4 p.m. on Wednesdays, fall and spring semesters while classes are in session.

The Lowell Food Pantry is located inside the Lowell Student Lounge, 45 Middle St. It will be open from noon

to 4 p.m. on Tuesdays, fall and spring semesters, while classes are in session, to serve the college community.

For more information about the MCC Food Pantry, contact Sheri Denk, Civic Engagement Specialist in the Center for Leadership & Engagement, at denks@middlesex.mass.edu or 978-656-3159.

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A ₁	A ₁	I ₁	K ₅	P ₃	R ₁	R ₁		
E ₁	I ₁	R ₁	H ₄	H ₄	T ₁	T ₁		
I ₁	U ₁	G ₂	F ₄	N ₁	L ₁	P ₃	2nd Letter Double	
A ₁	E ₁	I ₁	I ₁	R ₁	R ₁	H ₄		

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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, 4th Edition. **SOLUTION page 30**

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

06-15

Eco-tourism major

Herkimer College will offer an associate in applied science degree in Ecotourism and Adventure Travel beginning in the fall of 2017. The program will be offered on-campus and online.

With an emphasis on natural science, the environment, sociology and ecology, ecotourism relates principles of travel and tourism to the science and sociology of indigenous populations and natural habitats. Students will study the business and economics of travel and tourism and learn the interrelationships between diverse cultures and ecosystems.

Ecotourism and Adventure Travel is designed for students interested in careers that involve planning, organizing, managing and marketing adventure travel activities in the ecotourism industry. Although not specifically designed



for transfer, graduates may also continue their education at a variety of four-year colleges and universities.

For more information, visit www.herkimer.edu/ecotourism or contact the Admissions Office at 315-574-4028 or admissions@herkimer.edu.

NCC, Bank of America partner to help Latinos

Nassau Community College's Center for Workforce Development, in partnership with the Bank of America and the IME Becas Program — through the Mexican Consulate — announced at a press conference last month that it will offer a free career-training course specifically designed to prepare Latino immigrants and first-generation Americans in the hospitality industry to improve their career prospects and help move them into the middle class.

Students will be offered a free 147-hour instructional course at NCC to improve their language, math, computer, customer service and hospitality skills. This will enable them to advance up the career ladder in the hospitality industry. Students who successfully complete the 147 hours of free classroom instruction will receive a Certificate of Completion, and will be eligible to sit for the Safe-Serve® exam to earn national certification in food handling.

The program, which will run from January 10, 2017 to May 18, 2017, is designed to promote advancement in the hospitality industry which leads to higher wages, promotions and entrée into the middle class. The instruction will be provided by Nassau Community College instructors.

“Nassau Community College offers a wide variety of programs which provide critical workforce skills to our students, which in turn provides properly trained and qualified workers to our local hospitality industries here on Long Island and beyond. Partnering with community-oriented Bank of America, and the Mexican Consulate, in conjunction with the IME Becas Program, will provide a critical hand-up to members of our Latino community to compete and prosper in the ever-growing hospitality industry here on Long Island,” said Dr. W. Hubert Keen, President of Nassau Community College.

Bank of America Long Island President Bob Isaksen concurred. “Education paves the way for a thriving community, and Nassau Community College’s partnership with Bank of America, the Mexican Consulate and the IME Becas Program will help hospitality workers on Long Island achieve financial and educational success. By supporting our workforce and helping individuals achieve greater economic independence, our entire community benefits.”

Echoing President Keen’s sentiments, Consul General Diego

Gomez Pickering noted that, “The Consulate General of Mexico in New York seeks to empower Mexicans residing in the tri-state area, supporting and promoting programs like the Hospitality Career Pathway Program that help promote labor mobility and provide better job opportunities for the immigrant community.”

ACHE Immediate Past President Paula Hogard stated, “The Association of Continuing Higher Education institutional mini-grants are awarded to initiatives that advance the goals of lifelong learning and improve the lives of adult learners. The awards committee felt that by adding employment readiness workshops to an already outstanding enterprise, The Center for Workforce Development at Nassau Community College captured the spirit and purpose of the grant. We look forward to hearing the stories of how lives may have been changed through this exciting initiative.”

Through the generosity of Bank of America, the IME Becas Program, and the Mexican Consulate, Nassau Community College will provide career training and access to Latino workers and first-generation Americans whose only goal is to improve their lives, the lives of their families, and to contribute to the Long Island hospitality industry as a whole.

For additional information regarding the Hospitality Career Pathway Program, please visit ncc.edu/workforce-development, call the Center for Workforce development at 516.572.7487, or email at cwd@ncc.edu.



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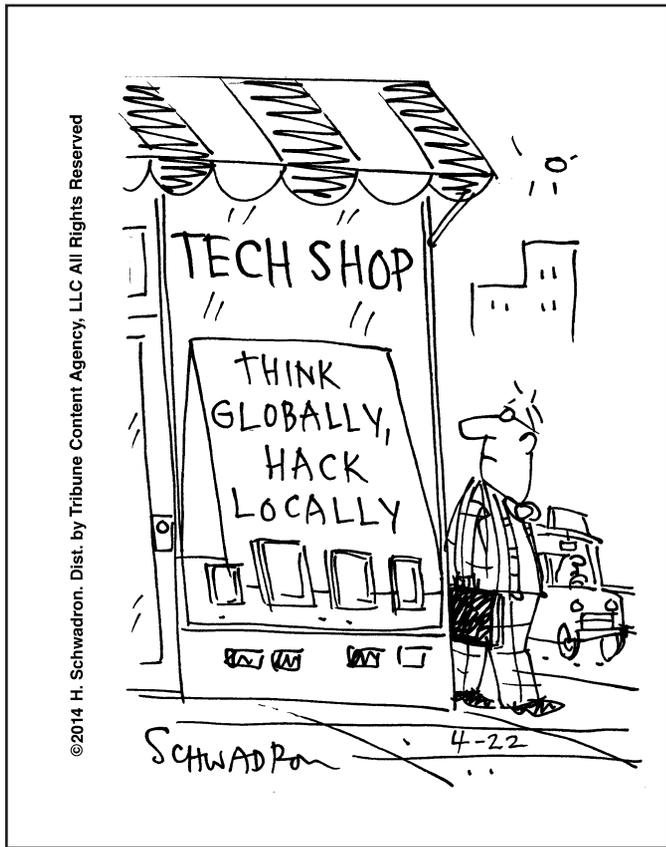
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By David L. Hoyt and Jeff Knurek



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JUMBLE

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

LOVEH

□ □ ○ □ □

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SIVOR

□ □ ○ □ □

LUBOSE

□ □ ○ □ □

TENCED

○ ○ ○ □ □

A: ○ ○ ○ ○ ○

THAT SCRAMBLED WORD GAME by Mike Argirion and Jeff Knurek



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

BE " ○ ○ ○ ○ ○ "

Answers: Jumbles: HOVEL VISOR BLOUSE DECENT
Answer: What the couple said when the poetry reading left them puzzled — COULD BE "VERSE"

SUNY launches site to help student planning

State University of New York Chancellor Nancy L. Zimpher and State Education Department Commissioner MaryEllen Elia recently announced a new SUNY Smart Track™ website to promote financial aid literacy among high school students and their families. Developed with input from high school administrators, guidance counselors, and parents, the site is the latest component of SUNY Smart Track™, the nation's most comprehensive effort by a university system to ensure the costs of college are transparent.

"It is essential that high school students and their families understand the costs of college and know what resources are available to help them navigate those costs," said Chancellor Zimpher. "We know that greater financial aid awareness and early, consistent financial planning go hand in hand. By reaching prospective students in high school and continuing to support them throughout college, SUNY Smart Track™ has led to lower loan default rates among our student borrowers and

also increased degree completion, which ensures every investment a student makes in their education is worth it."

"SUNY Smart Track™ helps students and their families prepare not only for the academic demands of college but also to plan for the financial commitment involved in earning a degree," said Commissioner Elia. "These new tools provided by SUNY will make it easier for guidance counselors and schools districts to support financial aid awareness among students and their families, and put them in a position to pay for college, whether they attend SUNY or not."

The new site is located at: www.suny.edu/smartrack/literacy.

It includes a series of brief, interactive online courses, as well as tips to prepare for college, a directory of career options in New York, information about filing the Free Application for Federal Student Aid (FAFSA) form, and a direct link to start the process. In addition to the tools and resources

available, visitors can chat live with a SUNY representative and create a financial plan specific to the needs of 9th, 10th, 11th, or 12th grade students.

The courses are based on the U.S. Department of the Treasury's Financial Literacy and Education Commission's financial education core competencies. They are: College and Money, Credit Protecting Your Money, Debt and Repayment, Earnings Money, FAFSA, Foundations of Money, Future of Your Money, Loan Guidance, Psychology of Money, and Spending and Borrowing.

"With the financial investment students are making in their education, it is imperative that our students fully understand the cost of their education, and what this means in terms of their financial obligations after college," said Kristen Mesick, guidance counselor at Colonie Central High School. "Programs like SUNY Smart Track™ give our students the tools to plan to finance their education and be smart about their financial futures. SUNY Smart Track™ gives our students a better un-

derstanding of credit card usage, financial borrowing, understanding bank statements – all tools that will help our students make smart financial decisions in their futures."

"Financial literacy is the biggest area where we need to focus all of our energy in order to ensure students enroll and graduate within 5 years especially for first-generation families. SUNY Smart Track will make these efforts doable," said Beverly J. Santos, college counselor, readiness teacher, and co-director of Camp College, New York State Association for College Admission Counseling. "SUNY Smart Track is a warehouse of information, which is why this will be the best tool available to parents, families, and counseling communities. Often times, we have essential information available across different platforms. It is reassuring to know we have one reliable source that captures it all."

The interactive financial literacy tools on the site were developed in partnership with Inceptia, a division of National Student Loan Program (NSLP).

Ways to get involved.

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Use Campus News in your classes!

If you are a student in a class having to do with journalism or current events, ask your instructor if there's any way to incorporate Campus News in your class. If you are an instructor reading this, contact us. We're happy to visit or publish stories that come

from your classes.

Podcast!

We're creating CampusXM.com, which hopes to revolutionize college radio. If you'd like to create a 55-minute show, let us know and we can work out the details. No cost, of course!

To get in touch with us about any of the above write to editor@cccn.us. Thank you!



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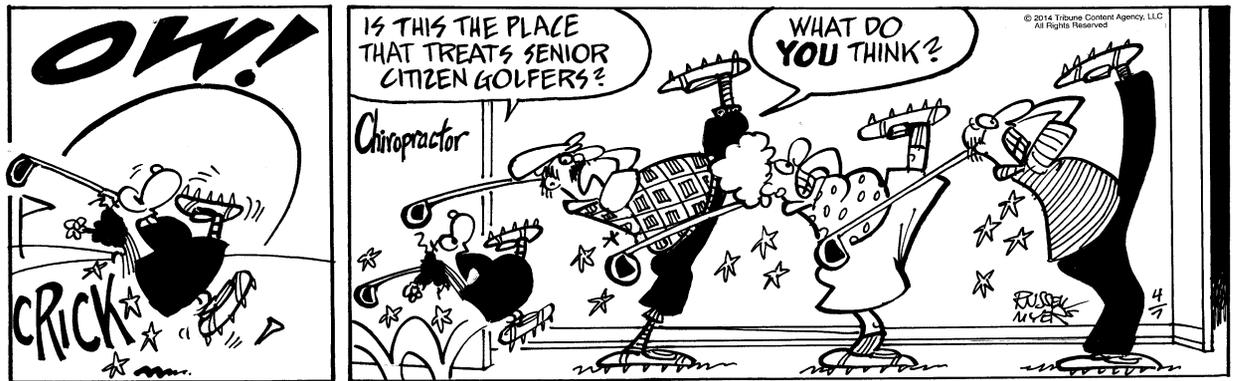
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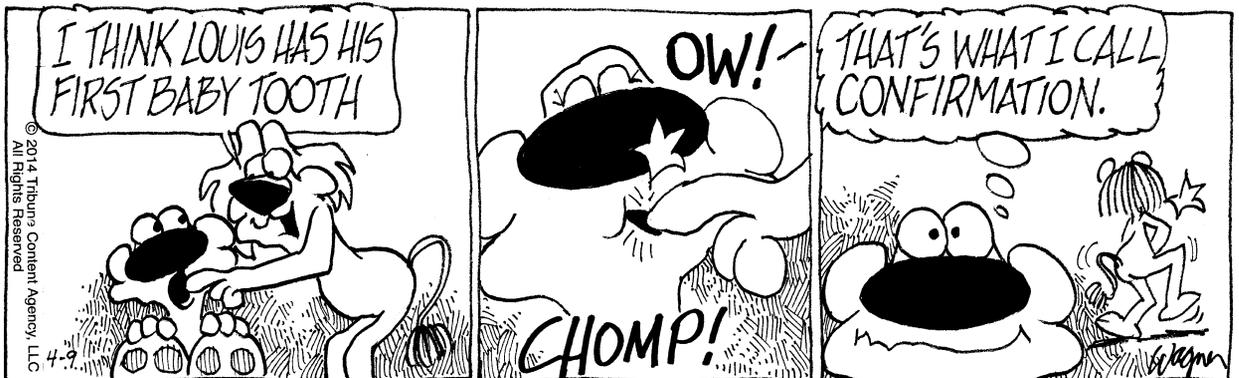
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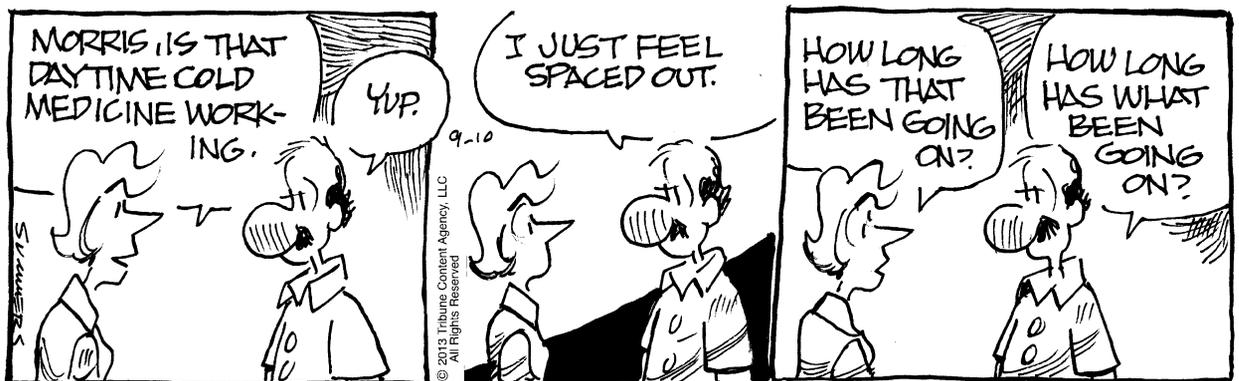
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Region XV community college hoops roundup

Ken Johnson
Campus News

The month of December was filled with excitement across the region as teams were trying to solidify their position and earn national acclaim before the arrival of the Spring semester. Below we recap the results through the month of December for a number of teams including some hopeful championship contenders.

DIII Men's Basketball

Coming into the 2016-17 basketball season highly ranked, Nassau men's basketball has not disappointed

so far. Nassau is currently 12-2 overall with a perfect 5-0 record in the month of December. Led by sophomore guard Charles Wingate, who has averaged 19.1 points per game this season, Nassau has picked up 9 straight victories heading into the month of January and are currently ranked #6 in the nation.

Sullivan County men's basketball is ranked 2nd in the conference behind Nassau and 10th in the nation currently with an 11-3 overall record. Sullivan tallied a huge overtime victory against regional opponent Bronx in the month of December by a score of 89-83. Nysir Williams of Sullivan County

had a huge game against Bronx, scoring 33 points and going 15-for-16 from the field.

LaGuardia (10-3) and BMCC(8-3) are currently vying for the third and fourth ranking in the region as they now share nearly identical regional records at 7-2 this season as the month of December closes. As we head into the second half of the season, this appears to be one of the most competitive seasons in recent memory with as many as 5 or 6 teams appearing poised for a shot at Nationals.

DIII Women's Basketball

The Sullivan County women's bas-

ketball team is undefeated so far in Region XV play as they are 7-0 against regional opponents with an overall record of 12-1. Sullivan has been on a tear in the month of December, defeating their opponents by an average of 39 points. As of December 22nd, the Hostos Caimans women's basketball team is on a winning streak that has now stretched to 8 games in total. They will be looking to challenge for the top spot in the region very soon.

As the holiday season winds down, we will most assuredly be looking out for these teams as well as some emerging stars to make an impact in the new year.

Sports shorts

All-Region Honors

Herkimer College women's soccer midfielder Grace Johnson (Tully, NY) was named Mountain Valley Conference Player of the Year, and Acting Head Coach Jason Palkovic was named Coach of the Year. Herkimer players named to the Mountain Valley Conference 1st Team All-Conference included: Mikayla Blumenstock (Poland, NY), Danielle Charland (Chateaugay, NY), Grace Johnson (Tully, NY) and Jenna Bailey (Tully, NY).

Named to the NJCAA Region III Division III 1st Team All-Region were Blumenstock, Johnson and Hannah Taylor (St. Johnsville, NY).

"To have four 1st Team All-Conference & three 1st Team All-Region selections is a tremendous Accomplishment," Palkovic said. "For coaches in the Region to think that highly of our players and program really says a lot. I am happy for them all and it is well deserved."

The Herkimer Generals women's soccer finished the season 14-4 overall and in second place in the 2016 NJCAA Region III District A finals.

Soccer Star Shines

Former Generals men's soccer star Jermaine Windster had two assists in the University of Charleston's (19-2-2) 2-1 win over Rockhurst University in the NCAA Division II national semi-final game. Windster's first assist was in the 48th minute when he beat a defender

and served the ball to Will Roberts who tied the game at 1-1. His game winning assist was in the 54th minute where he beat Rockhurst's outside back and crossed the ball near post into Felipe Antonio who headed the game winner. The Eagles now advance to the national championship game against Wingate University who beat UC San Diego 2-0 in the other semi-final game.

Originally from Rotterdam, Netherlands, Windster won a national championship with Herkimer College in 2013 and was an NSCAA All-American in 2014. "Our Herkimer soccer family is so proud and happy for Jermaine," said Head Men's Soccer Coach Pepe Aragon.

Free Get-Fit Week

Get fit this Spring! Mohawk Valley Community College's Center for Corporate and Community Education will offer a Free Fitness Week Monday, Jan. 9, through Thursday, Jan. 12, on MVCC's Utica Campus.

During this week, all classes are free and open to the public; participants can sample many of the health and wellness classes offered at MVCC and the Jewish Community Center. Classes include Yoga Abs, Zumba Toning, Pound, Kundalini Yoga, Women's Self Defense, and more.

Additionally, a limited number of Water Aerobics and Water Running



Charland



Bailey



Johnson



Blumenstock

classes will be available for trial. For a complete Fitness Week schedule, visit mvcc.edu/cced or call 315.792.5300. No registration is required.

For information or to register for a spring class, call 315.792.5300 or visit mvcc.edu/cced. Office hours are 8:30 a.m.-4:30 p.m., Monday through Friday.

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Fulbright winner

Dr. Yaroslava Babenchuk a senior international officer and associate dean of special programs and external partnerships at Suffolk County Community College has been selected for a prestigious Fulbright Scholar Award to India in 2017. The program focuses on helping U.S. international education professionals and senior higher education officials create empowering connections with the societal, cultural and higher education systems of other countries. Babenchuk was notified of the award last week.

"This award is an honor not only for me personally, it is a great achievement for Suffolk County Community College," Babenchuk said, adding, "while in India, I will be highlighting the excellent work we do at our college while advancing the international education agenda for Suffolk and community colleges nationwide."

Dr. Babenchuk will visit higher education institutions, non-profit organizations and government bodies in the cities of New Delhi, Ahmedabad, and Bhubaneswar to garner first-hand knowledge of the Indian higher education system and will have an opportunity to closely interact with her Indian counterparts.

"This is a wonderful opportunity for Dr. Babenchuk and our college," said Suffolk County Community College President Dr. Shaun L. McKay. "Dr. Babenchuk's selection for this

prestigious program is evidence of her scholarly reputation and opens a new international window of learning and collaboration to our college and students," McKay said.

Dr. Babenchuk said the experience will act as a springboard for future initiatives focusing on student, faculty and staff collaboration between Suffolk County Community College and Indian higher education institutions.

The Fulbright Program, which aims to increase mutual understanding between the people of the United States and the people of other countries, is the flagship international educational exchange program sponsored by the U.S. government that awards about 1,100 grants to American scholars each year. Funded by the US government, Fulbright Scholars are chosen based on their leadership and their abilities to teach, conduct research and contribute to solutions for shared international concerns.



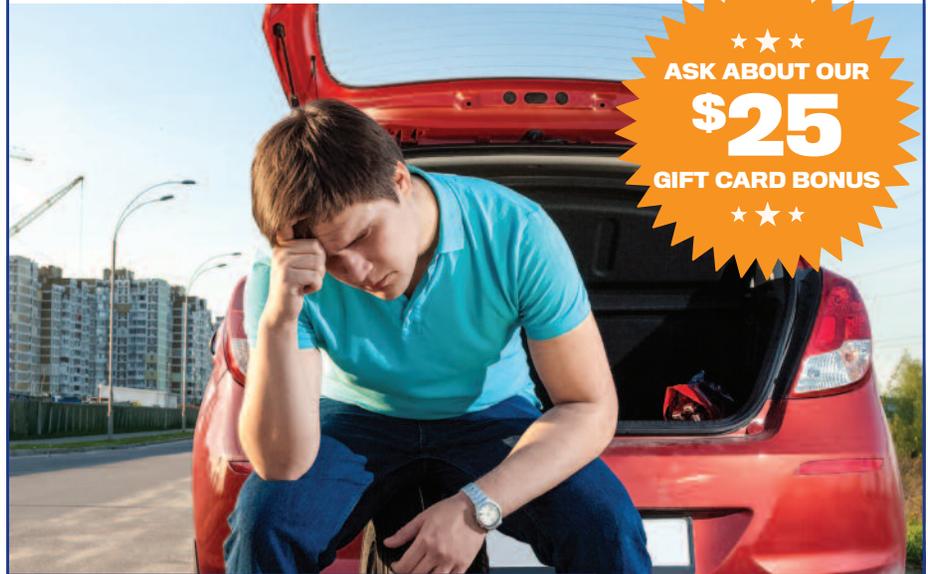
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Reflections on the past year, and hope for the new

Takara Lawrence
Campus News

What a year 2016 was. I believe for most people this will be the year everyone will look back on and have an opinion. This particular year is not significant just because of one single thing. There were many issues that arose this year. We lost a President but gained a new leader. A leader most people were not expecting. Everyone started the New Year hoping everything they wanted to happen would happen. Everyone says it every year, this year is going to be different. When the year ends rapidly, we quickly try to make those changes.

In this New Year, I can not help but think what we have in store. I tell myself every year I have to make a change but I fail miserably. I fail because I wait until the last minute to do everything. I tell myself I have to change this as well but I cannot seem to do it. I learned this about myself this year, that I take my time on my

priorities. This was not the only thing I learned; I learned a lot about where I live as well. I'm not just speaking about the state I live in but the world. I remember growing up I thought my life would be smooth sailing. I believed I would have a happy life and nothing I was taught that happened in history could possibly happen during my lifetime. A different type of history was made this year.

I started to pay attention more and I began to open my eyes to the stories portrayed through the media. I began to read more articles and take interest in the news or what was considered news. This came about suddenly, every day I was flooded with something new, and it was hard to decipher what was real or made up. Having to spend most of my time doing research made me frustrated just like most people. One person says this is true but you change the channel and you hear that it is a lie. I can beat around the bush but the one thing everyone will remember is

the 2016 election. We will not only remember it because of the person who won but because of how that person won.

He won the electoral college, which I am still having a hard time understanding how it works. I even asked the question in one of my classes and it was explained to me but I still do not understand. It is not because I do not want to understand it, it is more about why we need it. I understand it takes into account all the smaller states, but I feel as though it should come down to the popular vote. The candidate who received the most. This would be harder to accomplish and harder to count but to myself and others it seems most fair. I will also remember the rallies. I never sat down and watched the full coverage of each rally but truthfully we never heard much negative coverage about the Democratic rallies but you sure did about the Republican. We always saw clips of President-elect Donald Trump pointing his fingers at the crowd and leading the people into a chant. A chant usually distasteful. This was done to make him look bad and it did but he still won. The one thing that stuck with most people about his supporters is the nasty things they would say about other cultures. Hate was already coming from some of his supporters but it went into overdrive once he won. The sad part is every Republican was lumped in with the negative supporters. We were made to believe they hated anyone that did not look like them, but that was only a few. The media portrayed it to be more than it was. As we live in the United States, we must not forget how it became what it is today. We have to look at the beginning and how we got to where we are. We must move forward and not backwards. Let's all hope we continue forward.

It was a shocking year and there is a lot we should leave behind. We should leave behind believing everything we hear and instead we should do our own fact checking. We may

have our favorite news outlet but we should double check on the truth before believing it.

We will be starting the new year off with a new President. A president that should be aware of everything he is saying and how it will affect people. Truthfully, Twitter is not the way it should be done. Most of the times what is being addressed is unnecessary and shouldn't even be deemed newsworthy. If anything, tweet about how you are going to undivide the states and "make them great again."

'Twitter is not presidential.'

I'm going to start the new year off fresh. With a new perspective and new outlook on the world. A lot will be changing in 2017, and some of those changes will affect me as a woman, but I will be prepared. I will be prepared if I encounter anyone who wants to put me down because of my culture and gender. I will remain strong no matter what. I encourage anyone who felt targeted in 2016 to leave that feeling behind. You have a whole new year to make a difference.

If you say every year you want to accomplish a goal and fail because you push it off, make it your first priority. We all woke up on January 1st, but once we got out of bed we should have decided how we will live the next 364 days.

Takara Lawrence is a recent Marketing grad from Nassau Community College and now attends Fashion Institute of Technology. She hopes to one day act, write, and produce her own television show.



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Online drone classes offered by MVCC

Mohawk Valley Community College's Center for Corporate and Community Education will hold several drone-related courses which are scheduled for the Spring 2017 semester. These non-credit classes are open to the community and will provide cutting-edge information on this transformative technology. This spring, MVCC will offer both on-campus and online offerings.

Online training in Unmanned Aerial Systems/Drones - These courses are offered in partnership with Sinclair Community College's National UAS Training and Certification Center. Classes start on the first Monday of each month. Course offerings include:

UAS in Precision Agriculture - ONLINE

Precision agriculture is a growing industry that can save both time and money for the agricultural community. UAS operations offer the potential of higher crop yield, more precise application of treatments, early detection of crop health issues, and increased revenues. This introductory course reviews the current state and future potential of UAS in precision agriculture. The tuition for this three-week course is \$495.

Current State of UAS Standards and Regulations - ONLINE

The regulations and standards affecting the UAS community are in a state of change and modernization. This introductory course reviews today's UAS regulations and best practices while providing an outlook for anticipated future federal guidance. The tuition for this three-week course is \$495.

UAS for First Responder Leadership - ONLINE

In this introductory course, first responder leaders are provided an overview of UAS technologies, capabilities, regulations, legal responsibilities, and cost and benefit considerations for potential use in law enforcement, fire, rescue, emergency

medical, and disaster response applications. Participants will explore ways to integrate their areas of interest with UAS capabilities through use case scenarios and exercises. The tuition for this five-week course is \$650.

sUAS/Drones: Flight Basics and Regulations

In this hands-on, introductory course, you will learn the basics of safe flight and the FAA regulations you need to know to get started. You'll also learn about the endless applications of drone flight, including potential career opportunities and/or exciting applications for hobbyists. We'll cover all the different options of sUAS styles and each student will receive a quadcopter for flight practice. This class takes place on Saturdays, April 1-8 from 9 a.m.- 4 p.m. at the MVCC Utica Campus. Cost is \$499.

For information or to register for a spring class, call 315.792.5300 or visit mvcc.edu/cced. Office hours are 8:30 a.m.-4:30 p.m., Monday through Friday. All MVCC non-credit instruction is completely self-supporting, including indirect costs, and requires no public funding.



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Celebrities who earned advanced degrees (cont.)

University, in addition to keeping his acting commitments.

New Jersey-native **Meryl Streep** has been appearing on stage and on screen for decades, earning numerous prestigious nominations and awards for her outstanding work as an actress. But it was her educational background that provided the platform on which she would stand for years to come. After graduating from Vassar College in 1971, Meryl enrolled in Yale School of Drama, where she earned her master's degree. After that, Meryl began appearing in big-name silver screen hits, such as "Julia" in 1977, "Out of Africa" in 1985, and "The Bridges of Madison County" in 1995. She won an Oscar for Best Actress in a Supporting Role for "Kramer vs. Kramer" in 1979, and another two Oscars both for Best Actress in a Leading Role for "Sophie's Choice" in 1983 and "The Iron Lady" in 2011. Meryl will continue to grace the screens and stages for years to come, thanks to the education she earned when she was younger.

Shaquille O'Neal is a name that needs no introduction. The 7-foot New Jersey athlete enrolled at Louisiana State University, where he earned the title of "College Player of the Year" in 1991 and was named "All-American" consecutively in 1991 and 1992. He went on to play for 19 seasons in the NBA, for teams



Danica McKellar

including the Orlando Magic, Los Angeles Lakers, Miami Heat, Phoenix Suns, Cleveland Cavaliers, and the Boston Celtics. During his athletic career, he was named Most Valuable Player, helped the USA basketball team win a gold medal at the Olympics, and assisted his team in winning several championships. In 2011, Shaq retired, but has stayed in the limelight in several different ways. He became an NBA analyst, recorded and released five musical albums, one of which even went platinum, and has starred in movies such as "Blue Chips" and "Steel." It's a wonder, then, that such a successful

'The basketball legend has an MBA and doctorate.'

athlete, musician, and actor found the time to earn not one but two graduate degrees. In 2005, Shaq graduated from Barry University in Florida, where he earned his Master of Business Administration. Seven years later, he graduated from Barry University with his doctorate degree. In a world where it's commonplace for athletes to forgo higher education in favor of their athletic careers, it's commendable that Shaq took the time to earn his education in addition to pursuing such a successful career.

Like her character Winnie Cooper, **Danica McKellar** spent a lot of time in school. When "The Wonder Years" ended in 1993, she enrolled at the University of California, Los Angeles. Though Winnie Cooper went to Paris to study art history, Danica took on a different subject: mathematics. During her time at UCLA, Danica, another student, and their mentor developed a new mathematical proof, which was named for the trio. After she graduated with her Bachelor of Science degree in 1998, she returned to acting, starring in tel-



Shaq

evision series such as "Babylon 5," "NCIS," "NYPD Blue," and "The West Wing." However, it wasn't long before she returned to her education. Danica graduated from the University of Chicago with her Ph.D. in mathematics in 2005. It was her reentry into the world of mathematics that incited her next endeavor: becoming an author. Danica wrote a series of books aimed at teen girls, giving advice and tips in math. "Math

Doesn't Suck: How to Survive Middle School Math without Losing Your Mind or Breaking a Nail" became an instant hit, and she followed the success with "Kiss My Math: Showing Pre-Algebra Who's Boss," "Hot X: Algebra Exposed!" and "Girls Get Curves: Geometry Takes Shape." In addition to her acting career and the success of her books, Danica competed on "Dancing with the Stars" in the spring of 2014.



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Academic life: On final grading

Darren Johnson
Campus News

Here I sit, inputting final grades, as you can see in the screen shot on this page. I have three of my four classes from this fall semester tallied. The grades need to be in by this weekend, and I am ahead of schedule.

There's a pile on my desk of final assignments. One of them I input the wrong grade for, momentarily, scoring it a 92 instead of a 276. I'd forgotten that the final was on a scale of 300 for a few seconds.

In popped a student, staring at her cell phone in dismay. She's an A-student, and her final grade was an A, but she was in shock. They see what I type into the computer right away. I explained that the number I typed in was just a placeholder. You see, assignment grades we have to put into a system called Blackboard, but final grades go into an incompatible system called Banner. It's inefficient, but lot of colleges do it this way.

Upon hearing the news that her final grade was indeed an A, her eyes left her phone and her face lit up with a smile. She left with a skip in her step.

Then, seconds later, I got an email from a student who also saw that I had input a 90 vs. what should have been a 270. "What did I do so

horribly wrong?!" she wrote. I apologized that I had yet to use my elementary school times tables and multiply the nine by three and add a zero. Maybe I should have taken Common Core back then?

She wrote back thanking me for fixing the error and wishing me a happy holidays. More exclamation points.

I'd made the mistake of allowing an option for the six-page final for students to add two pages on what they had learned from the course this semester, and many of them took me up

on it. But the two page additions are pretty useless, in that none of the students were going to be hypercritical and tell me what's wrong with the course. Surely, there are some things wrong with it, but their grades are on the line — and this is a PR course

'As soon as I input the wrong grade, that student popped in.'

after all. They're not stupid. They were glowing.

In any case, I have one more course to grade. It's for a night course that only meets once a week. Only a dozen students, and half of them are easy to grade — some solid

Undergraduate	320	3.000	A	✉
Undergraduate	250	3.000	B	✉
Undergraduate	250	3.000	B+	✉
Undergraduate	080	3.000	A	✉
Undergraduate	335	3.000	C	✉
Undergraduate	175	3.000	A	✉
Undergraduate	080	3.000	A	✉
Undergraduate	320	3.000	B	✉
Undergraduate	265	3.000	C	✉
Undergraduate	320	3.000	A	✉
Undergraduate	265	3.000	B-	✉

A's in there — but this class overall may have been the least organized of my four classes.

Meeting just once a week, and at night, when they — and I, after having taught all day — were tired, made the class hard to win over. Plus, we only met 15 times while my other classes met 30 times. Only meeting once, early in the week, made it hard to stay on them, and their work, overall, was not as strong as the work from my other class with the same course number that met twice a week, during the day. That's all my fault.

So a couple of the students from that class have given me sob stories — which I have accepted — and their work will be late, so I have yet to submit the grades for that class.

At least next semester I have all standard classes, and I will have many of the same students again. There's time to turn things around, for those who found themselves a step behind this past fall; including me, at times. The spring brings us new opportunities.

And that's the last word ... for now!

Darren Johnson has a Master of Fine Arts in Writing and Literature from Southampton College and currently teaches PR courses, when he isn't running Campus News. Reach him at darren@ccc.n.us.



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