

CAMPUS NEWS

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Volume 19, Issue 8 FREE!

**FALL REGISTRATION
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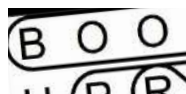
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Choosing to party, or not

Colin Ross
Campus News

When arriving on campus in the fall for the first time, many college freshmen are faced with the same dilemma, whether or not to participate in the party scene that encompasses most schools. Throughout their years in high school, students have often been told by their older peers about this unique part of the college experience. Some students might hear about wild and raucous parties that last throughout the night, leaving many rising freshmen teaming with anticipation for their turn. On the other hand, some students may tell of their horror stories and the consequences that followed, which may leave these very same rising freshmen with a bad feeling or a downright fear of the year to come.

I struggled with both of these schools of thought when I first arrived at my college this past year. I was conflicted between the parts



Please continue reading on page 19

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Whether you take it with a smart phone or an SLR camera, snap a picture of a community college student (it can be you) reading this issue of Campus News and send it to pics@cccn.us or text it to 518-879-0965, and we'll publish it online and perhaps in the print edition. Include the name, major and

college of the student pictured and your info. Five submitters will be chosen each month and win two free tix to Six Flags Great Escape in upstate Lake George, NY! They are open through Halloween. Tickets are worth \$65 each but not transferrable. You deserve a break! Road trip!

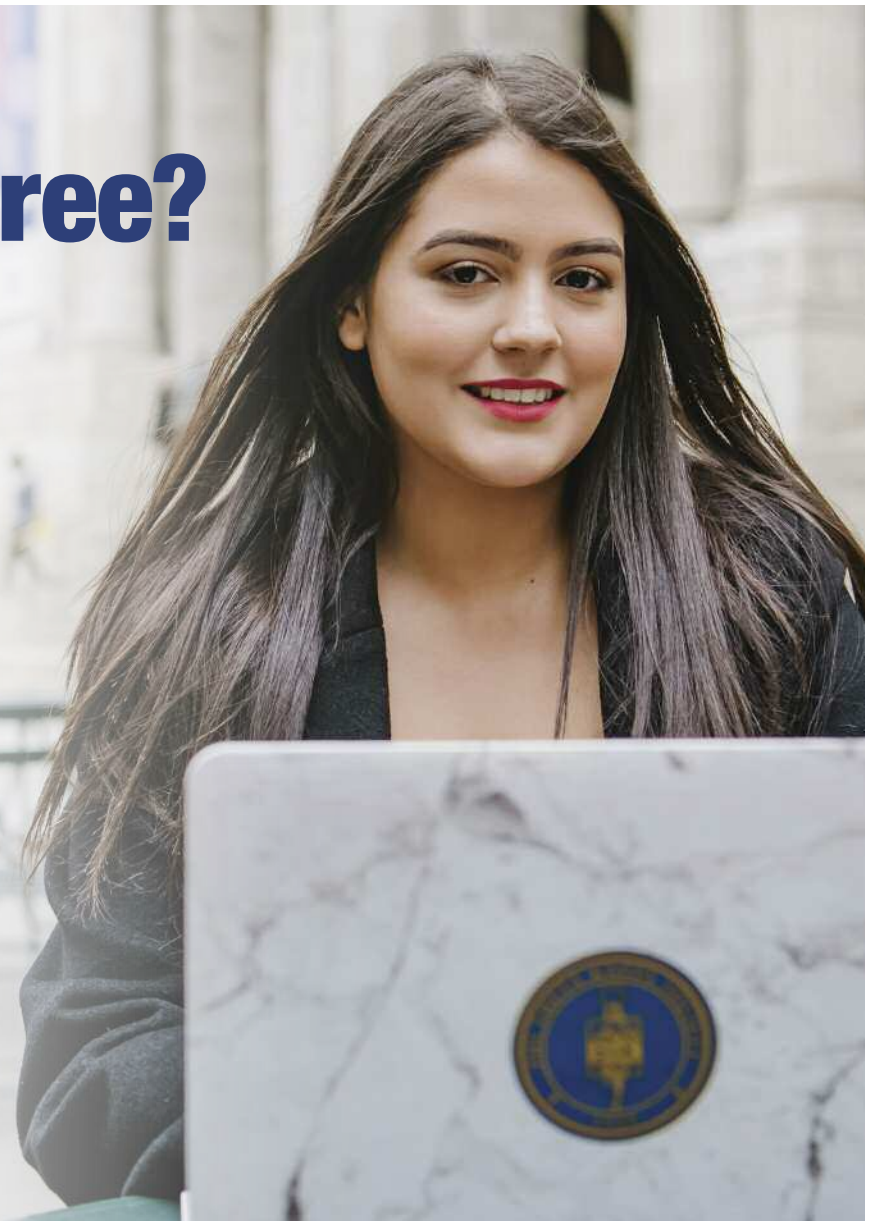


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Back-to-school mom makes good

Darren Johnson
Campus News

Sometimes necessity is the mother of invention, and a mother of two (with a third on the way) had a decision to make. After her husband was in an accident and unable to work for a while, how would they pay their bills?

"I had to stay home and take care of my husband, and realized quickly that my job wasn't going to pay our mortgage and two car payments," said Tanya Deshaw, 38, of Waterford, NY, who last month walked across the stage at commencement ceremonies for Excelsior College of Albany. "So, I said to my husband, after he was able to take care of himself, that I was going to go back to school."

That decision wasn't easy. Deshaw had a bad track record. She had dropped out of high school in 10th grade. She eventually got a GED at age 19, but then also had some academic issues at Hudson Valley Community College after a semester. "I was the same kind of student I was in high school; I guess I didn't want to do it."

That was nearly 20 years ago. Time went by. Children were born. She did get more credits from HVCC, though, and shored up her academics, and built up her confidence, but her dream of going to a four-year college didn't crystalize. Deshaw had worked consistently, but they were hourly jobs that didn't pay a lot, and didn't give her enough additional income to provide the life for her kids that she had wanted.

"We were struggling to pay the bills, so I had to take a different job, and wasn't able to go to school; at least not a traditional face-to-face college because I have three kids and was working a weekly swing shift."

So she applied to Excelsior, an accredited college in Upstate New York known for its online courses and flexible scheduling. She majored in Natural Sciences with a concentration of Biology.

She had been working in a large lab, but for not much more than minimum wage. Through a program at work, she received help with her tuition payments. Upon getting her BS degree this past winter, she

was instantly promoted to a white-coat position, making \$42 an hour.

"I'm one of the only people in my family to ever go to college. My parents were factory workers and they basically got out of high school and got a job. My mother didn't talk about college. My dad didn't talk about it. It's like you get out of school, get a job, get married, have kids. And that's it."

Her advice is to never give up.

"If I could do it with three kids and a husband and a house and working swing shifts, then others can do it, too," Deshaw said. "And a lot of companies will help you pay for your degree."

Her husband, mother and children got to see her cross the stage this past July and cheer her on. But she remembers all the work it took. She'd have to bring her textbooks with her to her kids' sports games. But now the benefits are awesome.

"It's a major jump in lifestyle and everything. Even with all the roadblocks in your life, it's worth it. ... All my children go to private school now because I can afford it. I'm trying to prepare them for college before they even get out of high school."

The leap Deshaw took means ending a cycle.

"I don't blame my mom, but she didn't have the knowledge or the understanding of what was out there. She was kind of stuck in a little box, and I feel like now

'A million times I felt like I wanted to give up and quit. But then what kind of role model would I be?'

that I was able to go to college and meet all of these people – that I stepped out of my comfort zone and sucked in all the information I possibly could – that I can pass it on to my children. I feel like they get to



Tanya Deshaw (right) with her adviser, Dale Emegawali (left).

benefit from all the knowledge that I have learned. They can have that and move forward and have a better life. I mean isn't that what you're supposed to do, as a parent?"

Deshaw really enjoyed Excelsior's educational model and is considering now getting a master's in business administration from the college. This could advance her even further at work, perhaps to senior management someday.

"A million times I felt like I wanted to give up and quit. And I cried. But then what kind of role model would I be for my children? So I pushed myself to continue and graduate."

Sometimes she can't believe this really happened. "What I have to do is get myself out of the habit of saying 'I'm a high school dropout,' because my husband will correct me. He'll say, no, you're not a high school dropout. You're a college graduate."

Reading Center

During a recent ceremony, Springfield (Mass.) Technical Community College President John B. Cook thanked Bennett family members and friends who were on hand for the formal dedication of the Bennett Reading Room. STCC received \$250,000 from the Bennett estate.



The significant donation comes as the STCC Foundation prepares for a major gifts campaign this fall. The Foundation, a nonprofit organization, helps the college meet its goals and commitment to provide superior educational opportunities in the community. The goal of the upcoming major gifts campaign is to raise money to build scholarships and enhance support services for STCC students.



Cook said donations like the one from the Bennett estate help create an affordable pathway to the college, with debt a key consideration for many families. "Despite the fact that STCC is

one of the most affordable options, each year our students take out \$4 million in federal student loans," Cook said. "When we receive a gift like this, it has tremendous impact for us and our students. We are tremendously grateful."

Massage therapy

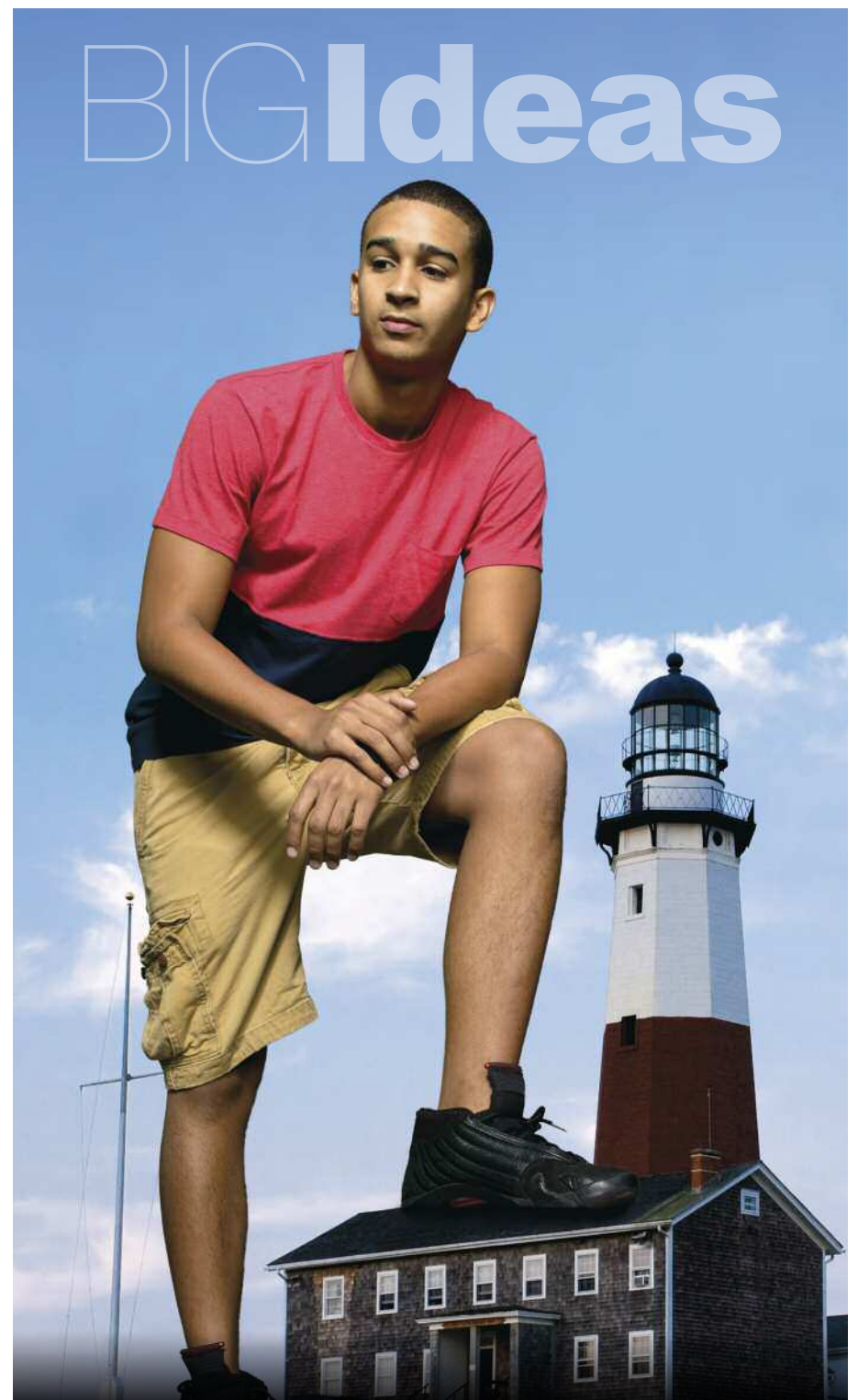
Beginning in the Spring 2020 semester, the Berkshire Community College Massage Therapy program will be available in a part-time evening format at the Pittsfield, Mass., main campus. This evening program is the same quality program as the day program, and makes becoming a massage therapist attainable for individuals who have daytime obligations.

Massage Therapy is a growing field, the U.S. Bureau of Labor Statistics anticipates 26% growth 2016-2026. Opportunities include employment for licensed massage therapists at destination spas/medical well-

ness facilities, day spas, medical facilities including Physical Therapy and Chiropractic offices, or self-employment.

Students would complete the 29-credit Massage Therapy evening program over three semesters (Spring 2020, Fall 2020, and Spring 2021) and two summer sessions (2020 and 2021). This concentrated schedule allows students to apply for Financial Aid. There is flexibility for students who wish to spread coursework over additional semesters as well.

Interested? Contact 413-236-4604 or jgawron@berkshirecc.edu.



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See last month's contest winners!

Who says students don't read newspapers? Many of them certainly read Campus News!

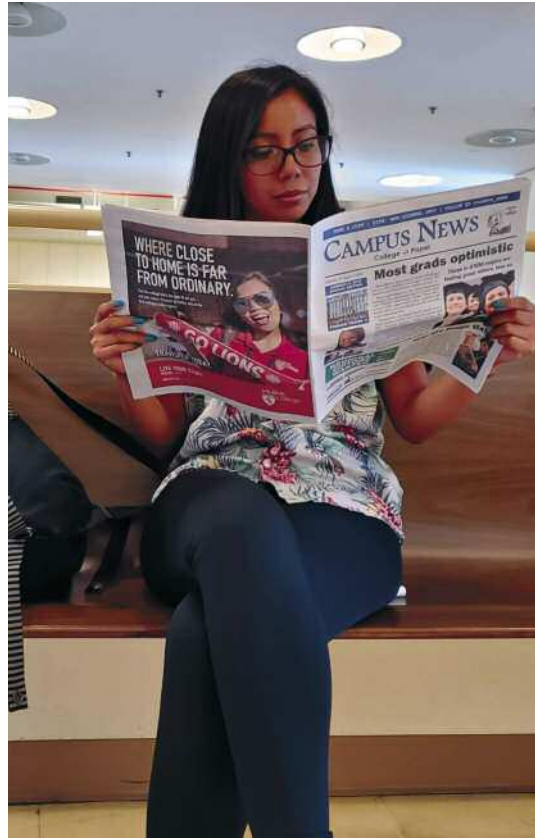
To prove it, we request students send in pictures of themselves reading the paper! Best pics get prizes!

These students each won two free tickets to Six Flags Great Escape last month:

Luke Maslinki (bottom

left), sociology major, Queensborough Community College; **Stacey Carillo** (middle), programming and systems major, LaGuardia Community College; **Maya Toth** (front cover), criminal justice major, Rockland Community College; **William Henry** (top right), business administration major, Middlesex (Mass.) Community College; and **Jade Roche** (bottom right), liberal arts major, Rockland Community College.

Can you make it to Lake George anytime this summer or early fall? Join the fun! Send your pic to pics@cccn.us!



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Ice T, Preacher Lawson to headline fall series

Gangster rap originator, author, and actor Ice T, along with comedian Preacher Lawson, will headline the Fall semester lineup of the Mohawk Valley Community College Cultural Series. Tickets for these and all events in the series go on sale at 10 a.m. Monday, Aug. 26, at www.mvcc.edu/tickets.

Ice T will present the lecture “Race in America, Bridging the Gap” at 7 p.m. Saturday, Oct. 5, in the Robert R. Jorgensen Athletic/Event Center Field House at the Utica Campus. Admission is \$20 general, \$15 for MVCC employees, and free for MVCC students. Ice T not only invented gangster rap, he has lived it. An only child whose parents died when he was very young, Ice T became involved in L.A. gangs before spending four years in the Army. Through his music, his roles in TV and film, his books (“The Ice Opinion,” “Ice: A Memoir

of Gangster Life,” and “Redemption — from South Central to Hollywood”), and his lecture tours of America’s prisons, high schools, libraries, and colleges, Ice T has become an influential spokesman for America’s youth, regardless of color. He has starred in NBC’s “Law & Order: Special Victims Unit” as Detective Odafin Tutuola for 20 years. In 2017, he produced and starred in “Who Shot Biggie & Tupac” for Fox, released a new Body Count album, and produced and hosted “In Ice Cold Murder” for Oxygen. His lecture is for mature audiences only.

Preacher Lawson, a comedian known for making it to the finals in 2017 on “America’s Got Talent,” will perform at 7 p.m. Thursday, Nov. 7, in Schafer Theater, Information Technology Building, at the Utica Campus. Admission is \$15 general, \$10 for MVCC employees, and free for MVCC students.

Lawson, one of the most animated char-



Ice T

acters you’ll ever see perform, has a clean, goofy, energetic style that will keep you on your toes and laughing. He was invited to compete on “America’s Got Talent: The Champions” in 2019, where he advanced to the finale after receiving the most votes from “superfans.” Lawson also runs a YouTube channel where he posts travel vlogs, cooking guides, and music videos, all with a comedic twist. Learn more at preacherlawson.com.



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Toyota certified students

Four 2019 graduates of the Toyota Technician Training and Education Network (T-TEN), a professional Automotive Training program at Columbia-Greene Community College, were honored on Thursday, July 11 for completing the program and earning multiple ASE certifications from the National Institute of Automotive Service Excellence.

Pictured with C-GCC President Carlee Drummer, Ph.D., are 2019 Toyota T-TEN graduates Eric von

Schilgen of Grafton, Troy Lynch of Athens, Karam Sawaged of Hyde Park, Joseph Barnum, Jr. of Ashland, and T-TEN Automotive Technology Instructor Michael Trimarchi.

Each graduate is now qualified as a Certified Toyota Technician at Toyota or Lexus dealerships, having completed required coursework and a paid internship, and achieved a minimum of two ASE certifications in areas such as engine repair, steering and suspension and brakes.

Certification grads

Westchester Community College's Division of Workforce Development recently held its annual Completion Ceremony, celebrating hundreds of students who completed their short-term workforce programs.



The event honored those who completed their

studies in the fall 2018 and spring 2019 semesters in areas such as the QuickBooks User Certification, Certified Nursing Assistant, Phlebotomy Technician, Electrocardiography, Pharmacy Technician, Clinical Medical Assistant, Medical Administrative Assistant, Project Transition, Real Estate, Insurance, OSHA 30 hour, Certified Dietary Manager, Just Add One, Microsoft Office Certification Programs, and more.

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Upcoming Instant Transfer Decision Days

Garden City:

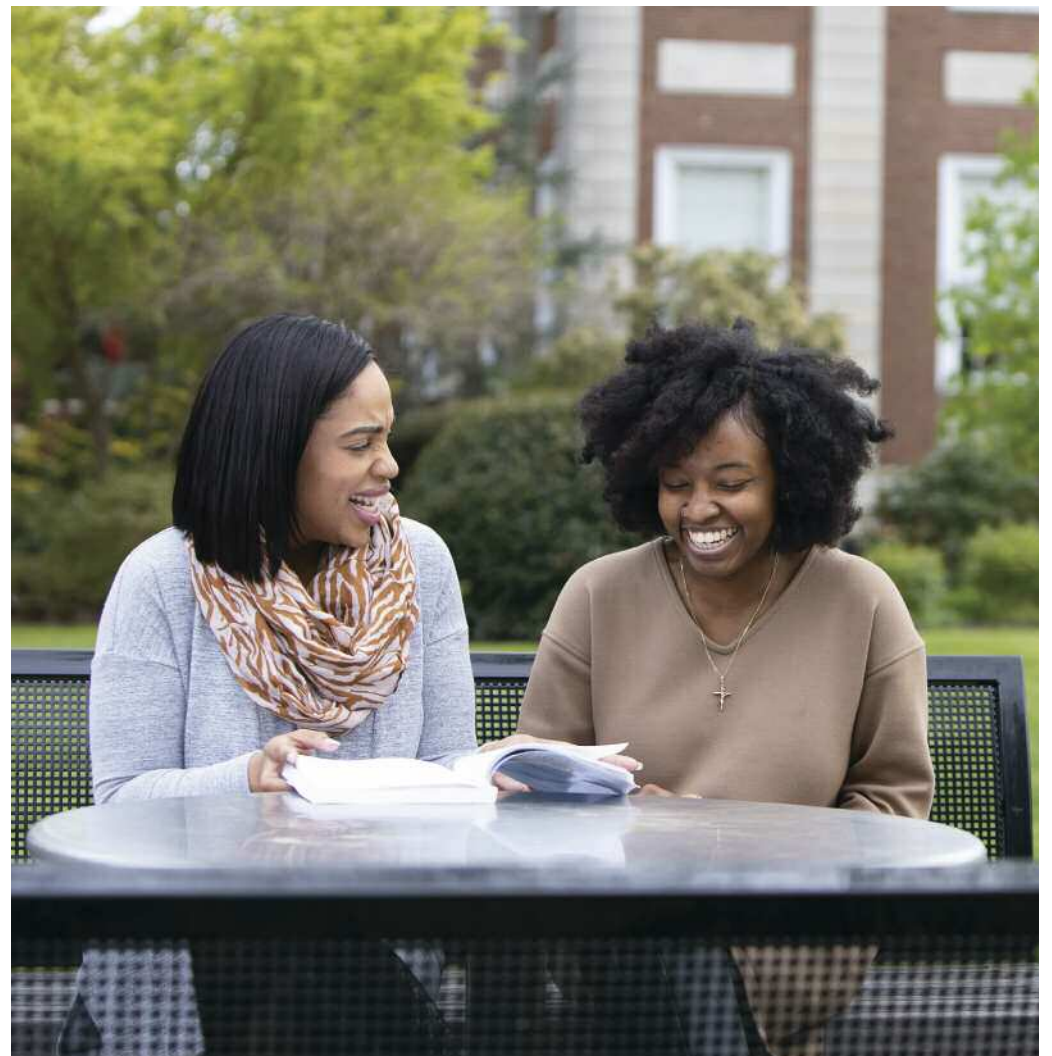
Tuesday August 6, 2019,
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Thursday, August 8, 2019
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When you outgrow the Jonas Brothers

Kaylee Johnson
Campus News

I know what you're thinking: another elitist article about how soulless mainstream music is, written by an indie music fan who obviously only buys organic cleaning products. But, I try to remain judgment-free when it comes to the musical tastes of others. That's not to say I have not unmatched with men on Tinder and Bumble based on their weak spotify playlists. I just can't imagine dating a man who actually enjoys listening to music (aka grunting and screaming) from Post Malone and Ariana Grande. I suppose academia and exposure to new art has increased my snobbery, as I tend to turn my nose up to anything mainstream these days. But I find that when a celebrity novel, a Broadway show, musician, or designer is trying to appeal to a particular archetype, they lose their uniqueness along the way and the final products become diluted and unmemorable. My family says I like anything "indie:" indie films, indie bands, indie coffee shops, and indie poems. They are correct, and my reasoning is that these indie productions or albums usually have an edge or zest that albums from famous record labels lack; they are not trying to play it safe. Over the past two years my taste in music has evolved immensely; Miley Cyrus and Justin Bieber to The Beatles and The B-52's. Partially because I started spending significant amounts of time in the music department of my college, where hippie bands cover obscure Green Day, Culture Club, Weezer, and Phish songs. The music majors at my college may always smell like skunk weed, wear shirts with holes that they cut out with their mother's floral print sewing scissors, and have long greasy hair, but they certainly have impeccable taste

in grunge music.

Having SiriusXM in my car during my long commute to and from Albany everyday also immersed me in new music, and the history behind it. The Beatles Channel has amazing guest DJs, including Stella McCartney, and friends of the Beatles who know insider information and the stories behind the songs. I also started listening to the New Wave channel and favoring The Pretenders, Culture Club, Berlin, and Missing Persons; bands with funk and well written, heartfelt lyrics. This all may seem insignificant, but if you could hear the trash I was listening to prior to my cliché college metamorphosis/nervous breakdown, you would agree that it is worthy of an article. How does one go from listening to the "High School Musical" soundtrack to Nirvana and Hole? I spent all of finals week listening to angsty Courtney Love music in sports bras and panties, studying multi-colored notecards all night. This severe evolution symbolizes the shedding of my youth. New Wave music got me through romantic troubles, family trauma, and bouts of depression this year; issues that were nonexistent during my privileged, coddled youth, when I rode a horse named Buttercup in the Hamptons and attended private school. Being hyper programmed and forced to attend ritzy political galas and exclusive beach clubs made me thirsty to fit in, and pretend to like the mainstream. But as I have grown older and bolder, I have found that it is much more gratifying to not fit in.

On my fourth day in Mexico last month, my mother woke me up at sunrise, excited and obviously affected by the sunstroke she had experienced the day prior, claiming that she bought me two front row tickets to the Jonas Brothers concert coming



to Albany. Now in my defense, this is not the kind of news that one expects to hear at sunrise in Mexico, covered in aloe vera and somewhat high off of low dose painkillers. But, while wearing an oversized T-shirt and no makeup, I came up with a very aloof, pompous monologue about my hatred of the Jonas Brothers and my growth as a woman and

'I found it's much more gratifying to not fit in.'

artist, unaware my mother was wallowing in the nostalgia of the time she took me to a Jonas Brothers concert in 2008. She spent over two hundred dollars per concert ticket, because she still views me as an awkward preteen fangirl. Later, she sat next to me on our bus ride to Yucatan and asked what I was listening to, so I introduced her to Alanis Morissette and Courtney Love, and the woman that likes Kenny Rogers and Jimmy Buffett had never looked so concerned in her life.

I resold the Jonas Brothers tickets and spent the summer writing, reading, and painting in my studio while listening to the

Mamas and the Papas, Talking Heads, and 10,000 Maniacs. Now, the only time I listen to those cringeworthy Hannah Montana, Justin Bieber, Jonas Brothers, and "High School Musical" albums is when I am in severe crisis; full fledged insomnia induced nervous breakdown mode, usually caused by some indie actor or filmmaker with rage problems. In those unruly moments, Hannah Montana speaks to my twenty-one-year-old soul as much as she did when I was eight and wearing blond wigs and sequined blazers. As I have written in previous articles and essays, I try my hardest to avoid inertia in all elements of my life, and music is no exception, but I am also not opposed to looking back every once in awhile; nostalgia in small doses can really take the edge off.

Kaylee Johnson is a senior at the College of Saint Rose, majoring in Education with an English concentration. She plans to pursue careers in writing and teaching.



The waves around us, and 5G fears

Dave Paone
Campus News

Marie F. despises anything wireless. She despises cell phones, cordless phones and wireless routers. She despises all of these things because they make her physically sick. And she's especially terrified of the forthcoming 5G.

Her story began about five years ago when she was jolted out of her sleep by what she describes as a "sharp, electrical surge," going through her body.

Marie found it difficult sleeping each night and suspected it may have had something to do with an electrical current. She tried changing bedrooms, even sleeping in the bathtub some nights.

She hired someone with a gauss meter, which measures magnetic fields. He found high readings coming into the house from the water main in the basement, which were then transferring into her room via the radiator.

She had technicians from the water and electric utilities take a look and they both assured her everything was fine.

A building biologist recommended hiring a plumber and an electrician to install a dielectric union, which prevents excess electricity from the neighboring houses from coming into hers.

It worked. It wasn't cheap but it worked. For a while.

Then she started feeling listless, with no energy and "almost paralyzed" when she was in her room.

The culprit was the house's cordless phone. "I feel that thing damned near killed me," she said.

At first the family didn't mind that she unplugged the cordless phone each night. Once she started unplugging it during the day, however, they weren't so understanding.

"It started a war with my family," she said. "We went to battle. It was screaming... insults hurled... it was just awful."

Her family thought it was psychosomatic, meaning the problem was all in her head.

Without her family's knowledge or approval, she replaced the cordless phone with a hard-wired one. This solved Marie's health problems... for a while.

Soon, she began getting heart palpitations at night and her legs and feet started tingling. The new culprits were two wireless routers. She begged her family to at least shut them off at night, so she could get some sleep. One was turned off; the other wasn't.

One winter night Marie slept on the front stoop covered with blankets, in an effort to escape the constant barrage of radiation from the router.

She took to turning it off at night herself, which led to more shouting matches. Then she discovered the wireless printer was contributing to her misery as well. "I felt like I was dying," Marie said.

At long last the family came

'She began getting heart palpitations and her legs started tingling.'

to a compromise. The routers and wireless devices would get turned off at night.

Marie has what's called electrohypersensitivity. According



Debbie Persampire in front of a smart cell. —dp photo

to the World Health Organization, EHS is not a recognized medical diagnosis.

But for people like her, adverse reactions to the specific type of radiation that permeates wireless technology are real.

And that's the crux of their argument. There are two types of radiation: ionizing and non-ionizing. It's common knowledge that ionizing radiation is harmful.

X-rays are ionizing. So when you have dental x-rays taken, the hygienist covers your torso with a lead apron (to protect your vital organs) and hides behind a lead-lined wall when she takes the pictures. Long-term exposure to ionizing radiation can be deadly.

It's been thought that non-ionizing radiation, which is what makes wireless devices work, is not harmful. Marie and a host of others worldwide say that's just not true.

Real or unfounded? (cont.)

This is where the battle lines are drawn.

Those opposed to non-ionizing radiation cite the many, international studies conducted by scientists who have no connection to the wireless industry. A majority of them conclude that long-term exposure to wireless devices is harmful and deadly.

In the US, the Federal Communications Commission concludes in a 1999 bulletin, “At relatively low levels of exposure to [radio frequency] radiation... the evidence for production of harmful biological effects is ambiguous and unproven.”

Marie is not buying it. She compares this to the cigarette industry — that the tobacco companies knew for years that cigarettes were harmful to the public’s health yet kept this information suppressed from the populace. She’s confident that the FCC knows of the dangers but the wireless lobby is keeping it from making them known.

According to Joel Moskowitz of UC Berkeley, the wireless industry spends \$100 million per year lobbying Congress. He states this in the documentary, “Generation Zapped.”

This technology is not going away. In fact, it’s getting bigger and more ubiquitous, specifically in the form of 5G.

Currently, most wireless devices are powered by 4G, the fourth generation of cellular network technology. The next generation, 5G, is already being rolled out.

On its website, Verizon states, “The 5G future is closer than you think.... We are taking a progressive approach to rolling out 5G....”

Campus News reached out to

Verizon for their official response to the claim that non-ionizing radiation is indeed harmful, what they know about cell phone RFs as well as what’s ahead with 5G.

We received a reply from Luke Kopetsky of CTIA, the trade association representing the wireless industry in the US. He sent us a link to the website, WirelessHealthFacts.com, as well as links to three recent articles (all 2019) regarding cell phones, 5G and health.

All four links say essentially the same thing: non-ionizing radiation is safe.

Some people with EHS are also affected by smart meters used for gas and electric billing. Instead of meter readers coming to your house to document how much gas and electricity you’ve used, a smart meter transmits this information wirelessly.

Campus News also reached out public utilities, National Grid and PSEG Long Island, for their official stances on smart meters and non-ionizing radiation but did not receive a reply.

In 2016, the Town of Huntington, Long Island, signed a 10-year contract with Crown Castle, a telecommunications infrastructure company, to line the streets with “small cells,” which are something like little cell phone towers. This is in preparation for the forthcoming 5G.

Once they started dotting the landscape, it didn’t sit well with Debbie Persampire, a soccer mom and resident of the area. She and about 100 other residents voiced their concerns at a town board meeting.

Debbie has since started the

activist group, Citizens for 5G Awareness. She and members of the group have had private meetings with the town board. “They have listened to us,” she said.

But the town has said they feel their hands are tied — that it’s a federal issue — and residents need to fight it on a federal level. Debbie doesn’t completely believe that because other states have passed laws limiting this infrastructure.

Installation of the small cells is perfectly legal because Section 704 of the Telecommunications Act of 1996, signed by President Clinton, states that no health or environmental concern can interfere with the placement of telecom equipment, such as cell towers and antennas.

As a mother of a nine and a 10 year old, Debbie depends on her cell phone to stay connected with her family, especially in the event of an emergency. She depends on and uses wireless

‘One simple fix is to keep her phone away from her body.’

technology every day.

But she takes precautions. One simple fix is to keep her phone away from her body. “Every inch makes a difference,” she said.

Carrying her phone in a bag, rather than in a pocket, puts a distance between it and her and that’s enough to help. Cell phones actually state in their legal sections that this is recommended.

Debbie said that one reason why the results of cell phone testing are inaccurate is that phones are tested at a distance

from the body, but in real life no one does that.

Another simple fix is to keep her phone in airplane mode when she’s not using it. Airplane mode shuts off the RF radiation.

A third simple fix is to use an air tube headset, which contains a hollow, flexible tube that replaces a wire, thereby reducing RFs. Wireless ear devices, on the other hand, are extremely hazardous, according to the RF naysayers.

Another change was to hardwire everything at home. That means no smart meters and Wi-Fi. Her family still uses computers, but they’re driven by fiber optic cables.

While all these modifications are under her control, she and her group have not yet won the battle over small cells outside their houses.

Where we currently stand is the wireless communication companies, the public utilities and their scientists say wireless technology and 5G are safe. Those suffering from EHS, those with small cells in front of their houses and their scientists say they’re not.

Debbie recalled a recent exchange she had with a college student. She was at a barbeque and was seated next to him. He had a cell phone and placed it over his lower abdomen.

“It was driving me crazy, and I finally said, ‘Do you know there’s a message inside your phone that tells you not to put it on your body?’”

Unaware of this, he gave her his phone and she found the warning in the legal notifications.

According to Debbie, after reading it, he said, “From now on I’m going to keep it on the table next to me, and I’m going to stop sleeping with it next to my head.”

Score one for Debbie.

It's not a family vacation until you see *them* aliens

Greg Schwem
Special to Campus News

I burst excitedly into our family room, finding my wife and two daughters staring at their phones while some mindless reality show droned in the background. A typical night in the Schwem household.

"Attention, please, everyone," I said. "In the name of science, I have found our next vacation destination."

Crickets.

"Ahem, I said I have found our next..."

"We heard you," my wife said. "And we're not going."

"You don't even know where it is."

"Doesn't matter," she said. "We are not doing anything in the name of science."

"Yeah, Dad," my eldest chimed in. "Last year you wanted us to go to St. Louis and catch the flu. On purpose."

"We would have each made \$3,500," I said, referring to last summer's study at St. Louis University in which researchers sought out healthy volunteers who would consent to being exposed to the flu virus, followed by 10 days in quarantine.

"Dad, what's in your hand?" my youngest asked. "Are those bolt cutters?"

"Yes," I said. "We might need them if we are going to see aliens."

My girls, huge fans of "Stranger Things" on Netflix, dropped their phones. I finally had their attention. My wife,

not so much.

"What do you mean, 'see aliens?'" my oldest said.

"On September 20, we are going to Groom Lake in Nevada, specifically to storm Area 51," I said. "The event is on Facebook, and I've already responded 'interested.' Along with 1.4 million others."

"Sounds like we'll have no problem getting a hotel," my wife said.

I gave my daughters a brief history lesson on Area 51, a highly-classified Air Force facility that, for years, has been the subject of conspiracy theories, most related to the hous-

'We may have to walk 50 miles before we reach the gates.'

ing and study of UFOs and other extraterrestrial beings that may have landed in this country.

The site returned to the news recently when California resident Matty Roberts created the "Storm Area 51, They Can't Stop All of Us" Facebook page. Roberts admitted the site, and the event itself, is a joke, but that hasn't stopped 1.8 million people from insisting they are attending, including five of my Facebook friends.

"I'm going because I'm interested in history, and there are a lot of historical files at the base," said Facebook friend Stephen Haas, 29, a New York City stand-up comedian. Then, he added, facetiously, "I'm not



some conspiracy nutjob looking for aliens. I just want to know which Apollo 11 astronaut killed Kennedy."

I pulled up Google Maps on my phone and began plotting our route. "If we fly, we should probably go to Las Vegas and rent a car," I said. "Area 51 is about three hours away."

"Can you just pick me up on the way back?" my wife asked.

"I'll hang out at the Mirage pool, and you can send me texts of the three of you cavorting with your new Martian friends."

"Are you really going to use the bolt cutters, Dad?" my oldest asked. "I'm interviewing for jobs now, and I don't want 'felony trespassing' to pop up on my background check."

I assured her I would only use them as a last resort.

"Or we could just borrow a pair," my youngest said. "With over a million people in attendance, odds are pretty good that somebody has a spare set."

"Let's talk attire," I said, changing the subject. "We may have to walk about 50 miles before we actually reach the gates, particularly if our flight is late. So sensible shoes are a must. And sunscreen."

"We need as many portable phone chargers as we can

carry," my youngest said. "Can you imagine finally seeing an alien and not being able to put it on Instagram because your phone is dead? I. Would. Die."

The three of us continued our checklist, adding and subtracting items at will until we were satisfied we were totally prepared to, as the Facebook page states, "see them aliens."

"What if we get captured?" my oldest said.

"By aliens or the military?" I replied.

"Either."

"Say nothing," I commanded. "At least not without a lawyer present."

"What if we get taken to a spaceship?"

"We'll worry about that if it happens."

"Ask them if their spaceship can fly to St. Louis," my wife said. "Then you call all make \$3,500 and spend 10 days with only each other as company."

Sounds like a great vacation for next year.

Greg Schwem is a corporate stand-up comedian and author of two books, available at www.gregschwem.com.



Ways to be smarter about money

Jill Schlesinger
Special to Campus News

When I was a young trader, my employer sent a group of us to a crash course in options strategies. As we piled into the classroom, there was a chalkboard with one word written on it: “KISS”. The professor quickly pointed out that KISS stood for “Keep It Simple, Stupid” and it was a mantra that we should repeat if we wanted to be successful on Wall Street.

I have used this wise advice as a prompt for an annual “KISS for Your Money” column each summer. While I have written about some of these tips previously, they bear repeating, because they work.

1. Manage due dates/establish auto pay on available accounts: This is a great strategy for you, your kids and your parents. The idea is to synchronize your payments for recurring bills, such as mortgage/rent, insurance, utilities, credit cards and cell phones, with paychecks or other income. If you are paying down debt, establish automatic payments, even for a small amount, so your most important expenses get paid and you can avoid, or at least minimize, penalties and fees.

2. Fight hidden/wasted fees: Are you still using that old DVR? Is it necessary to pull cash from an out-of-network ATM? Did you make the amateur-hour move of pre-paying for gas on a rental car? How much are you really using that music streaming service? Be aware that hidden and wasted fees are everywhere and can often amount to thousands of dollars each year.

According to Consumer Reports, “at

least 85 percent of Americans have experienced a hidden or unexpected fee for a service in the past two years.” But don’t try to do this all at once. Instead, the folks at CR say it is better to pick one category (utilities, banking, cable/cell, credit card) each month and review what you are paying and whether or not it is worth it.

3. Consolidate accounts: When you review your banking fees, you may realize that you have a number of accounts at different institutions. By combining them, the resulting higher balance may help you avoid fees and potentially get better deals. As a bonus, this exercise will help streamline your financial life. The same rule applies to orphaned, old retirement or investment accounts.

Combining accounts also makes it easier to monitor your entire portfolio, ensure that your money is properly diversified and allow you to see whether you can dump old managed mutual funds, in favor of cheaper index funds. Once you combine, create an asset allocation plan, set it and forget it. Choose auto-rebalancing to keep the plan in check.

4. Boost retirement contributions: Most retirement plans have a way to automatically increase your contribution levels. These “auto-escalation” features can help you slowly, methodically and painlessly increase the amount you save for retirement each pay period. If you are saving on your own, you can automatically transfer money from your checking or savings account to a Roth or traditional IRA.

5. Become familiar with the terms of your homeowner’s or rental insurance



policies: I hear your groans, but the time to figure out what is in your policy is not in the aftermath of a natural disaster, but before it occurs. As a reminder, most standard homeowners’ policies cover structural and water damage only in limited circumstances, such as when a falling tree knocks a hole in a roof or breaks a window, allowing rain to fall inside. Most policies don’t cover damages that result from rising water, unless the homeowner lives in a designated flood zone and has purchased insurance through the federal government’s National Flood Insurance Program.

Jill Schlesinger, CFP, is a CBS News business analyst. She welcomes comments and questions at askjill@jillonmoney.com.



Diversity grant

The State University of New York (SUNY) Office of Diversity, Equity and Inclusion awarded Suffolk County Community College a nearly \$9,000 grant to implement a proposal by Suffolk’s College Associate Dean for Student Engagement Assessment Patricia Munsch, Ph.D. The proposal, “Allyship Through the Lens of Intersectionality,” “...best encapsulated the goals and principles this initiative seeks to promote,” according to SUNY’s award letter.

“Students come from a wide range of experiences and situations that determine how they learn,” Munsch said. “This generous grant will help us launch faculty professional development oppor-

tunities that will examine student identity theories and the impact on student success including but not limited to student socioeconomic status, race, gender and food and housing insecurity.”

As an example, Munsch said that according to Suffolk’s own data, 25 percent of fall 2018 full time students demonstrated high financial need based on financial aid records. In the same year, via survey, 40 percent of students indicated they had experienced housing insecurity in the past year, 10 percent reported being homeless in the past year and 39 percent of students experienced food insecurity.

“When faculty have an understanding of cultural differences and similarities, they and our students are more successful,” Munsch concluded.

Europe's places for kidding around

Rick Steves
Tribune Content Agency

I'm often inspired by families on the road. Last summer, on a ferry between Oban and the Isle of Mull in Scotland, I met a family from Texas. The parents were taking their kids on a year-long adventure through Europe and told me how they've realized there's no better education or quality family time than traveling together – and I wholeheartedly agree. The key is balancing educational sightseeing with fun activities.

When I toted my kids Jackie and Andy around Europe, they had no problem telling me what the best kid-friendly experiences were – ones that balanced out my heavy museum-going. Here are some of my family's favorites.

In Copenhagen, take advantage of the city's cycling culture and bike with your kids to dazzling Tivoli Gardens. This grand old amusement park – with 20 acres and countless ice-cream cones of fun – has been running since 1843. It's like a Hans Christian Andersen theme park, with games, marching bands, and rides ranging from vintage cars to roller coasters to a Ferris wheel that resembles a clock. There's something happening every half-hour. Free concerts, pantomime theater, ballet, acrobats, puppets, and other shows pop up all over the park. With or without kids, this place is a true magic kingdom.

In Budapest, the city's top attraction for kids is also my top recommendation for adults: thermal baths. They're like your hometown swimming pool – except the water is 100 degrees, there are plenty of jets and bubbles, and you're surrounded by Hungarians. Splash around in a warm-water whirlpool at the grand Szechenyi Baths – a casual option popular with locals.

Or try Gellert Baths' outdoor area and wave pool for the best thermal bath thrills for kids. At any Hungarian thermal baths, big pools with cooler water are for serious swimming, while the smaller, hotter thermal baths are for relaxing, enjoying the jets, and playing chess.

In southern Germany's Bavaria region, the otherworldly 19th-century "King's Castles" capture kids' imaginations with a dramatic setting and fanciful architecture that inspired Walt Disney's Cinderella castle. Kids can picture "Mad" King Ludwig as a boy, climbing the hills above his dad's summer residence (Hohenschwangau), dreaming up the ultimate magical castle (Neuschwanstein). Inside Neuschwanstein, the exquisite two-million-stone mosaic floor is a visual encyclopedia of animals and plants – make it into a scavenger hunt and challenge your kids to find different species. You can even complete the fairy tale and take a horse-drawn carriage up to the castles.

After playing king, set aside some time for an even more thrilling Bavarian experience: a summer luge ride. At the nearby

'A horse-drawn carriage up to castles.'

Tegelberg summer luge, kids young and old hop in a wheeled sled-like go-cart, ride up a track to the top of a hill, and scream back down on a banked course. It's a quintessential alpine activity that reminds me it's never too late to have a happy childhood.

The dozens of opulent chateaux in France's Loire Valley are remarkable, but youngsters may lose steam after visiting one or two. But the Chateau de Cheverny offers a



Tivoli Gardens

unique demonstration that's perfect for animal-loving kids and highlights the château's hunting heritage. The marquis here keeps a kennel of 70 hunting hounds – half English foxhound and half French Poitou. They're given food once a day, and the feeding ritual is an impressive feat to behold. Before chow time, the hungry hounds fill the little kennel rooftop and watch the trainer (who knows every dog's name) bring in troughs stacked with delectable raw meat. He opens the gate, and the dogs gather enthusiastically around the food without touching it – yelping hysterically. Only when the trainer signals can they dig in. It's an exercise in control, and the excitement is palpable.

Across the Channel, sprawling Hyde Park is London's backyard – and the perfect place for museum'd-out kids to play and run free. Plays, concerts, and clown acts are scheduled throughout the summer. Rent a paddleboat at the Serpentine, wade in the swimming area, or walk a park trail. At Christmastime, Hyde Park transforms into its famous Winter Wonderland. The enormous event has plenty of kitschy carnival fun, with winter treats, a Ferris wheel, circus show, and

ice-skating rink.

Year-round, London's live theater scene is another must-do that was always at the top of my kids' lists. London's West End theaters have several shows that particularly appeal to kids, currently including "Wicked," "The Lion King" and the two-part "Harry Potter and the Cursed Child." You'll appreciate the talented performers, and the kids will revel in the colorful costumes, catchy tunes, and familiar stories.

When taking your kids abroad, seek out experiences that are both culturally enriching and just a downright good time. You'll expose your kids to the local lifestyle and bring lighthearted fun to their travel memories.

Rick Steves writes travel guidebooks to the cruise ports of the Mediterranean and Northern Europe and hosts travel shows on public television and public radio. Email him at rick@rick-steves.com.



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Marvel's last hurrah on Netflix

Anna Tingley
Variety
Special to Campus News

SPOILER ALERT: *Do not keep reading if you have not seen Season 3 of "Jessica Jones"*

Variety chatted with Melissa Rosenberg, the creator, showrunner, and executive producer of Netflix's Marvel drama "Jessica Jones."

Centered around the Marvel Comics character of the same name, the series follows former superhero Jessica Jones, played by Krysten Ritter, as she opens her own detective agency and hesitantly uses her superpowers to combat numerous villains that find their way back into her life. The first two seasons sees power-wielding Jones catapulted into a series of dramatic turns, from battling the evil Kilgrave throughout Season 1, to having her best friend Trish (Rachael Taylor) kill her mother, and subsequently gain her own powers, in Season 2. In the third and final season, released June 14, the many open wounds and unresolved conflicts finally have a chance to be reconciled.

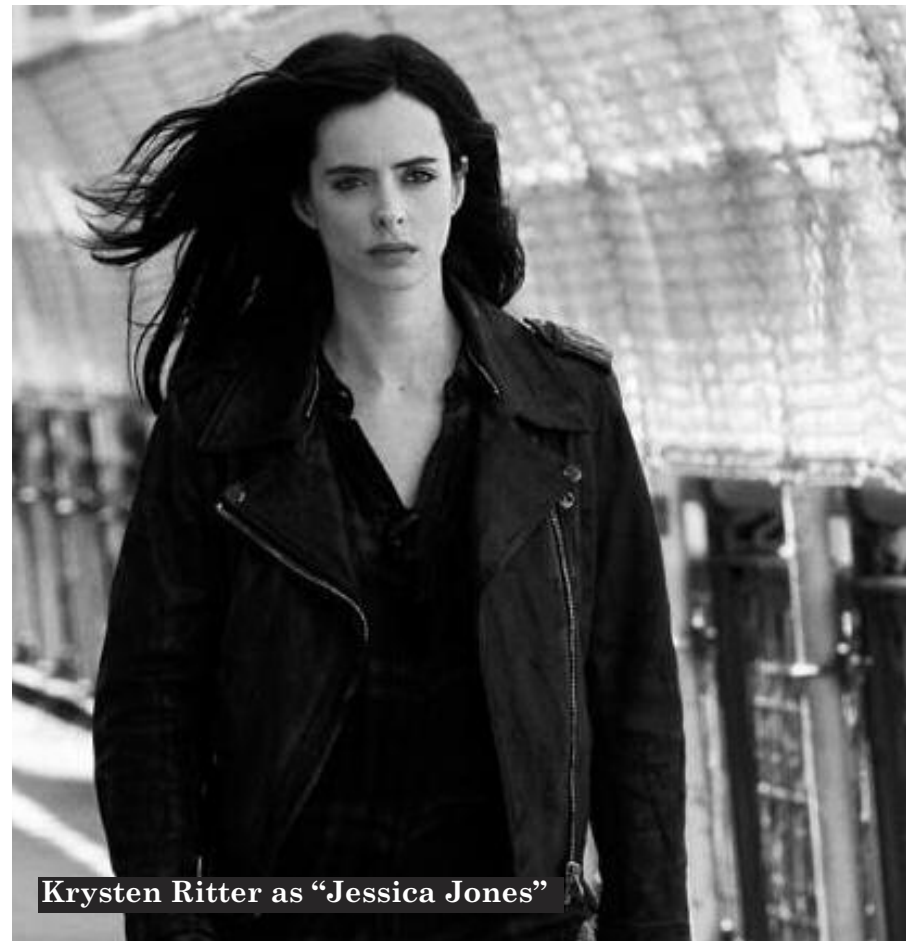
"What we really wanted to do was to have Jessica's character look forward," Rosenberg said about the last season. "The first two seasons were really her dig-

ging into her past, her past trauma, her family history, her origins, all of that. And she's come to some sort of conclusion with those and so now we're gonna see what does it look like for her to move forward, what is her place in the world? Can she find her place in the world?"

Her place in the world still seems to be right by Trish's side in Season 3. Despite added tension following Trish's newfound powers, and her murder of Jones' mother, the pair go through the latest installment side by side. "They're now, at least from a physical point of view, they're equals," Rosenberg said. "They both have powers, they both can defend themselves and fight for good or bad or all of that."

"How they approach that is what brings about the conflict because Jessica has always been someone who sees all the different angles, who has a very hard time seeing things in black and white. It's always shades of grey," she continued, noting how each characters almost polar-opposite viewpoints complement each other perfectly.

"Both of them have always had this desire, to be able to come together and stay together and they've also always sought a partner in each other," Rosenberg said. "They're both



Krysten Ritter as "Jessica Jones"

very isolated in their own so it is the perfect team-up. They really complement each other's strengths and weaknesses. They get to be together. It's fun, it's sort of the culmination of a three-season long arc between them."

The new season also sees new relationships blossom as Jones begins dating Erik Gelden (Benjamin Walker) who, much like Trish, has a stark outlook on the world. But

despite their differences, Rosenberg thinks the pair work well together in much the same way that her and Trish do, as their contrasting perspectives balance each other.

"For her he's the ultimate partner, even more so than Trish, in that he can absolutely concretely see if someone is good or bad," Rosenberg said. "It's a very concrete, tangible skillset that he is and one that has evaded her her entire life."

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New media program

Mohawk Valley Community College has announced the addition of a new Associate in Science degree program in Digital Media and Marketing. This Associate in Science (AS) degree will be offered beginning in the Fall 2019 semester, which begins Sept. 4. Classes will be offered on both the Utica and Rome campuses. This program will provide the skills and knowledge required for students to analyze and plan media strategies, to assess media costs and budgets, to communicate visually, and evaluate the uses of media.

Intern joins radio crew

Rachel Robichaud of Lexington, Mass. (pictured, second from left), saw a Career Services' flyer posted in the hallways, announcing an upcoming panel titled "Women in the Media," featuring WCVB Channel 5's anchor, Nicole Berlie, and MAGIC 106.7 morning host, Sue Tabb. The seasoned professionals were coming to MassBay as featured career panelists, and although not required, Rachel knew she needed to attend the event. Rachel, a Communications major, had been a life-long fan of the Boston-based radio station, MAGIC 106.7, and had her career sights set on working in broadcasting. "The panel that MassBay's Office of Career Services provided was very relevant to me and my career interest. It was an amazing experience, sitting in the same room as these two media professionals who I see on TV and hear on the radio. What an incredible opportunity, being able to hear

their stories and ask them questions about their career paths. Their advice on how to break into the industry was invaluable," said Rachel.

Following the career panel, students were encouraged to stay and talk with professionals. Rachel took advantage of this opportunity to introduce herself to Sue Tabb from MAGIC 106.7 to share a personal story about her late mother's love for the radio station. "That's how I became hooked on MAGIC, it was the only radio station my mother would listen to all day, every day. Sue was so kind to listen to my story and about my dream of working in broadcasting someday. She then invited me to visit her at the radio station and participate in reading the 'almost impossible question' on air. When I visited the station, the morning MAGIC team were all so nice and welcoming. Upon my arrival,

they had a gift bag and a welcome sign, along with my own set of headphones, all set up by a microphone. It was more than I ever expected after originally being invited by Sue."

After Rachel participated in the show with the morning MAGIC hosts, Sue Tabb, David O'Leary, and Kendra Petrone, she toured the building and before leaving, she was asked to be an intern. Rachel explains her internship as a "pop-news gath-er-er", where she looks up news and entertainment stories that might fit into the format of the show, sometimes writes the stories for the morning hosts, and monitors the news to make sure any news updates are made



quickly in the scripts. She also takes notes on what the show covers during mornings to email to the afternoon hosts in case they find something interesting to cover later in the day.

"It is so amazing to hear the stories I write read over the air. I've also been on air a lot more than I ever expected. I don't usually have a microphone, but sometimes they'll turn the mic on and ask my opinion. This has been such a great experience. I absolutely learned and experienced more than I ever thought I would at an internship."

Queensborough profs earn Mellon grants

Three Queensborough Community College (CUNY) professors: Dr. James D. Nichols, History; Dr. Susan Jacobowitz, English; and Dr. Amy E. Traver, Social Sciences are among just 26 scholars from around the country to have been named 2019 Mellon/ACLS Community College Faculty Fellows.

This is the first year of this program, which supports research projects from humanities and social science faculty who teach at two-year colleges. The program is made possible by a generous grant from The Andrew W. Mellon Foundation.

"It is wonderful to learn about the research of my col-

leagues who have sustained a record of academic distinction in scholarship," said Sandra Palmer, Interim Provost and Vice President for Academic Affairs. "I congratulate them all on this exceptional achievement."

Professor Nichol's research project, *A Fate Worse than Debt: The Rise and Fall of Peonage in the US-Mexico Borderlands*, looks at the practice of debt slavery in the southwestern borderlands of the United States up to and beyond the era of Reconstruction. Professor Jacobowitz's project, *Far From Childhood: A Holocaust Memoir*, tells the story of the fellow's father, who survived the Holocaust

as a child. This is the story of his survival and an exploration of identity of children of survivors; it is also a powerful personal story that draws out themes of persecution, discrimination, suffering, and struggle for students in the humanities.

Professor Traver's project, *New York's Dairy Dependents: The Children's Aid Society's Emigration Program and Upstate Dairy Farming, 1853-1929*, describes the "orphan trains" used to immigrate thousands of New York City children to family farms across the United States. Despite—and perhaps because of—familiarity with these orphan trains, little is known

about the large number of CAS émigrés placed on Upstate New York farms.

"Community colleges are an increasingly important part of the higher education ecosystem," said Shiang-Kwei Wang, Ph.D., Dean for Research. "We are grateful to the Mellon Foundation's support of our faculty so they may pursue their research ambitions in the humanities and social sciences."

Fellows receive a \$40,000 stipend over 18 months and will participate in a convening to meet, share their work, and discuss broader issues in the humanities in the community college sector.

Finding that quiet spot on campus

Kaylee Johnson
Campus News

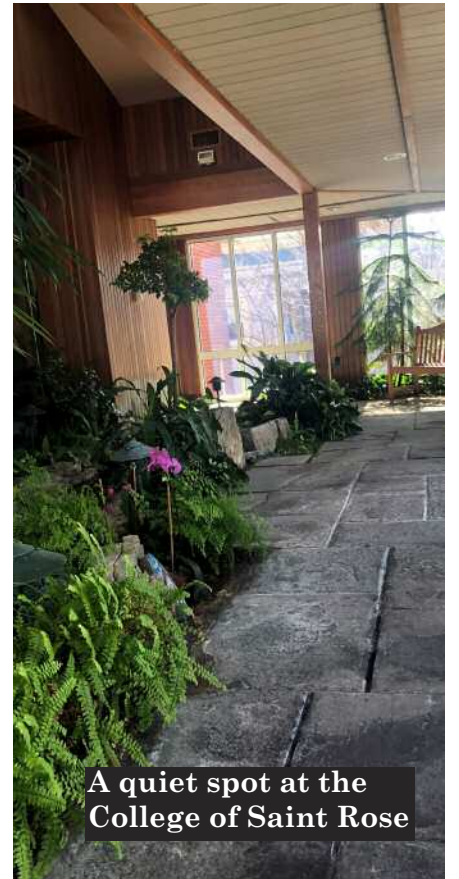
It took me over two years to let my guard down and find joy on my college campus and the surrounding city life. It's a small private college in the heart of Albany, New York, mainly dominated by hippie music majors that carry around PHISH backpacks and reek of skunk weed and education majors wearing cheap high heels with gel inserts to look older and more sophisticated. I'm an education major, with a plethora of cheap heels and clearance teaching clothes, but I associate more with artists and writers. Yet, I did not walk into the art building until I was a junior, but it is where I really found myself, as a student and person. Most buildings on my campus are generic and soulless; filled with cheap, gray seat-

ing and vending machines, but the art building has galleries that house bold political statements, emotional murals, and sculptures so gentle and poignant that they have left me paralyzed with introspection. The second story of the building; the sunroom, is a musical oasis. I spent much of last year reading newspapers and basking in the sun reflecting off of the snow outside while listening to music majors play the piano with such peace and precision.

In that sunroom, I made some of my boldest, most life changing decisions, some that I later regretted. It was there that I wrote some of my edgiest, most sultry works, draped in golden, yolky morning light and crisp music notes of ambitious young singers. Cross legged and conflicted about my love life, intricate mind, or

teaching methods, I would fill journals with wild, unspeakable thoughts that burrowed in my organs; making unstable, undeniably charming mobile homes out of ligaments and bones. These unsustainable homes are always featured in good housekeeping magazines that are targeted toward the trophy wife and dainty woman archetypes, but the peony scented ads never tell of the bloody floods and clotting.

Finding a spot where you can listen to the sound of your own, untamed thoughts on campus with ease is as important as your grades and social life. Once you find that reading nook, picnic table, church pew, or study area, a college campus transforms into a more intimate setting; a place where you can truly be yourself and enjoy your own company.



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To party or not to party (cont. from cover)

of myself that wanted to maintain a solid academic foundation while also getting a grasp of the social scene. By laying out the pros and cons of campus party culture through my personal experience, hopefully, some students will have a better grasp of what college partying really is like.

As you settle into college after your move-in, a priority for many new students is being able to branch out in a new social setting. In this way, parties can be a great resource. Going out to that first party with your roommate is a great way to do this. Interacting with tons of people outside of the classroom may help you get closer to people and eventually may even blossom into close-knit friendships. Gaining that hold on the social aspect of college is an important goal for many incoming students and parties are a great tool to achieve this.

Another pro of attending college parties is the newfound responsibility that you wield. Although the forces of peer pressure may be strong at college parties, they are also a great place to practice your decision-making skills. You may be faced with tough decisions,

like whether to drink or go back to your dorm and do homework. You could also be placed in scenarios that make you and your friends uncomfortable and it could be up to you to speak out for the group. All in all, parties are also a great place to test your real-world decision making.

While college parties do have their benefits, there are also some negatives associated with attending them. One of these is the culture of binge drinking. For many, college parties are associated with excessive alcohol consumption which can have harmful benefits on your overall health. According to the Center for Disease Control and

‘You’re taking away time you could be working on your studies.’

Prevention (CDC), binge drinking can cause violence, alcohol poisoning, liver disease, liver cancer, and memory and learning problems. Some people even binge drink multiple times a week in college through parties. It is likely that this behavior will have serious consequences on your future, both in college and in life. When at-



tending parties, it is important to understand the risks of binge drinking and how to best avoid it.

A pretty obvious flipside to attending college parties is that you’re taking away time you could be working on your studies. Some people attend

parties not only on the weekend but also during the week, which is usually a vital time to get work done. Tie in the effects of drinking, if you so choose, and you could face a day in which you have to attend class hungover and weak, which is not ideal. In a worst-case scenario and done recklessly, partying can lead to

academic decline, which is in spite of the whole reason you (hopefully) attended school in the first place. When deciding whether or not to party, make sure you have a plan to finish your work and keep up with your classes.

As you can see, there are both positive and negative aspects of partying in college. While some people choose to attend them all of the time and others may never, it is important to realize that partying can be a tool to utilize to have fun during the school year but also isn’t necessary. If you do choose to attend parties, make sure you are fully aware of all of the good and bad sides and make a fully informed decision.

Two arts events at Hostos

Hostos Community College in the Bronx is hosting two events this month:

The exhibit “Subject ≠ Object: Curated by Alexander Campos” is running now through Aug. 16. Gallery Hours: 1 p.m. – 7 p.m., C-Building. En Foco and the Bronx Council on the Arts are proud to present sponsor this show featuring works of 10 ten 2019 En Foco Photography Fellows. This exhibition examines contemporary societal issues of race, identity, sexuality,

urbanization, ecology, feminism, and politics, while continuing the dialogue of the ongoing need to expose and respond to fear of the unknown. Participating Artists: Damarys Alvarez, Melanie Gonzalez, Jerry Lim, Ruben Ramirez, Roger Richardson, Tiffany Smith, Aaron R. Turner, Virginia Inés Vergara, Derick Whitson, and D’Angelo Lovell Williams. Curator: Alexander Campos.

“Ajkun Ballet Theatre: The Sleeping

Beauty” is on Aug. 16 at 7:30 p.m. Reserved seats are \$45 (children under age 2 are free) in presale or \$49 day of the show. The classic story of Princess Aurora cursed to sleep by the malevolent Carabosse (AKA Maleficent) and awakened after 100 years by the pure love of Prince Désiré. An enchanting world of fairies and illuminating vignettes from other tales is brought onstage by the dancers of the Ajkun Ballet Theatre.

For details contact: John MacElwee at (718) 518-4455.

Campus Puzzle

(solution page 24)

Across

- 1 Decorative border
10 Business investment?
14 Regardless
15 Black-and-white vegetarian
16 Black-and-white
17 One putting two and two together
18 Exit discreetly
19 Ivory, e.g.
21 Unannounced, as a quiz
22 Beyond silly
23 Corroded
26 Protect against harm, in a way
30 It's about 40.5 for Pittsburgh, Pa.
31 Inspiration for a red shade
32 Tirana is its cap.
33 One of ten in the Kentucky Derby
34 "Gr8 joke!"
35 Classroom no-no

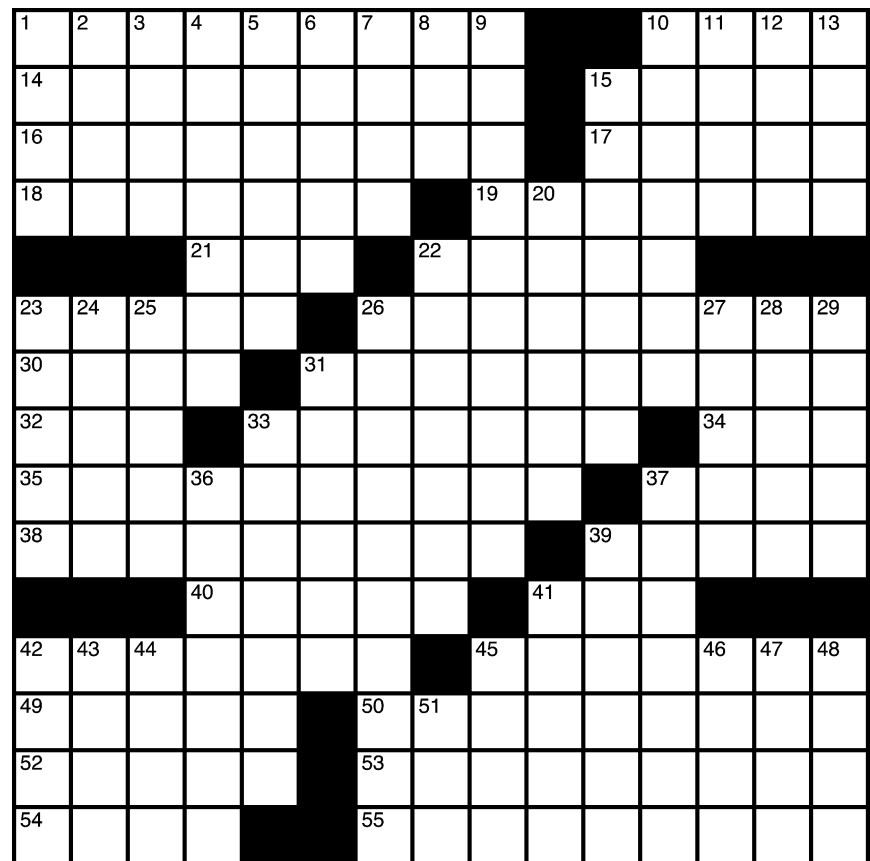
- 37 Where le nez is
38 Typical ham feature
39 More twisted
40 Cleared the room, perhaps
41 Inc. magazine subject
42 A museum in Pesaro, Italy, marks his birthplace
45 Alternative histories
49 Possible response to "I raise"
50 Words seen before a dollar sign
52 Filmmaker's ___ light
53 Only you
54 Casual food
55 Formal choice

Down

- 1 Swinging joints?
2 Organic compound
3 Landlocked African country
4 Fragment
5 Business VIP

- 6 Freeze
7 Careful handling
8 Union foe in the 19th cen.
9 Not woody, to a botanist
10 Tearjerker
11 Command following "Oops!"
12 Flash, maybe
13 Weather protection
15 Downtown challenge
20 Reason for a misunderstanding
22 Black arts practitioner
23 Make law
24 Quran deity
25 Stand with a leaf
26 Jefferson and others
27 Dancer posthumously awarded the Presidential Medal of Freedom in 2014
28 Govt. issue
29 Pot-using sportsman
31 2K, say

- 33 Tailor's service
36 Many Aberdeen residents
37 Harness racer
39 Withdrew gradually
41 Piece
42 Casino tool
43 Paella cooker
44 Clothing opening
45 Clothing material
46 Off
47 Bellyache
48 Gets it
51 "Excusez- ___"



Campus Sudoku

(solution page 30)

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

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

- ☐ A CAREER
- ☐ A PAYCHECK
- ☐ A COLLEGE DEGREE

(CHOOSE THREE)

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LaGuardia names interim president

Paul Arcario has been appointed interim president of LaGuardia Community College, effective Aug. 2.

He most recently served as provost and senior vice president for Academic Affairs at LaGuardia, where he managed the academic division's \$40 million annual budget; led faculty recruitment and development; oversaw day-to-day management of key academic initiatives; and supervised the Student Affairs division.

Under his leadership, LaGuardia's academic division secured major grants totaling more than \$34 million. Dr. Arcario joined LaGuardia in 1988 as an ESL faculty member in the Education and Language Acquisition Department, and became chairperson of the Academic ESL Program in 1994. He joined the college's academic leadership team in 1998, as assistant dean. He has conducted his own style of on-the-ground research — enrolling in courses in order to help faculty and students address challenges in the classroom.

Dr. Arcario's academic achievements include his selection for the 2019 Distinguished College Administrator Award



from the Phi Theta Kappa Honor Society and as "Outstanding First-Year Student Advocate" (2007) from the National Resource Center for the First-Year Experience.

Dr. Arcario has authored or co-authored nearly two dozen articles and books. He earned his doctorate in Education and a master's in Education in TESOL from Columbia University Teachers College, and his B.A. (magna cum laude) and M.A. in English from New York University.

LaGuardia's longtime President Gail O. Mellow announced earlier this year she is leaving the office to pursue new opportunities.

CampusXM podcast

Campus News publisher Darren Johnson has a humorous journalism and higher education podcast that gets about 1000 downloads per episode. Why not make it 1001 and give it a listen?

Find the CampusXM podcast via any podcast app by typing in "CampusXM With Darren Johnson" in the search field, or go to CampusXM.com via any browser

to download directly.

In a casual style, Johnson intersperses details from his personal life with views on the media, pop culture and colleges in general. In a recent episode, he compares his management style to a character from "The Office." Which one? Listen to find out.

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Campus Word Find

By Frank J. D'Agostino

(solution page 30)

Find these words that are associated with Freshman Orientation!

Admissions

Advisor

Bookstore

Boxes

Bursar

Campus

Check-in

College

Credits

Curriculum

Dorm

Freshmen

Lamp

Laptop

Lessons

Move In

Orientation

Printer

Roommate

Schedule

Setup

Tour

Towels

Visit

Welcome

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

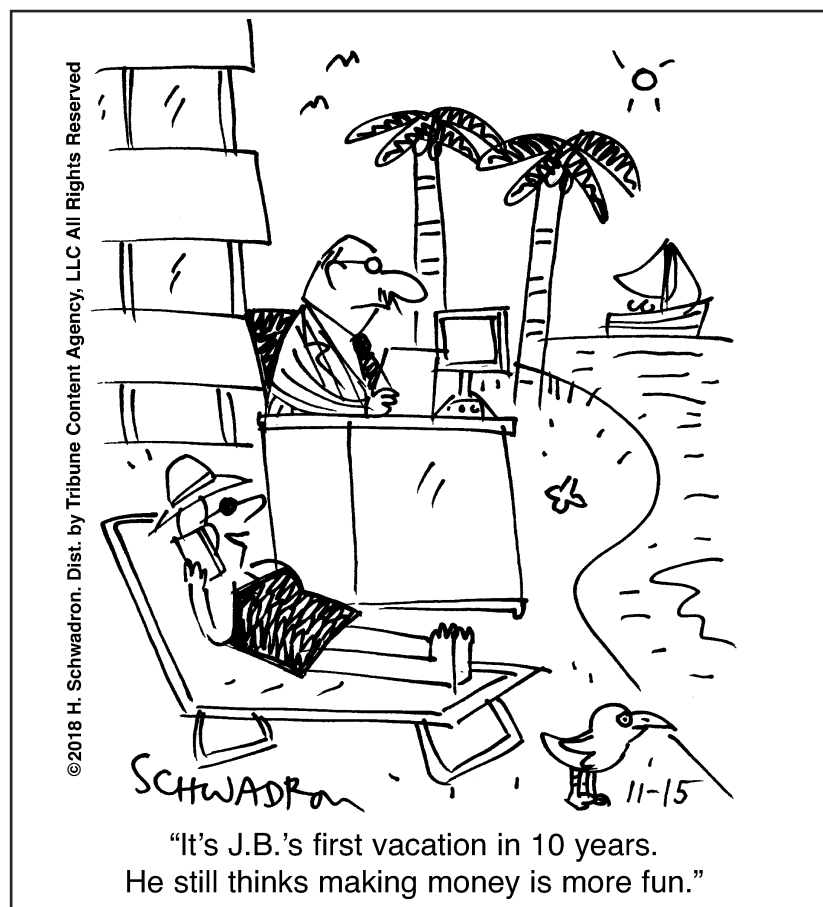
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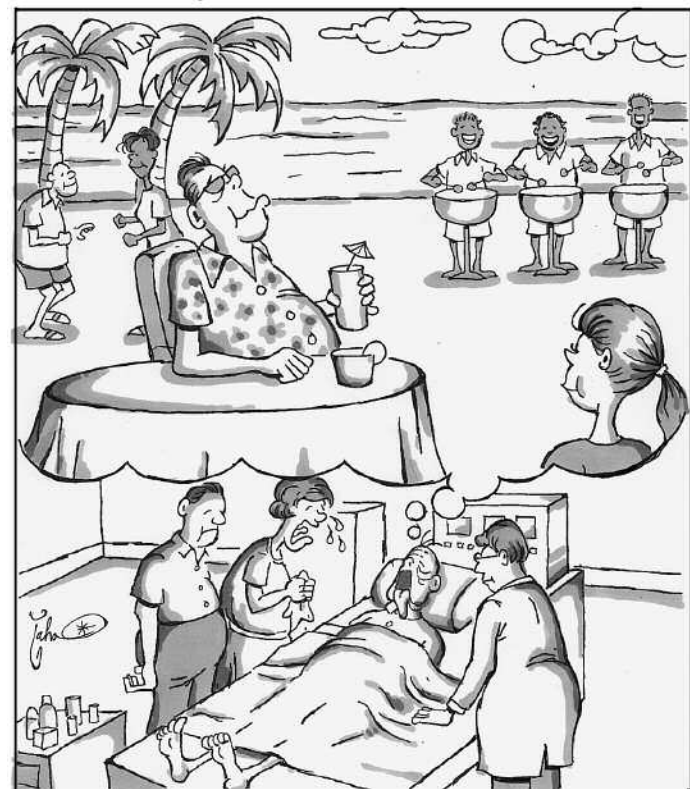
Contact editor@cccn.us.

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N H T R E D T E P E U E S
T I S I V W H T T R R L S
A N K R T C O A O O S C I
T I P C S P M T S G A O O
I E L E E M M I G M R M N
O V X D O H V A P U T E S
N O F O I D C U L J B P S
B M R R A C S N O S S E L
O N E M H S E R F P R H O

9 to 5 by Harley Schwadron



Off My Meds.net© Copyright 2016 L. Taha



Poor thing, he's been in a coma now for 15 years.

Ways Upstate beats Downstate NY

Yesenia Coello
Campus News

Upstate New York versus Downstate New York. In a debate like this, the winner is a no-brainer. The New York City Metropolitan Area surpasses its northern counterpart (as well as virtually every other metropolis in the world) when it comes to entertainment, business, and sheer clout. Still, there are things we Upstaters are proud of, despite our current backlog of problems. My fellow Upstaters, even if we don't reside in a place that doesn't have the same level of influence as New York City, there are things that we undoubtedly do better than the Big Apple. I know, there are probably some cynical readers who are guffawing at this notion, but trust me on this one. We're more than just a rust belt filled with hillbillies.

Nature

Nature in Upstate New York is in a unique niche of its own. Not only do the Catskill Mountains exist a safe proximity outside of New York City, but the Adirondack Park essentially encompasses the entirety of northeastern New York. Both areas are home to picturesque mountains (perfect for hiking!) and campgrounds that can serve as the perfect summer getaway. Are rugged mountains not your thing? Well, there are bountiful lakes scattered throughout the western and northern parts of the state that are ideal weekend havens

surrounded by pristine and undisturbed fauna. My personal favorites include Lewey Lake in Hamilton County and Cranberry Lake in St. Lawrence County.

Winter

Anyone who's lived in Upstate New York during the demoralizing months between November and March knows how brutal the winters up here can get. That said, it is possible to find joy in the season. Did you know that the 1932 and 1980 Winter Olympics were hosted in Lake Placid? And rightfully so, given the cold conditions. This, in tandem with the aforementioned nature, transforms some pockets of Upstate New York into winter wonderlands that serve as paradises for winter sports enthusiasts to break out their skis and snowboards. Unrelated, but there's a hamlet called North Pole which is home to, you guessed it, Santa Claus and his workshop!

Autumn

Thankfully, most people know that Upstate New York autumns are some of the most gorgeous in the country. Tourists from various parts of the Northeast travel to Upstate New York and neighboring New England to behold the blending seas of fire-colored leaves before they descend to the earth below. And once you've seen enough, you can go to the local farm or apple orchard to handpick fresh apples and pumpkins. Oh, and don't forget to fill up on apple cider and cider donuts; those treats are the holy grail of Upstate cuisine.

The Food

Okay, this is a delicate subject since the New York City area has some of the best food in the world, but even Upstate New York has a few goodies of its own. Buffalo is the home of the chicken wing, Rochester has its garbage plates, and eastern Upstaters



have Stewart's. I can't speak on behalf of Buffalo or Rochester, but I can say without a doubt that Stewart's has the best ice cream and hot dogs I've ever had. And I've tried hot dogs in Manhattan. They just don't stack up to the 2 for \$3 greatness of Stewart's Deli Dogs. Plus unlimited fixings? Sign me up.

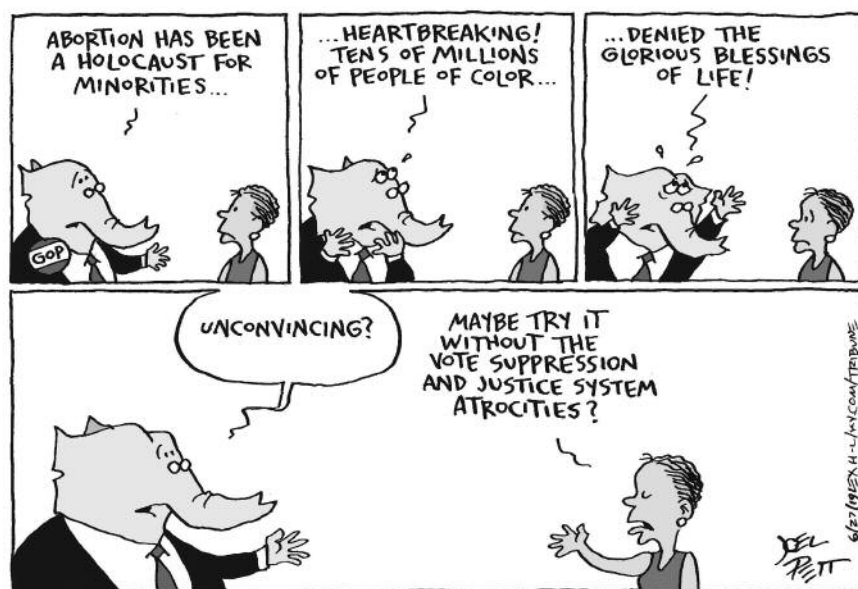
Being Average

Did you know that Albany was ranked an "All-American City" in 1991 and 2009? Which essentially boils down to Albany having the most American or "average" populace compared to other cities throughout the country. Compared to the bustle and diversity seen in New York City, the Upstate region is innocent in comparison. And you know what? That's totally fine. It's this easygoing nature that attracts people to our part of the state. Anyone who wants to tour NBC Studios or shop on Fifth Avenue is more than welcomed to do so. However, for those who are looking for a change of pace, Upstate New York might just be the place to check out. Does it get boring here? Of course. Would I change anything about it? Probably. But I don't think turning the entire state into a New York City knock-off is high on my list of priorities.

Yesenia Coello is editing the Upstate edition of Campus News. Contact her at upstate@cccn.us to get involved.



Political Cartoon of the Month by Joel Pett




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By David L. Hoyt and Jeff Knurek

BOGGLE POINT SCALE

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

YOUR BOGGLE RATING

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- 101-150 = Expert
- 61-100 = Pro
- 31-60 = Gamer
- 21-30 = Rookie
- 11-20 = Amateur
- 0-10 = Try again

Boggle BrainBusters Bonus

We put special brain-busting words into the puzzle grid. Can you find them?

Find AT LEAST EIGHT FOUR-LETTER BIRDS in the grid of letters.

SEE ANSWERS ON PAGE 30

SCRABBLE G R A M S

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A1 E1 E1 M3 N1 G2 D2

RACK 1

A1 E1 I1 D2 N1 H4 R1

Double Word Score

RACK 2

A1 E1 O1 P3 N1 R1 S1

1st Letter Triple

RACK 3

A1 E1 O1 U1 D2 R1 S1

RACK 4

A1 I1 U1 D2 L1 N1 M3

RACK 5

PAR SCORE 255-265

BEST SCORE 316

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

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

04-14

Gasoline Alley by Jim Scancarelli



Bound & Gagged by Dana Summers



Broom Hilda by Russell Myers



JUMBLE

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

TMAID

SAYET

TELUTO

GEMNAT

Check out the new, free JUST JUMBLE app

10/10

HE WANTED TO START AN APPLE ORCHARD, BUT TO GET IT GOING, HE NEEDED

Answer here:

SEE ANSWERS ON PAGE 30

H	E	M	S	T	I	T	C	H			S	U	I	T
I	N	A	N	Y	C	A	S	E			P	A	N	D
P	O	L	I	C	E	C	A	R			A	D	D	E
S	L	I	P	O	U	T			B	A	R	S	O	A
			P	O	P			W	A	C	K	O		
E	A	T	E	N		V	A	C	C	I	N	A	T	E
N	L	A	T		F	I	R	E	E	N	G	I	N	E
A	L	B		F	U	R	L	O	N	G		L	O	L
C	A	L	L	I	N	G	O	U	T		T	E	T	E
T	H	E	A	T	R	I	C	S		W	R	Y	E	R
			S	T	U	N	K		C	E	O			
R	O	S	S	I	N	I		W	H	A	T	I	F	S
A	L	L	I	N		A	M	O	U	N	T	D	U	E
K	L	I	E	G		N	O	O	N	E	E	L	S	E
E	A	T	S			S	I	L	K	D	R	E	S	S

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RCC's Career Skills Academy

Brandon attended college right out of high school but only because "everyone else was going." He eventually dropped out. He was left with two options: take a low paying, dead end job with no benefits or go back to college and take on a mountain of debt.

Rockland Community College (RCC) is offering a third option: its Career Skills Academy, which quickly enables its graduates to enter the workforce in upwardly mobile jobs that pay a family-supporting wage.

A response to today's economic reality, the Academy provides training for "middle skills" jobs — those for which a post high-school credential is needed, but not necessarily a two- or four-year college degree. Through short-term programs ranging from 2-16 weeks, graduates earn industry supported credentials for jobs that exist within the region and

pay at least \$45,000 per year.

At the end of its inaugural year, nearly half of the Academy's 40 students have already received job placements in such fields as Gas Pipeline Operations, CAD Drafting/3D Modeling, Google IT Support, and Social Media Entrepreneurship. The graduates, whose ages ranged from 18-45, included those with community college and college degrees and high school graduates.

According to Dr. Michael Baston, RCC President, "It was time to replace an outdated model. The value of a community college education has always been in its ability to offer opportunity and upward mobility in a cost-effective format to anyone with a high school degree.

"Traditionally, this meant offering general education courses to recent high school graduates

at an affordable price, after which they could transfer to a four-year college. The problem is that this is not the only route to social mobility anymore," he added.

RCC has redesigned the college under the Guided Pathways model, which provides wrap-around support and counseling to every student, even before he/she takes a single course. Its philosophy is rooted on the belief that every student of every age is college material as long as the college is student ready and the offerings are in line with the students' needs and the job market.

The college has made a commitment to this student ready philosophy and to support students of all ages with courses and offerings that enable them to make career choices that will support their families and bolster the local economy.



Dr. Baston

"In this, our 60th year, Rockland Community College will celebrate 'A Legacy of Change.' We are proud to serve as a catalyst for transformation for those of any age who want to enhance their knowledge and skills to become workforce ready. The future of all community colleges lies in their ability to meet students where they are in their own journey and help them take the next step to where they want to be," adds Dr. Baston.

Learn more at takechargercc.com/csa/.

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A year on the streets: the life of a rack

Darren Johnson
Campus News

A year on the streets, with these news boxes, and we learned a lot.

Look at this guy to the right. He got his face kicked in. We put him on a stretcher and put out a fresh soldier.

It was a crazy, retro idea, but I saw longtime publishers like The Village Voice call it quits and pull their boxes off the streets, and then I read about the last-man-standing theory of the newspaper business model. Maybe, as the print journalism industry crumbles, we at Campus News can be proactive and survive this. And come out stronger.

Campus News — our paper that hits colleges — has been in business 10 years now, mostly hitting students via wire racks in student unions, cafeterias and the like. Some colleges in the City are hard to reasonably get to, with all of the traffic most days of the week, so news boxes placed on city property outside the colleges is the logical solution. They can be stocked during early morning hours, before traffic heats up.

However, considering the death spiral most print outlets are stuck in, there's no such thing as logic, anymore. Surviving in this business is a free-for-all. Don't listen to the common wisdom, the pundits. Be contrary.

So we got permits, and bought boxes from one of the few companies still making them, and sent out our first battalion of street soldiers. Pickup — the term used in the free newspaper business for the percent of papers taken from racks — has been great. We intend to do more of these boxes in the coming year.

And maybe we're smarter than most media doomsayers can imagine, being so retro and counter-intuitive.

Look at this pile of newly printed papers — they will almost wholly get picked up and en-

GPS trackers in them. They've probably been converted to fish aquariums in some skeezy guy's living room in Queens.

We found — on the mean streets — there's safety in numbers, and boxes that hang together are less likely to get vandalized. But, boxes that are alone get a higher pickup rate — again, last-man-standing. So how boxes are placed depends on how risk-taking we want to be.

To the bottom right, pictured is one of our soldiers hanging out in Long Island City with some other heroes. This box is physically fine.

Occasionally, some boxes will have garbage thrown in them. That hurts pickup rate at that particular box. Why are some people like that? Haven't they heard of the First Amendment? Manners? There's a trash can on the corner.

Some people tag the boxes. Some place stickers on them, perhaps promoting a different business.

Running a news box route in a big city isn't easy.

But it can be fun, and we probably can take what we've learned, and expand further in the City, and to other cities.

Sometimes ideas are cyclical, and old can be new again. Our retro boxes are hip!

Instead of whining about the state of the newspaper industry, maybe offer a solution, instead.

Our solution, right now: news boxes. And our boxes are out on the street, fighting the good fight — sometimes literally.

If you can help with the New York City or any other edition of Campus News, either via deliveries or by writing/editing for it, contact editor@cccnnews.info!



joyed by individuals interested in Campus News. Try doing that with any other medium; even digital ads and social media can't get such engagement.

But it's rough out there.

This box on the bottom left got abused and graffitied. Gorilla Tape is holding its hinges together, and we'll replace the door next time we deliver. We'll also clean it up.

Maybe print journalism is dying because other papers don't tend to their racks and boxes? Some of them look to be in really poor shape.

However, there are minuses to having brand-new boxes. Some get stolen outright. We return to a corner and the box is gone. We've lost five boxes so far, due to theft. Maybe we'll start hiding

SCRABBLE

G R A M S

SOLUTION

E ₁	N ₁	D ₂	G ₂	A ₁	M ₃	E ₁	RACK 1 =	61
H ₄	A ₁	N ₁	D ₂	I ₁	E ₁	R ₁	RACK 2 =	72
P ₃	E ₁	R ₁	S ₁	O ₁	N ₁	A ₁	RACK 3 =	65
A ₁	R ₁	O ₁	U ₁	S ₁	E ₁	D ₂	RACK 4 =	58
M ₃	A ₁	U ₁	D ₂	L ₁	I ₁	N ₁	RACK 5 =	60
PAR SCORE 255-265							TOTAL	316

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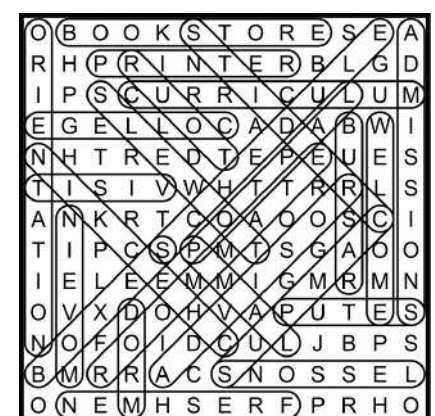
Answers

Boggle: SWAN LOON
DUCK LARK CROW
WREN DOVE HAWK

Jumble: ADMIT YEAST
OUTLET MAGNET

Final Jumble:
SEED MONEY

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



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