

# CAMPUS NEWS

College  Paper

## Cosplaying

Michaela Sallesse, pictured, left, feels cosplay has boosted her confidence which in turn has helped her with her mental health issues. Dressed as her favorite character, Cure Flora of “Go! Princess Precure” at Anime NYC, she said, “I felt the most beautiful I’ve ever felt.”

**Please read more starting on page 30**



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See Page 5**

*The Play The Goes Wrong*

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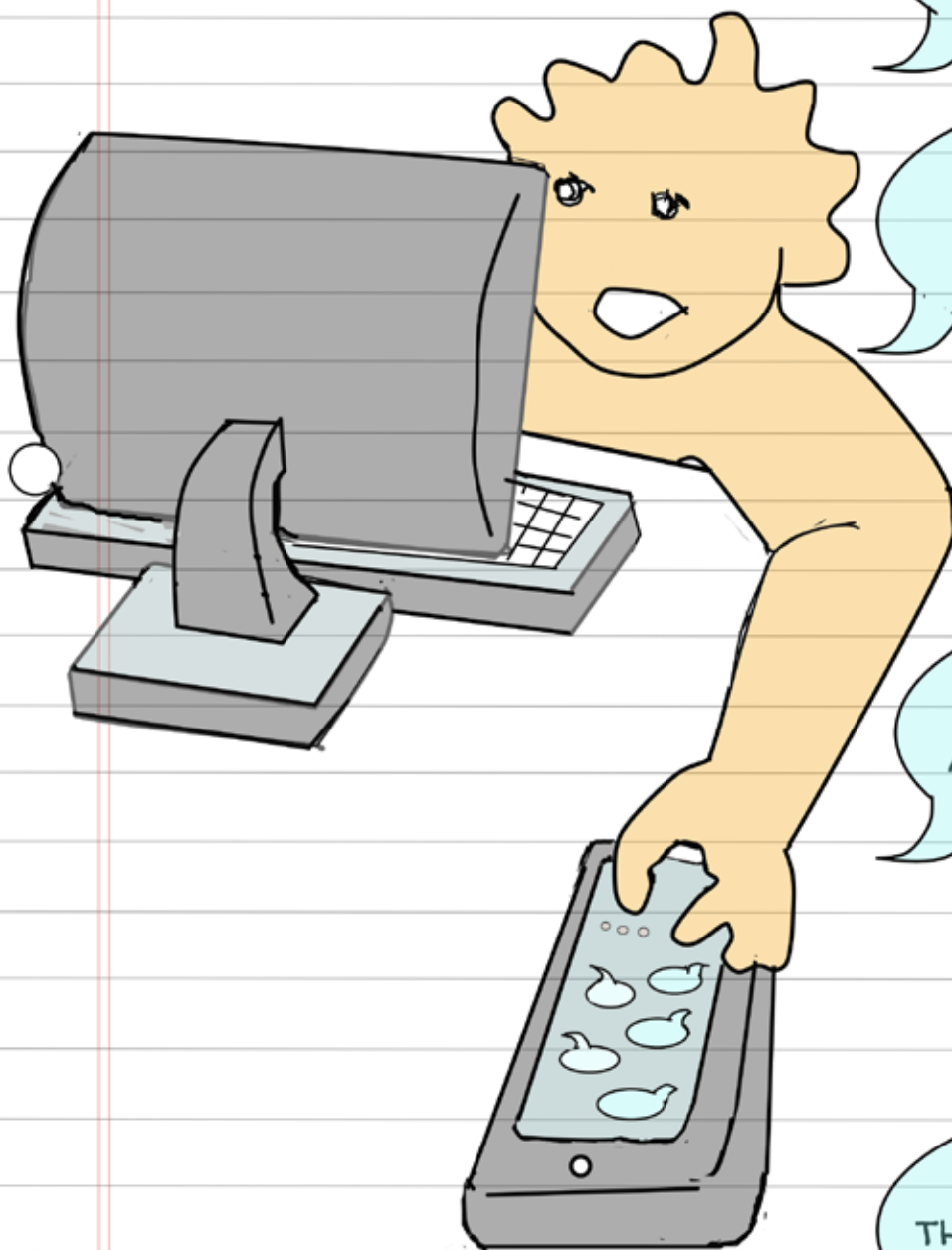
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# COLLEGE EDGE

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*I just don't get it...*



THE  
ADVISOR CLEARLY  
SAID IT WAS  
A SYNCHRONOUS  
CLASS.

BUT NO MATTER  
WHEN I GO ONLINE  
NO ONE IS THERE.

ASYNCHRONOUS,  
TWIT.

THAT'S WHAT I SAID:  
A SYNCHRONOUS CLASS.

ASYNCHRONOUS  
**MEANS** NO ONE IS ON  
AT THE SAME TIME.

MAYBE  
I SHOULD DELETE  
THAT RANT I POSTED IN  
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to wait!

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If you are a college student, faculty or staff member at a campus where we normally deliver papers (or you found this on the street via one of our boxes), you can enter our photo contest to try to win tickets (simply take a photo of yourself (or have someone else take it) reading Campus News with the name of the paper visible in the photo and email it to [editor@cccnews.info](mailto:editor@cccnews.info) to enter.

Or you can simply buy tickets through Telecharge.com or by phone at 212-239-6200. Or you can visit the box office in person at New World Stages Box Office at 340 West 50th Street (between 8th & 9th Avenues), where the show is now running.



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# Everything you want to know about the status of student loan forgiveness

**Darren Johnson**  
*Campus News*

Earlier this summer, the Biden administration sent a mass email to millions with student loan debt that the president was seeking to eliminate that debt. However, by the end of the summer, the Supreme Court had shot down that plan. Could it come back before Biden leaves office in January?

I spoke with Jack Wallace, Director, Government & Public Affairs Yrefy, a Phoenix based private student loan refinance company. With over 40 years' experience in corporate, education and housing finance, he has and continues to collaborate with clients and the financial community to develop debt and equity funding sources for new and existing asset classes and businesses. He has completed over \$13 billion in financings as investment banker, financial advisor, and corporate finance executive.

Here is our conversation, which took place before the US Supreme Court rendered its decision against Biden's plan. Perhaps it still can move forward, though. Wallace helps shed light on where we are right now.

**Campus News:** *Given that the SAVE Plan has been recently blocked by the Federal Courts, what is the likelihood that the Biden Federal Student Loan Forgiveness Plan will go into effect before Inauguration Day?*

**Wallace:** Within the last two months, two Federal District Courts and a Federal Appeals Court have put in place temporary stays, and then a preliminary injunction, respectively, regarding the SAVE Plan, blocking implementation of the Plan until the case is heard by the Appeals Court. However, last week the U.S. Department of Education filed an appeal with the U.S. Supreme Court asking the Court "to reverse

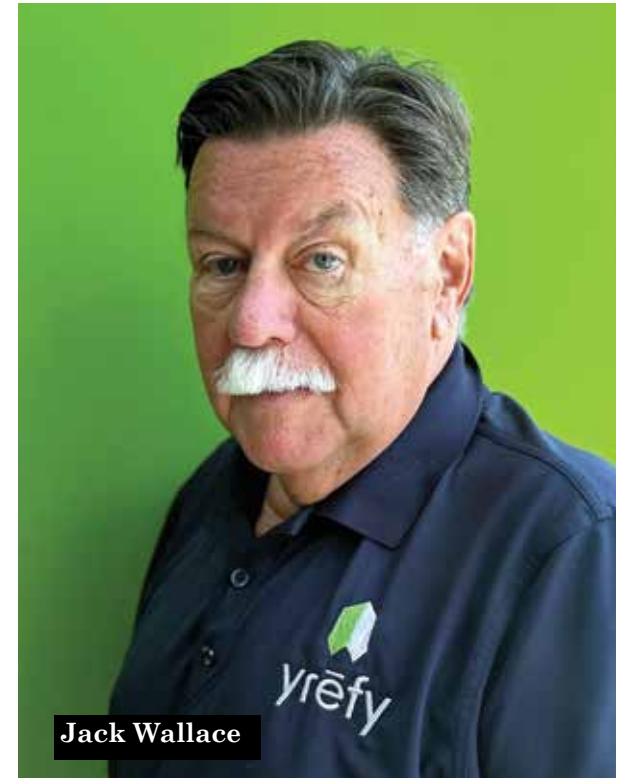
the injunction and allow the SAVE plan to be implemented" while the legal challenges wind their way through the courts. As of today, the Supreme Court has not responded to the Department's request. The Supreme Court is not currently in session and will not be until it begins its new term on October 1st. It is unlikely, although they could issue a statement, that the Supreme Court will issue any rulings on the case. Therefore, it is unlikely that the SAVE Plan will be reinstated, and/or that Federal Student Loan forgiveness will be granted until the matter is resolved in the Federal courts.

So, it is highly doubtful that forgiveness will be granted prior to the impending change at 1600 Pennsylvania Avenue at noon on January 20, 2025.

**Campus News:** *What if Trump wins the White House?*

**Wallace:** In a second Trump Administration, one might see targeted plans for Federal Student Loan debt relief rather than widespread forgiveness, similar to what he did in his first administration when the COVID pandemic started. In March 2020, President Trump signed the CARES Act and implemented an Administrative Forbearance program that suspended principal payments and waived interest payments for all Federal Student Loan borrowers. This program was extended multiple times by the Biden Administration and finally expired in October 2023 when Federal Student Loan borrowers were required to start making their monthly payments of principal and interest again.

**Campus News:** *How much of their student loans can students expect to be forgiven? Are we talking just \$10,000 or the whole thing?*



**Jack Wallace**

**Wallace:** Right now, there is no one answer. Depending upon the final decisions rendered in the various Federal court cases, as well as the Administrative Rulemaking by the Biden Department of Education, and the Office of Management & Budget, it is anyone's guess.

**Campus News:** *Does Biden have the authority to do this?*

**Wallace:** On June 30, 2023, in a 6-3 decision, the U.S. Supreme Court told the Biden Administration that they did not have the authority to forgive Federal Student Loans and struck down the plan. The Court determined that neither Biden nor his Department of Education had the authority in general, and under the HEROES Act as the Department claimed, in particular, to do so.

**Please read more on the next page**



# (cont.)

It further stated that “Congress hadn’t delegated their authority to an administrative agency and that the Biden Administration has gone far and beyond what Congress could reasonably be understood to have granted.”

**Campus News:** *We hear complaints that most of the Paycheck Protection Program (“PPP”) loans were forgiven. Are there similarities here?*

**Wallace:** PPP loans were issued by the Small Business Administration. The PPP was specifically contained in the CARES Act of 2020 passed by the Congress and signed into law by President Trump.

Authorization for the Biden Forgiveness Plan was not contained in the CARES Act despite what the Biden Administration claimed which is why the Supreme Court ruled against the Biden Administration in their 6-3 decision on June 30, 2023. The Higher Education Act of 1965, as amended, is what needs to be amended by Congress and signed by the President for a widespread forgiveness plan like Biden’s to be authorized. Or stand-alone legislation authorizing such a forgiveness program needs to be passed by Congress and signed by the President.

**Campus News:** *I hear that this (forgiveness) is also aimed at students who attended colleges that either went out of business or did not deliver what they were promised.*

**Wallace:** If your Title IV school closed and you didn’t finish your degree, and if you didn’t opt in to a “teach-out plan” where you transfer and complete your degree, you can apply to the U.S. Department of Education to have your loans discharged under the “closed school loan discharge plan.”

Regarding the issue of a student seeking debt relief due to a college not delivering what the college promised the student, the U.S. Department of Education is rumored to be considering some relief plan through

their Proposed Ruling Making Process this Fall. Stay tuned.

**Campus News:** *Also, do older people have a lot of debt?*

**Wallace:** Depends on what your definition of older is? Yes, statistics from 2024 suggest that 3.5 million out of 46 million Federal Student Loan borrowers over the age of 60 have Federal Student Loan debt. Their average balance is \$41,357 compared with 25-34 year olds that have \$33,081. (Source: Education Data)

**Campus News:** *Will people who took out loans for majors that did not pay off career-wise get forgiveness?*

**Wallace:** Regarding the issue of a borrower seeking Federal Student Loan debt relief due to taking out Federal Student Loans for majors that did not pay off career-wise, this raises questions of who is at fault? Did the borrower pick a major that did not pay well after they graduated from a high-priced college and now that the loans are due the borrower has “borrower’s remorse,” or was there more to it? Again, the U.S. Department of Education is rumored to be considering some relief plan through their Proposed Ruling Making Process this Fall. Stay tuned.

**Campus News:** *Should people with Federal Student Loans stop paying them?*

**Wallace:** No. Pay the Federal Student Loan back. They signed a promissory note when they got the loan so legally, they are on the hook to pay the loan back until they get a legal document from the U.S. Department of Education or their Servicer of the loan that says their loan has been discharged or forgiven. Even though Federal Student Loan borrowers were supposed to start making payments last October, approximately 50% are still not making payments as of June 2024. Whether this is because they think their Federal Student loans are going to be forgiven, or because their credit score is not being pummeled for nonpayment since the U.S. Department of

Education is not currently reporting delinquencies to the credit bureaus, the loans are still accruing interest since September 2023. Also, effective October 1st, the Department will begin reporting delinquencies to the credit bureaus and this will negatively impact the borrowers’ credit score.

**Campus News:** *What about people who already paid their loans? Should they feel resentful?*

**Wallace:** As I travel around the U.S. doing T.V., radio and/or print/online interviews like this one, I talk to Americans who have paid back or are paying back their Federal Student Loans, and they are upset about wholesale Federal Student Loan forgiveness. And the people who have never taken out a Federal Student Loan are more upset about having to pay with their tax dollars for other people’s Federal Student Loan forgiveness. Over 75% of American adults do not have Federal Student Loan debt.

**Campus News:** *I hear some people complaining that former students should pay back their loans, as agreed upon. But others say that the loans were predatory. Do you have an opinion on that?*

**Wallace:** Most people do not realize that since July 1, 2010, the U.S. Department of Education has been the sole lender for Federal Student Loans. The U.S. Treasury borrows the money by issuing debt in the Treasury market backed by the full faith and credit of the United States. Then the Department of Education makes a fixed, market rate of interest Federal Student loan to the borrower regardless of the borrowers’ credit or credit score, so they can pay for their college tuition bill. I would hardly call that predatory lending. And if it were, the Federal regulators such as the Consumer Financial Protection Board, the Federal Trade Commission, and the State Attorneys General, and Consumer Finance Departments would be all over the U.S. Department of Education and the U.S. Treasury on behalf of the borrower.

# The cost of cosplay: Playing dress-up isn't cheap

Dave Paone  
*Campus News*

Throughout the year - and throughout the world - young people love to gather together for days at a time dressed as characters from comic books, animated series, video games and science fiction shows.

“Cosplay,” short for “costume play,” generally happens at a venue and when it does, it’s called a “comic con,” with “con” being short for “convention.”

The venues can be small, such as a library, or huge, such as the Jacob K. Javitz Convention Center in New York City, where thousands of participants attend for three-day weekends.

According to a 2023 Research and Markets report, the global cosplay costume and wigs market is anticipated to be valued at \$80.85 billion by 2028, up from \$35.2 billion in 2022.

That’s a lot of money to play dress-up. Campus News took a look at who’s spending all this money.

In 2017, Alex Hyams of East Moriches, Long Island, attended a con at the Nassau Coliseum, dressed as DC Comics’ antihero John Constantine. Alex was 27 years old at the time and had been attending Suffolk County Community College on and off for the previous six years.

His three-day attendance at the convention didn’t come without a hefty price tag. The cost of a VIP ticket, plus a photo op with and an autograph from Wonder Woman Gal Gadot totaled almost \$500.

This was Alex’s very first comic con and he didn’t mind spending the money.

Some might argue that \$500 is an enormous amount of money to spend on recreation but comparatively speaking, one Sunday afternoon at Yankee Stadium isn’t



**'The market is expected to be valued at \$81 billion by 2028.'**

much different.

Parking alone is \$49, the cheapest ticket is \$107, and one could spend a small fortune at the concession stand, bringing the total price of three hours' worth of entertainment into the hundreds of dollars.

Alex got three days, a photograph, an autograph and a lifetime of memories for his \$500, which could be argued is a much better value.

Mitchell Ki is a 30-year-old from Long Island who's been attending cons (usually dressed as Spider-Man) since he was a 24-year-old film and television major at Brooklyn College.

In his first year as a cosplayer, he attended four or five cons and spent a lot of money on extras, such as souvenir t-shirts - and as did Alex - photo-ops and autographs.

But he's since concluded those extras - plus

**Please read more on the next page**



# (cont.)

the cost of admissions, the travel expense of the Long Island Railroad to New York City, and the overpriced food at the venues - were unsustainable, and now buys only what he absolutely needs to attend an event.

Abigail Loos and her mother, Teresa, have been making the younger Loos' costumes from scratch for several years. They've made more than two dozen of them so far.

Production is both time-consuming and expensive. Teresa estimates they spent "a little under a thousand" dollars on supplies the first year they got serious. "It can get expensive," she said.

The Looses travel to cons throughout the North East together and they attended all three days at Anime NYC in 2022, with Abigail cosplaying as Transformer Elita One on the second day.

The elaborate costume was assembled from 17 separate parts, plus a harness, and made from wood, EVA foam, Worbla, a Spandex bodysuit, and a modified chrome mask with battery-operated lights. It took months to build.

Teresa estimates the cost of constructing Elita One was about \$559.

The pair spent five nights at the Four-Points Sheridan Hotel in Manhattan with a cost of \$2,400. (They live on the South Fork of Long Island, so commuting each day wasn't an option.)

It's not only a four-star hotel, it's in a prime location - only a block from the Javitz Center - where the Anime NYC cons are held each year. These two factors make a stay there very expensive.

The old adage, "You have to spend money to make money" holds true for cons.

This past spring, Stefanie Gangone produced her second annual Trek Long Island con, specifically for sci-fi fans. (The Looses had a Klingon costume and a Borg Queen costume in the works specifically for this con but wound up not attending.)

Stefanie's day job is as a reference librarian but she created an LLC to produce the inaugural convention.

Her biggest expenses are the venue and

the airfares and hotel rooms for the many celebrity guests she has appear at the cons. This year she had over 20 during the three-day event.

Trek Long Island hasn't turned a profit yet and Stefanie doesn't expect it to for a while.

"It's like any business. You're not going to make money the first four or five years," she told Campus News.

She did have to take out a business loan to get started and believes her good credit was key in qualifying for it.

At Trek Long Island was Daniel, a 47-year-old who's been cosplaying since long before it was a word. (Campus News was surprised at how much older the attendees were, compared to other cons.)

## 'The adage "You have to spend money to make money" holds true.'

He began in the early 1990s at Renaissance Faires as a performer and then transitioned into comic cons. He has Star Wars costumes, Ghost Buster costumes, Dungeons & Dragons costumes, and X-Men costumes, and his wife has some, too.

Daniel estimates he's spent \$35,000 on these costumes over 35 years.

The most recognizable celebrity guest at Trek Long Island was Armin Shimerman, who played Quark in Star Trek: Deep Space Nine. He had a steady stream of fans come to his table to chat and purchase an autograph or a photo op. A picture with the Fe-



Actor Armin Shimerman (L), who had a principal role on "Star Trek: Deep Space Nine," gets interviewed by Stephanie Lombardo. --dp photos

rengi actor cost \$60.

Mark Sickie purchased a "Deep Space Nine" comic book for \$30 and had Armin autograph it. Additionally, Armin's wife, Kitty Swink signed it. (She played two characters in the series and had her own booth next to his.) Mark also purchased a selfie with him, bringing the total cost to \$80. (The autographs and photo were a combo for \$50.)

"It's not bad," Mark told Campus News. "For a con like this, those prices are pretty average, pretty typical I think."

Mark is also the founder of The Star Trek Family Community, which is a nationwide fan organization, with nearly 14,000 members. Risa Einsidler worked one of the two tables the group had at the con.

At 62 years old she can remember watching the original Star Trek series as a child in the 1960s. "I have a memory of being at my grandparents' house on Friday nights watching on the living room floor with my brother," she told Campus News. "And of course I was madly in love with William Shatner."

Many years later she was expecting twins but was bedridden because of her high-risk pregnancy. "The Next Generation kept me company," she said. "So Star Trek means a lot to me."

**Please read more on the next page**

# (cont.)

Risa has been cosplaying “for decades” (although she called it “dress-up” before the word was coined) and has a closet full of Star Trek costumes.

Many of these costumes were custom-made to her measurements and sewn from either Paramount Pictures or CBS-sanctioned patterns, giving them an authentic look. She estimates their combined value at \$10,000.

On the second day of the con Risa spent \$500 on Star Trek merch.

Christina is such a die-hard Trekie that she’s taken five Star Trek cruises. These are Royal Caribbean ships that are chartered specifically for week-long Star Trek parties.

“They call it the ‘unconventional voyage’ because it’s like a convention but it’s way better than a convention,” she told Campus News.

Not only is it a shipload of fans, but several actors from the various Star Trek series are onboard for the week as well.

Christina has hobnobbed with William Shatner, Jonathan Frakes, George Takei, Walter Koenig and others.

“George Takei makes a point to go around and say hi to everybody when they’re eating at the buffet,” she said. “Gates McFadden is amazing and a wonderful person to chat with.”

For 2025, the cheapest cabin for a first-time voyager is \$2,310 and the most expensive is \$11,220. Christina has cruise number six booked already.

Adele Shepherd is a Burbank-based actress who appeared in two episodes of Star Trek: Picard but commands \$40 for an autographed poster.

While it may appear this is easy money, the truth is she had to lay out some cash to be there.

Stefanie paid for her hotel but Adele paid for her flight. She also needed to pay for the printing of the photographs she signed.

Some of them contained the Star Trek brand logos so a designer needed to be hired to put them on the pictures and in the case of official photos with a logo, she needed ap-

proval from the studio and had to pay for their use.

This is the economy at work. Money goes from one person to another, and each time it’s exchanged, both parties get something – either cash or a product.

A headline from a FoxNews.com article in 2016 read, “Sexy cosplayers can make \$200,000 a year at comic book conventions.”

The article quotes comic book expert Christian Beranek who said, “[P]opular professional cosplayers can make at least \$5,000 to \$10,000 a show.”

That money comes from somewhere and it’s safe to assume it’s from the attendees who pay a substantial amount to go to these cons.

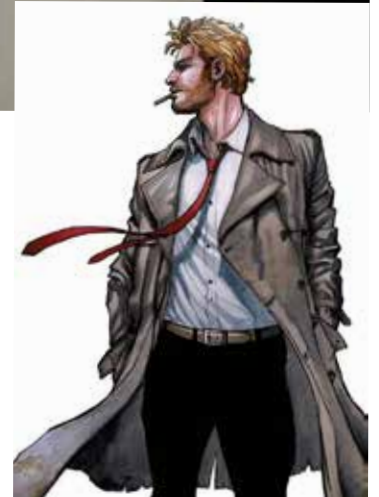
## ‘The truth is she had to lay out some cash to be there.’

For Anime NYC this August, a single-day badge is \$67 but a three-day badge that includes a lot of perks is \$429. The three-day badges are already sold out.

Everyone Campus News spoke to at Trek Long Island has no regrets about the money they spend on cons.



Alex Hyams as DC Comics’ antihero John Constantine.



“Find what you love and do it,” said Daniel.

Risa put it this way: “Whatever I’ve spent has been completely worth it because it just is my place of joy; it’s my happy place.”

Clearly there are a lot of people who feel the same way.



# Should you join a club in college?

**Prof. John DeSpagna**  
*Campus News*

Becoming a college student offers you a chance to experience new things. As we work our way through the COVID challenges this semester, we have to realize that there are still many activities happening on your campus. One of the ways you can participate in your college community is by joining one of the clubs. The clubs on campus may have virtual meetings this semester but they can still benefit you in many ways.

One of reasons why many students join a club is to make new friends. You may be on a new campus this semester and may not know to many people. So, join a club and you will meet new people. You will be getting involved and can meet students with similar interests that you have. You can also have the chance to go on trips related to the club and learn how to balance your time management skills.

If you are not sure what major to pursue, joining a club can help you in this decision. You will listen to speakers in the field who have a first hand knowledge of the field. You will also meet faculty advisors who have worked in the field and can answer questions you may have. Selecting a major is a big decision and you should want to learn as much as possible about this. Remember, try and select a major that you have a passion for as this may well lead to a career in that field. I spent many years as the faculty advisor for the Entrepreneur Club at our college. Our meetings and speakers all focused in on developing skills that would help you own your own business someday.

Leadership skills are valued by potential employers and are looked for in the hiring process. Joining a club can help you develop this skill by being the President or Vice President of a club. You will be leading meetings, organizing events, answering questions and developing this skill, which

will only help you in your career aspirations.

**Networking.** This is a very important skill that you must learn to be successful in your career. The conventional way to look for a job is to respond to an ad or send in a resume. Have you ever obtained a job because you knew someone? That is an example of networking and many jobs are obtained this way. Develop your network by meeting people, introducing yourself and promoting yourself. You can develop your network by joining a club and meeting people with like-minded interests.

**‘Building your resume is something that you should always be trying to do.’**

Building your resume is something that you should always be trying to do. Being an active participant in a club on campus will help you. This shows that you like to be involved in campus activities and want to better yourself. This is something you can put on your resume and being a club leader enhances you even more.

As a member of a club, you can also learn a skill for your career. We have an Accounting Society at Nassau Community College. This student club has speakers who are Certified Public Accountants that make presentations to members. This helps stu-



dents learn about the skills necessary to be a Certified Public Accountant. They offer real world experiences and let the students know what you to do to be successful in the field. Learning these skills are something that you can learn from any club.

Being involved in a club can also help you when you transfer to a four-year college or university. Admissions officers look for students who are involved because they want their students to be involved on their campuses. Looking at your participation in clubs, athletics, publications and leadership positions are all important in the admission process along with your GPA.

College offers you many opportunities to help in your academic growth and career aspirations. Joining a club on campus can also help you in many other ways to have a successful college experience.

*Professor John DeSpagna is Department Chair, Accounting and Business Administration, at Nassau Community College.*



# ACC president to retire

The SUNY Adirondack Board of Trustees has accepted a letter of resignation for the purposes of retirement from Kristine D Duffy, Ed.D., the seventh president of SUNY Adirondack, to take effect June 30, 2025.

Upon her retirement, Duffy will have served 12 years as the college's president — the second-longest-serving president in the institution's history. The college's first president, Dr. Charles Eisenhart, served for 17 years.

During her tenure, Duffy oversaw more than \$50 million in capital investments to support teaching and learning, supported the relocation of the college's Culinary Arts program and student-run restaurant to downtown Glens Falls, led the college to achieving branch campus status for its center in Saratoga County in the town of Wilton, led the way to build a state-of-the-art synthetic turf field complex, and helped

secure nearly \$20 million in grant dollars to dramatically increase equipment, classroom needs, support services and programs to improve student success outcomes.

"SUNY Adirondack is a better place today for our students and community because of Dr. Duffy," said Board of Trustees chair Kathy Grasmeyer. "Her relationship-building, on and off campus, elevated SUNY Adirondack's presence in the community, the region and state. We will miss her and wish her many more years of health, happiness and success in whatever she chooses to do."

"It has been a privilege for me to work for the past 11 years alongside an incredible group of people at SUNY Adirondack and within the communities we serve," Duffy said. "I have been inspired by so many, proud of what we've accomplished, and will hold this experience as one of the best of my career. I believe the college is in a good place

to welcome a new leader upon my retirement. Although I have no immediate plans, I hope to travel with my family and explore ways I can lend my experiences and passion for education with others."



The college will hire a presidential search firm to help the Board of Trustees select the next leader of SUNY Adirondack and expects to begin a national search in September 2024 to have a candidate in place before July 1, 2025.

SUNY Adirondack is a community college with a growing campus that is part of the nation's largest university, the State University of New York. With locations in Queensbury, Glens Falls and Wilton, SUNY Adirondack offers courses in person and online; on-campus housing at the Queensbury campus. Learn more at [sunyacc.edu](https://sunyacc.edu).

# Artists dialogue upstate

The Frances Young Tang Teaching Museum and Art Gallery at Skidmore College in Saratoga Spring, NY, announces a slate of events held in conjunction with the monumental exhibition Mark Dion and Alexis Rockman: Journey to Nature's Underworld.

Among the conversations, screenings, and tours will be two nights of events featuring the exhibiting artists. On Monday, September 30, at 6 pm, the artist Alexis Rockman will introduce a screening of the acclaimed feature film *Life of Pi* (2012) and talk about his experiences working on it. The screening is part of the Nature's Underworld Film Series.

Mark Dion and Rockman will take part in a conversation on Tuesday, October 1, at 6 p.m. as part of the Tang's Dunkerley Dialogue series. The artists will be joined by Skidmore College professors Heather Hurst, Associate Chair and Professor of Anthropology, and AJ Schneller, Associate Director and Associate Professor of Environmental Studies and Sciences. Together they will discuss the intersections of art,

the environment, and the human impact on the natural world.

Dunkerley Dialogues pair Skidmore professors with artists in a conversation format, which is often a catalyst for new connections and understandings across disciplines, and can spark new ideas for all participants. Dunkerley Dialogues are made possible by a generous gift from Michele Dunkerley '80. This Dunkerley Dialogue is co-presented with the American Federation of Arts, who organized the exhibition. The program will include ASL interpretation.

The Nature's Underworld Film Series features both popular Hollywood cinema and experimental works that examine humankind's strained relationship with the environment. Dion and Rockman, both film lovers, have cited many of these films as sources of inspiration.



Mark Dion and Alexis Rockman

## How to visit

Admission to the museum and all events are free. For more information, contact the Tang Visitors Services Desk at 518-580-8080 or visit <https://tang.skidmore.edu>.

The Tang Teaching Museum's award-winning building, designed by architect Antoine Predock, serves as a visual metaphor for the convergence of art and ideas. The Museum is open to the public Tuesday–Sunday, noon–5 pm, with extended hours until 9 pm Thursday.



# RCC announces Histotechnician program

Rockland Community College announced a new two-year Histotechnician program in partnership with SUNY Cobleskill, offered within the School of STEM at RCC. This program allows students to complete their core classes at RCC and finish their undergraduate degree through SUNY Cobleskill, on the RCC campus and online. This collaboration provides significant cost savings by reducing first-year tuition and travel expenses for Rockland residents.

Histotechnicians are essential professionals in the allied health field. They specialize in preparing thin tissue samples from humans, animals, or plants for microscopic examination, a critical process in diagnosing diseases, conducting research, and teaching. Through their expertise in histologic technology, histotechnicians

reveal the intricate structures within tissues, making what is invisible to the naked eye visible under a microscope. This work is vital in the accurate diagnosis and confirmation of medical conditions, contributing significantly to patient care and scientific advancement.

Histotechnicians earn an average NYS starting salary of \$81,000 and according to the Bureau of Labor Statistics, employment in this field is expected to grow by 13% from 2020 to 2030. In New York alone, over 1,300 job postings for histotechnicians have been reported in the past year, with demand coming from hospitals, medical laboratories, and research facilities.

For more information about the pro-

gram, please visit <https://sunyrockland.edu/programs/histotechnician/>.



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# Thinking outside the genre

For this month's library column, we asked library staff and volunteers in Greenwich, NY, to read beyond their usual genre or style preferences and to report back.

### **KC Scott, Library staff:**

Sci-fi is really not my genre, but tolerable compared to horror (hands off!). I listened to "Wool" by Hugh Howey (available via the Libby app) not having a clue what it was about. I had seen the cover once upon a time and it looked interesting. A dystopian tale, set in what we find out at is the remnants of the US. We don't really know what cataclysm resulted in the devastation. That is really beside the point as science doesn't play a big part in the story. It's about the people who live in a "silo." There are power plays (that part of humanity has not changed), and there is a strict control apparatus in place to keep people from communicating easily. All communications are by porters, a class unto themselves, who run up and down huge stairways to deliver messages, and there is no elevator servicing the hundred or so enormous levels. People are expelled to "clean" the portals that show the surrounding countryside as punishment for transgressions which include taboo subjects such as the power structure. Special suits are worn promising protection from the toxic atmosphere, but no one returns. The main character, Juliet, discovers that the suits are defective on purpose and when she reveals this flaw and who is behind it, she is expelled. This is a compelling story, and I'm inclined to listen to the others in the series, and at one light bulb moment, the wool of the title makes sense. Plus, the audiobook reader is terrific.

### **Marge Maxwell, Library staff:**

I stepped out of my comfort zone into the genre of Science Fiction to read "The Power" by Naomi Alderman. Imagine you had a "skein" under your skin, across your collarbone that enables you to shoot electric jolts

through your fingers, causing great pain, even death. In this story, that is the Power the teenage girls possess. Older females may also have latent powers that can be awakened by the young girls.

The book follows Roxy from London who discovers her Power after her mother's violent death and emerges as a leader; Tunde, a young man from Lagos, who videos instances of zappings and makes them public; a US politician, Margot, who keeps her Power secret to be able to climb the political ladder, and starts a camp to teach girls to control their Power; and Allie, a foster child who flees to a convent in South Carolina and nurtures her Power to great strength. Eventually, Roxy and Allie join forces and the movement grows.

Over a period of 10 years, women gain and spread the Power, eventually treating men in ways of oppression that were once forced on females. Male extremists, accustomed to oppressing, suppressing and sexualizing women are threatened with the reversal of power and revolt in every means at their disposal. Opposition factions become more violent, leading to a devastating war known as the Cataclysm.

If you enjoy violence, betrayal, and intrigue, this story of an alternative reality is a well-written, cautionary tale of the addictive nature of Power.

### **Valorie Nichols-DeVita, Library volunteer:**

"Bookshops and Bonedust," a prequel to Travis Baldree's "Legends and Lattes," introduced me to the genre of cozy fantasy. The wholesome fantasy adventure follows Viv, an orc mercenary, who's forced to live in a quiet fishing town as she mends from a damaged leg she got on the job. There, she discovers a bookstore and bakery that enrich her life in unexpected ways. As she connects with the hero in the book she was given, it becomes clear that this story is a love letter to book readers everywhere, complete with mystery book sales, prolific elven author

events, a light Sapphic romance, and the concept of 'the story beyond the story.' If you could rewrite an ending of one of your favorite stories, what would it be? And, in turn, if you could rewrite your own story? While on the lookout for a notorious necromancer, Viv explores these concepts and more with her bookselling friend, Fern. A delightful, quick read for anyone who's looking for a more wholesome fantasy story.

### **Sarah Murphy, Library Director:**

Although I enjoy some mysteries and thrillers, I tend to avoid what I think of as "subway ad books," i.e., those by authors prolific, popular, and well-earning enough to warrant mass market advertising campaigns. How many books and how many different series is it reasonable for one person to write?! But a recent WAMC interview between Joe Donahue and author Harlan Coben, who has published 35 books and sold over 60 million copies worldwide, convinced me to give "The Boy from the Woods" a try. I chose this title because it's the first of a two-part series, had strong reviews, and features a protagonist (a 40-ish ex-military loner who goes only by Wilde and was found as a child living, presumably, on his own in the woods) and setting (the North Jersey suburbs, including the Ramapo Mountain area) I find compelling. Coben imbues several characters with narrative power, but it is Wilde who the reader is likely to care about. He is drawn by his godson into the mystery of a missing classmate. What seems like a simple and solved case leads eventually to something more sinister involving a teenage bully, a populist presidential candidate, and a decades-old murder cover up. Coben's prose is solid, and his characters are thankfully full of dimension. The plot was tied up a bit too rapidly, and the main mystery was far less interesting to me than the underlying one: who exactly is this Wilde guy, and how wild was his childhood really? In typical bestselling author fashion, Coben seems to ask us to read the next book in the series to find out.



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# Making miracles happen

**Robin Lyle**  
*Campus News*

Tracy Snell, of Greenwich, NY, a volunteer with Our Best Friends Rescue, contacted us with a tale of close calls and miracles that center around an adorable labrador retriever puppy. A puppy that was about to be euthanized by his owners.

The puppy, Trapper, was suffering from a life-threatening medical condition known as PRAA. His esophagus was severely constricted, and he could not eat normally. PRAA refers to “persistent right aortic arch” in which the animal is born with the aorta wrapped tightly around the esophagus. This restriction makes it difficult to swallow food and often leads to vomiting and malnutrition. PRAA can cause further complications, such as pneumonia, if regurgitated food enters the dog’s airway.

A dog with PRAA can sometimes get the calories and nutrients it needs when fed small amounts very slowly from an upright position (like in a high chair). Unfortunately, this wasn’t a sufficient remedy in this case. When, despite their best efforts, Trapper became severely malnourished, the original owners decided that euthanasia would be kinder to the animal.

We contacted Snell to learn more about how Our Best Friends Rescue became aware of the situation and their efforts to help the puppy. This interview, conducted via email, is lightly edited for understanding.

**Campus News:** *Tracy, tell us about your organization and how you first learned about Trapper?*

**Snell:** I am a volunteer for Our Best Friends Rescue, which is headquartered on Long Island. We have several members in this region, especially in the Saratoga, Washington, Rensselaer, and Schenectady county area. Locally, OBFR regularly holds adoption events at places like the Tiashoke Farm Store and at Tractor Supply in the Greenwich area.

A friend of mine called us when her daughter, who works at a veterinary office [in Latham], brought home a chocolate labra-

dor retriever puppy with a condition called “mega-esophagus.” The owners wanted to euthanize the puppy after the diagnosis, but my friend wanted to try to give him a chance. I asked her if he had PRAA. She forwarded me all his medical records, which confirmed this diagnosis.

**Campus News:** *What led Our Best Friends Rescue (OBFR) to get involved?*

**Snell:** Our rescue had a PRAA puppy seven years ago named Bridget. My amazing director, Pattie Lazarus, achieved a miracle with that pup. She was able to find a surgeon willing and a sponsor generous enough to support this surgery. She herself did the fostering. Bridget is still alive and well, and can be seen on Instagram @BridgetBonesDiary.

**Campus News:** *Tell us about this puppy’s foster parent.*

**Snell:** The prognosis for untreated PRAA in most cases is not good. The restriction on the esophagus by the blood vessels makes it difficult for food to even get to the stomach. So they must be fed very small amounts several times a day in an upright condition like a human baby, then kept there for at least 15 to 30 minutes after eating to minimize the chance of them vomiting the food back up. The dogs often regurgitate repeatedly, which can and does result in aspiration pneumonia, in which the food gets lodged in the lungs and can cause a fatal infection or worse.

I called my friend and frequent OBFR foster mom for the occasional labs that come through our rescue, and explained the situation. She is also a health care professional and knew exactly what care this pup would need. She said she’d foster him and drove straight over and picked him up. Her husband named him Trapper. Getting Trapper his new foster Mom was miracle #1.

**Campus News:** *What procedures have been needed and how were they paid for?*

**Snell:** Surgery to relieve the stricture caused by PRAA is possible, but it is very expensive, complicated and risky. It is open heart surgery, which means we need to find



a veterinarian who can do the surgery... is willing to do the surgery...and can do it immediately. Veterinarians as a profession are already so overworked.

I explained to the foster Mom that the cost of the surgery, \$4,000 to \$8,000, combined with the urgency of having the operation soon, and the specialty of the necessary surgery would require additional miracles, just to give this pup a chance. We were very fortunate to get an anonymous donor for this initial big surgery. This was miracle #2.

When Trapper arrived at his foster home, he was dehydrated and malnourished. This was through no fault of his first family -- this is what PRAA does. So his new foster family drove him straight to the For Pets Sake Veterinary Hospital, that Saturday, for a day of IV hydration, anti-nausea meds and many small feedings. This was to get him stabilized and ready for surgery. Many thanks to Dr. Kyra Haring and her staff at For Pets Sake for that care.

Then, I learned that OBFR’s amazing director got us a surgery appointment for the following Tuesday. This was miracle #3.

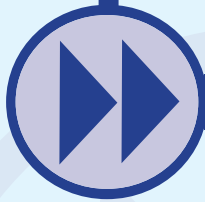
**Campus News:** *Even with surgery lined up and paid for, Trapper was still not out*

**Please read more on the next page**



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## (cont.)

*of the woods. While his health was initially stabilized through the treatment he'd been given at For Pets Sake, each new day brought a further decline. As Snell tells it:*

**Snell:** Even though he did okay that Saturday evening after the treatment, he had a tough Sunday with a lot of vomiting. His foster Mom began to fear that Tuesday might not come for him, that he might not survive until then. My director got involved again, and managed to get the appointment moved from Tuesday to Monday morning. Trapper was driven to Oceanside out on Long Island for the surgery – 187 miles from here. Another miracle... #4!

**Campus News:** *What is the outlook for Trapper now?*

**Snell:** Thankfully, the prognosis for “PRAA post-surgery dogs” is much better.

So far, Trapper is thriving. He's playing with the other dogs in the house and gaining weight...finally!

He needs four more surgical procedures called “balloon endoscopies” to stretch the area in his esophagus that was constricted so tightly before by the blood vessels. This will make it even easier for him to eat and keep his food down, and hopefully reduce vomiting episodes should they occur.

We head out again this week for the eight hour round trip for his first endoscopy. The follow-up balloon endoscopies will be \$900 each, and he needs four. So we will be doing a lot of fundraising to hopefully cover those expenses. At this time, we are still seeking sponsorship for Trapper, and are planning some fundraising events in the future.

**Update:** Snell sent an update about her trip to Long Island with Trapper for the first of four balloon endoscopies he'll need. The procedure will “stretch the esophagus where the veins had originally been essen-

tially strangling it and to prevent scar tissue from reforming.” Tracy and the foster Mom left at 3:30 a.m. to drive the 4.5 hours to Oceanside. A delay at the vet's resulted in a later return trip home than they expected. “Ultimately, we could not pick him back up until 7:00 p.m., and we had to stop to feed him on the way back. We finally arrived home well after midnight. So essentially it was a 21 hour day.” On this trip, they also picked up two more special needs dogs planning to “get acclimated, vaccinated, and provide some TLC while we look for their forever homes.”

We hear that “dog is man's best friend”, but the saying could be reversed for Snell, Trapper and Our Best Friends Rescue.

More than just her time, Snell invests her heart in tending to homeless dogs and does not shy away from difficult cases. In the week since our last email, Snell took Trapper on another trip to Long Island for his second endoscopy.

# ‘His Fraudulency’

Lance Allen Wang  
*Campus News*

There is still a measurable percentage of Americans who still believe Donald Trump won the 2020 election. As chilling a thought as this is, the top-down tsunami of unhinged election-denying claptrap claiming that the 2020 election was stolen fueled the assault on the Capitol and its thin blue line of protectors on January 6, 2021. This, as the country watched in real-time, was to prevent the lawful transition of power to President-elect Joseph Biden.

With that in mind, I have decided to take a trip down memory lane, to the only American election that can arguably be lamented as “stolen.” Former generals and other colorful characters abound, backroom deals surround us, and integrity is as rigid as a rubber band as we return to sepia-toned memories of 1876...

### BACKGROUND

New York Governor Samuel Tilden (1814-1886), or “Honest Sam” as his supporters fashioned him, has an interesting distinction. From New Lebanon, New York, he was a young protégé of local political figure Martin Van Buren, who would later serve as our nation’s eighth President. He was also the Democratic candidate for President in 1876, facing off against Republican candidate, Ohio Governor and former General Rutherford B. Hayes. “Honest” Sam, however, found himself on the wrong side of what some called a “corrupt bargain,” known as the Compromise of 1877 or Wormley Agreement. The result found Hayes as the new occupant of the Oval Office despite Tilden having received an absolute majority of the popular vote for President. While five have lost the election for President despite having won the popular vote, Tilden remains the only to lose despite an absolute majority of the popular vote.

We were a tense nation approaching its 100th birthday. There was a legitimate threat of a shooting war breaking out again in the American south. Reconstruction, the

series of social, legal, and legislative gates that former Confederate states needed to pass through to fully return to the Republic, was a particularly despised policy in the south. What was seen as northern “interference” in Mississippi resulted in the election of our first African-American Senator in 1870.

President Ulysses Grant had taken a sputtering Reconstruction program, one which had been marked by unchallenged violence from the Ku Klux Klan against black citizens and their northern supporters and gave it new emphasis. He used force when necessary and had mostly subdued the Klan by 1871. Reconstruction programs were more successful after that, but as the 1876 election approached, anger from Southern Democrats was palpable. They were deeply concerned that Republicans would continue the detested programs. Or worse – President Grant would pursue a third term.

The South needn’t have worried. At the Republican Convention, Grant did not seek a third term. Democrats had made major gains in the 1874 mid-term elections, as corruption scandals and a financial downturn hurt the President. The Chief Executive no longer carried the political weight he once did.

Instead, another former General, Rutherford B. Hayes, Ohio’s governor, was the Republican candidate. Another New Yorker, Representative William Wheeler from Malone in Franklin County, got the nod for Vice President.

### AN UNDECIDED ELECTION

As the sun set on Election Day in 1876, there was no clear winner. Three states’ returns, those of South Carolina, Florida, and Louisiana, were still a mess. Republican-controlled “Returning Boards” were charged



with determining the official counts and had authority to throw out votes deemed fraudulent. Democratic protests led to multiple sets of electors for each of these states, each claiming their candidate had won.

In the meantime, there was some maneuvering afoot in Oregon. The Governor of Oregon, a Democrat, noted that one of the Republican electors was a postmaster – a federal officeholder. Disqualifying the Republican elector, the Governor appointed a Tilden elector, despite the state having already been won by Hayes.

How did the Returning Boards do in the three contested states?

Historian C. W. Goodyear paints a depressing picture:

“[In Louisiana, Florida, and South Carolina] Republican-packed Returning Boards revised returns to favor Hayes. Their excuses for doing so raised bi-partisan eyebrows. Florida’s Board threw out votes from Democratic precincts because clerks took a dinner break while counting ballots, allowing the Board to declare Hayes the state’s winner by only 926 votes. Three of South

**Please read more on next page**



# (cont.)

Carolina's election officials were Republican candidates in the elections they had been charged with policing. Even more distasteful activity occurred behind the scenes in Louisiana, when the chair of the Returning Board surreptitiously offered the state to Tilden for a million dollars."

This made for a messy day at the various state capitals on December 6, 1876 when the electors were supposed to cast their ballots for the Electoral College. There were 20 electoral votes in dispute – the votes from the three states that required "Returning Boards," plus the one from Oregon.

At the end of the day, Tilden had 184 electoral votes, and Hayes had 165. But there were still 20 votes up for grab and the count was at a deadlock.

## A NOVEL – AND QUESTIONABLE – SOLUTION

Constitutionally, the next thing that was supposed to happen was that the entire proceedings were to be turned over to the President of the Senate, Michigan Republican Thomas W. Ferry, for resolution.

## Enrollment up

Hudson Valley Community College began the Fall 2024 semester on Sept. 3 with more than 6,800 full-time and part-time credit-bearing students, a 9.5 percent increase over the student enrollment from a year ago. This is the third consecutive year of enrollment growth at the college.

Preliminary numbers show the college up in new, returning, and transfer students at 6.6 percent, 9.4 percent, and 8 percent, respectively. The number of non-matriculated, or part-time students not enrolled in a degree or certificate program, jumped 14.6 percent over Fall 2023.

According to college data, the number of students taking online courses also continues to trend upward. This fall, nearly 60 percent of full-time and part-time students are taking at least one course online.

Democrats disagreed, believing that the power was in the Congress. Discussions got heated. A journalist overheard a Democratic leader say to former General and later President James Garfield that with this situation unchecked he believed "more firmly now than ever" that "people would be cutting each other's throats within a hundred days."

This was not just idle chatter. A slogan adopted by Tilden's Southern supporters was simply "Tilden or Blood." This impasse continued for weeks.

In January, 1877, a committee was formed of five Senators from the Republican-controlled Senate, five Representatives from the Democrat-controlled House, and five Supreme Court Justices. There was an even mix of Democrats, Republicans, alongside one Independent Supreme Court Justice. However, the Independent refused to serve (apparently after being offered a Senate seat) and was replaced by a Republican. The deck was now stacked.

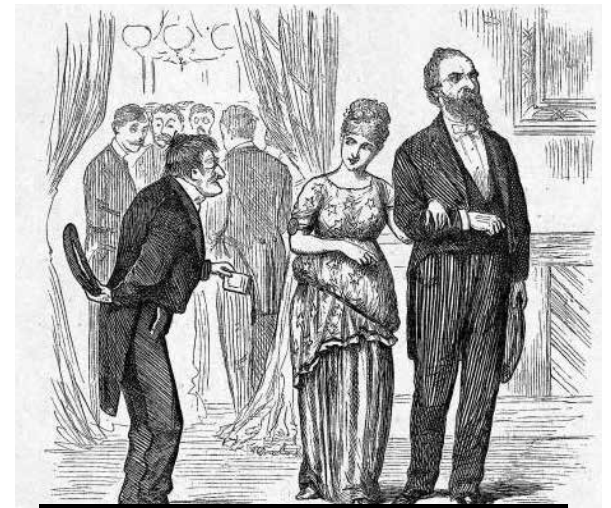
While work was taking place within the committee, a lot of backroom discussion was taking place among party leadership as well. Southern Democrats were intrigued by General Hayes' promises to bring self-government back to the south, along with the removal of Federal troops. Hayes appeared to be a different stripe of Republican than Grant. Hayes counted himself among those northerners more concerned about the cost of continuing to occupy southern states than getting Reconstruction completed.

The final verdict of the committee was the "Compromise of 1877" – Republicans agreed Hayes would cede control of the southern states to their state governments and recall Federal troops. In turn, Democrats agreed to not dispute Hayes' election, and "respect the rights of black citizens." The electoral college vote, following the deal for the 20 disputed electoral votes, was Hayes 185, and Tilden, 184.

The Reconstruction of the former confederacy, which Ulysses Grant attempted to enforce in both letter and spirit ended quietly, without fanfare, in a back room in Washington.

## POSTSCRIPT

Upon ascending to the Presidency, Hayes followed through on his promises, removing



A political cartoon from the era reads: "Thanks, Mr. Tilden. I have promised to dance this set with Mr. Hayes."

troops which were protecting Republican governments in the south. He would carry a stain for the way by which he entered the White House, finding himself sniped at by opponents as "His Fraudulency" and "Ruth-fraud."

Once the Southern Democrats were back in power, the rights of black citizens were not respected. The rise of Jim Crow laws, anti-black violence, and eventually a second incarnation of the Klan followed. Legal discrimination would continue until the Civil Rights Act of 1964 – 102 years after the Emancipation Proclamation.

As for Governor Tilden, following his loss being made official, he would write: "I can retire to private life with the consciousness that I shall receive from posterity the credit of having been elected to the highest position... without any of the cares and responsibilities of the office."

President Theodore Roosevelt would say in 1901, "We cannot afford to differ on the question of honesty if we expect our republic permanently to endure... Unless a man is honest, we have no right to keep him in public life..." His finding was 24 years too late to help "Honest Sam."

*Lance Allen Wang is an Iraq Veteran and retired Army Infantry officer who lives in Eagle Bridge, NY with his wife Hatti.*



# Touring 'Beetlejuice' theater review

Hannah Citron  
Campus News

The MainStage at the Proctors Theater in Schenectady, NY, has seen a wonderful variety of touring shows this season, featuring *SIX*, *Annie*, and *Beetlejuice* throughout the first half of 2024. The national tour of *Beetlejuice* ran shows at Proctors Theater from June 18-23, and lived up to the rave reviews; Variety Magazine and public opinion both agree that *Beetlejuice* is "Screamingly good fun!"

This show is currently touring this Halloween season. Find it at a theater near you.

Though many professional actors perform shows in one, designated theater space (i.e. Richard Rogers Theater housing *Hamilton*), there is also high demand for touring companies. Especially since the build-up of ticket demand from the Covid lockdowns has crashed down on the entertainment market, tickets to any sort of event: sports, concerts, and theater productions, has led to massive inflation in ticket pricing, and more demand than can be met by stagnant venues. The on-the-go lifestyle of touring allows for a much larger audience to be able to experience the joy of live theater, at a lower cost and closer location, but also presents additional obstacles to the cast and crew.

Hillary Porter plays Miss Argentina in the National Tour of *Beetlejuice*, and has also performed in a Broadway production of *A Bronx Tale*, as well as two additional National Tours: *Aladdin* and *Pretty Woman*. She has experience in both a traditional and touring environment, and reflects on the pros and cons of varying theatrical lifestyles.

"Traveling takes an extra toll on the body, so we have to be really mindful in making sure that our bodies get the care they need in order to perform each night." The strain of *Beetlejuice's* large amount of high energy, and heavily choreographed dance numbers demand constant physical exertion. The constantly changing environment adds an additional mental strain. Porter says, "Each theater venue is different and

the backstage areas are constantly changing, so it's never a dull moment for the full company when figuring out the new layout of the theater each week!"

Though many performers on Broadway and starring in National Tour productions have their minds set on a theater career far before adolescence, Porter had a more non-traditional beginning. Throughout her adolescence, she maintained theater as a passionate hobby, before pursuing a degree in Communications at Clemson (then later, a minor in Theater). From there, she began to peruse her career options in the industry, starting with the role of Rumpoleazer in the National Tour of *Cats*. She adds that her non-traditional start has led to a mindset which allows her to balance the stresses of the theater environment. "...show business teaches you that you have to find moments ... away from it, and to have hobbies and interests outside of your career. That way, instead of being a theater robot, you can be successful in being a complete and happy human, which, in turn, will make you a better artist."

In a constantly evolving and demanding space, artistic careers demand personal devotion beyond that of many "traditional" careers. Porter's philosophy allows her to separate herself from the demands of constant travel and training, in order to maintain the energy needed to perform at her best. The role of Miss Argentina is comically tragic, and appears for the first time in the *Beetlejuice* movie, directed by Tim Burton. Luckily for Porter, this role came with significant amounts of reference with which to characterize her Miss Argentina. "...I'll familiarize myself with any source material, then try to watch or read the show and go from there. With *Beetlejuice*, I was already familiar with the movie... in her [Miss Argentina's] song, she gives a lot of backstory for her character, so I have a lot to go off of when trying to understand who she is now and who she was before."

Though the show has now ended its run at Proctors, the enthusiasm of the cast and audience alike lingers. Like many of the audience members and fans of *Beetlejuice*, Porter struggles to choose a favorite musi-



Hillary Porter

cal number. "There are seriously so many fun moments packed into one musical... my favorite number to perform (and watch!) is the number my character gets to sing during Act 2, "What I Know Now." Though the song heavily features Miss Argentina, the ensemble is heavily involved in the upbeat production number. "It's exciting as Miss Argentina to not only perform in the number, but to also interact with these characters and watch my fellow ensemble members have their moments as well."

While the silly and satirical mood of the show is unforgettable, the story beneath is heartwarming and idealistic; a promise of multiple endings, multiple levels of life and death, and a warmth of respect for those who have passed on. "*Beetlejuice* is such an entertaining and hilarious musical... [and] there's a touching story that develops between the laughter and the jokes. I hope the audience left with a smile on their face, and a newfound warmth in their hearts, unexpectedly brought to them by the story of a young girl and a demon."



## Who will work our towns in the future?

**Darren Johnson**  
*Publisher*

I live in a small town. If I didn't manage the local newspaper, I'd probably never go to my local town hall.

I send in my property taxes (at the last second — why pay early?) via the mail. Dog permits, too.

I don't really use the courts. I tend not to break traffic laws in town, not on purpose anyway, though have been known to have to appear in other traffic courts in nearby towns.

I'm not the type of person who tinkers with my property, so wouldn't need to go before the boards that deal with property matters. I don't get into neighbor disputes either, so wouldn't need to trouble the courts with that kind of stuff. (Though I hear some neighbors in town are adversarial to the point where they are aiming surveillance cameras at each other's properties.)

I did have a freelancer sue me in the local small claims court for \$200 but I had proof that the payment had been sent and returned to me by the post office. So that was quickly resolved.

I know the town holds various meetings, but the topics are rather straightforward. Do they need a new snow plow? Fencing along the river? I trust that the local governments aren't flush with cash and are doing the right thing per law and their meager budgets.

I wouldn't attend these meetings as a citizen, and very few citizens do (unless there's some pressing controversy).

So, I have to ask myself, considering I have limited time and am trying to put out a print newspaper in an era when people can get minutes online, if it's a non-controversial meeting, and if it's not interesting to me as a citizen, will it be of interest to readers? And if the goal is having a "public record," and if the minutes are generally correct, do you need a print newspaper to recap a rather mundane meeting a week or two after the fact?

Or would my time be better spent interviewing people and telling the story of the region from a non-governmental standpoint, at times when the government is doing what's before them and not making waves?

A newspaper like The Journal & Press is part of the "in-club" — it interacts with the region's movers and shakers — but how about everyone else?

I was in town court recently not at as plaintiff or defendant but to interview the sitting town justice, who is running for reelection in the fall. I will ask to interview the opponent, too, once that's officially announced.

The court handles most of the things I alluded to — traffic infractions, small claims, arraignments, various police matters and disputes — and requires a justice to be on

call practically all of the time, in case, say, a search warrant is needed, and to sit a couple of days a week, at least part-time. The town court now also handles village matters, too, as the village court was absorbed recently by the town. The pay for a justice is only \$11,800 a year and a lot of mandatory training is required to hold the position.

We've done stories in the past how local municipalities are having problems finding people to keep the towns and villages going. How local fire departments are having trouble finding volunteers. How most local races are run unopposed. Unopposed school boards and low voter turnout for budget votes. Sometimes, there aren't even enough candidates who petition and a last-second write-in candidate needs to be found in some of our local municipalities.

While there are enough Gen Xers and Boomers who can find time to donate to their municipality today, how will the next generation of public servants — especially considering the low or no pay — be found? As mentioned, these municipalities aren't flush with cash. They simply can't just up the salaries any significant amount.

And as people's worldview becomes more national and international, and less local, how do we get the next generation to care enough to do these important local jobs?

I wish I could time travel to a decade or two in the future and see what solutions our local towns came up with to remain vital.

## FUN & GAMES SOLUTIONS

**Boggle:** EMU  
 OWL EGRET  
 EAGLE ORIOLE  
 OSPREY ALBATROSS

**Jumble:** ICIER  
 AROMA SNITCH  
 INDUCT –  
 ADMINISTER IT

**SCRABBLE G|R|A|M|S SOLUTION**

F <sub>4</sub>	A <sub>1</sub>	C <sub>3</sub>	T <sub>1</sub>	O <sub>1</sub>	R <sub>1</sub>	Y <sub>4</sub>	RACK 1 = <b>65</b>
A <sub>1</sub>	I <sub>1</sub>	R <sub>1</sub>	B <sub>3</sub>	A <sub>1</sub>	S <sub>1</sub>	E <sub>1</sub>	RACK 2 = <b>59</b>
M <sub>3</sub>	U <sub>1</sub>	S <sub>1</sub>	K <sub>5</sub>	R <sub>1</sub>	A <sub>1</sub>	T <sub>1</sub>	RACK 3 = <b>76</b>
U <sub>1</sub>	N <sub>1</sub>	F <sub>4</sub>	A <sub>1</sub>	Z <sub>10</sub>	E <sub>1</sub>	D <sub>2</sub>	RACK 4 = <b>72</b>
B <sub>3</sub>	E <sub>1</sub>	D <sub>2</sub>	R <sub>1</sub>	O <sub>1</sub>	L <sub>1</sub>	L <sub>1</sub>	RACK 5 = <b>60</b>
PAR SCORE 265-275							TOTAL <b>332</b>

NAG	SCOUT	KARA
BRO	KAPPA	OILED
CAFÉ	IGEST	MYGASE
BORDEN	ASKME	
EIRE	DEGAS	IOWA
SCIENCE	GDH	HANDED
SATINS	MAUI	EDS
	SCRIMPS	
AHA	THAN	SLATED
BALSAM	FOG	GLOPE
ERST	EASES	PRIM
POPPA	CLOSET	
FIRECRACKER	OOF	
LSATS	COOPS	UMA
UTNE	TONTO	TEX

WNVH	FOLLOWERS	
URV	NEWSVTIP	SZ
SNICOL	UMNETXH	
PHOTO	SPDORK	JY
READERS	IOJAN	
PAGES	OPNFALM	
YHODK	VSQTPDIA	
AUX	TAACM	ROVNG
UML	REIRA	ISIKE
WORDS	LOL	BTCSS
IRL	LUFT	YUNESS
EGM	NAGG	STORYC
EDITOR	ROSEARCH	

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

# Disability Services are a right for college students; here's how to access them

**Clare Wilson**

*Special to Campus News*

As a new school year begins, it can feel overwhelming to any student to handle registration, financial aid, preparing for your classes, and figuring out how all this fits into your life. If you are a student with a disability, seeking accommodations and academic supports can be another point of stress on top of everything else. You are not alone. I am the manager of student disability services at the CUNY Graduate Center where I help students get the support they need to thrive. Here is some of the advice that I and my colleagues at other schools share to incoming college students.

I know that disclosing a disability and asking for support can be difficult. In fact, only about 35% of students with disabilities disclose them to their college. Unfortunately, they are missing out on important services. Accommodations are not special treatment; they are a right.

If you have a disability, there are offices and resources at your college to support you. The start of the school year is a good time to explore what services are available. Below is some guidance on seeking services.

### **How to Recognize and Disclose Your Disability**

*Reasonable and appropriate accommodations* are adjustments to policy, practice, and programs in a best attempt to establish equal access for students with disabilities. A disability is any physical or mental impairment that substantially limits one or more major life activities. A disability may be observable to others, or it could be “invisible,” such as a learning disability, mental health disorder, or chronic condition. It could be permanent or temporary, such as an injury or acute illness.

In primary and secondary school, if you had an IEP (individualized education plan), the school developed the plan, and the teachers implemented it on your behalf. In college, however, it is the student's responsibility to self-identify and initiate services.

If you aren't sure whether you had support services in high school, you can ask the counselor or adviser at your former school or a parent or guardian. If you suspect that you should receive services, you may also ask your doctor, specialist, therapist, or social worker. If you don't currently have any providers but think you should have accommodations, contact the disability services, health services, or counseling office at your college for suggestions and referrals.

### **How to Start the Process**

In most cases, you need to provide documentation supporting or demonstrating the need for accommodations, which can come from any of the licensed professionals mentioned above. You do not need to have had accommodations, academic supports, or an IEP in the past to be eligible for accommodations in college. A need for accommodation could happen at any time.

The disability services office at your college may have specific requirements, but in general, documentation should include what the disability or symptoms are, how they affect you as a student (what are the limitations and barriers), and recommendations for accommodations (how to address those limitations and barriers).

If you do not have documentation and do not know how to acquire it, contact the disabilities services team anyway. They, or health services or counseling, should be able to make suggestions and referrals, as

well as help you brainstorm temporary solutions.

### **Where to Seek Services**

Every college has its own culture, and the name of the disabilities services office may vary. Go to your college's website and search for “disability,” “accessibility,” or “accommodations.” The office could be located under academic services, student services, health and wellness, or diversity and inclusion.

In a first communication, unless a form requests it, you do not need to include your medical history. However, it is helpful to include whether you have had accommodations in the past and what they were, if you know that information, and whether or not you have documentation. It is also useful to include your preferred name and pronouns, contact information, and your availability for the next week.

Reach out about accommodations and academic adjustments sooner rather than later. Accommodations are more successful if there is time to plan and coordinate. If you decide later that you don't need a particular accommodation or service, you can cancel it. It is difficult to provide you with the best support at the last minute.

### **From First Meeting to Implementation**

The next steps after you first contact the disabilities services office will likely include an initial meeting with a specialist from the office, a request for documentation, and a request for a personal information form. Not every office will require all of these, but they are common requirements, and you may ask about them in your initial contact if it isn't clear from the office's website which are required.



# HIGHER ED THOUGHT PIECES

## (cont.)

After the disabilities services office has met with you and reviewed everything you have submitted, they will discuss with you if there are any issues or concerns and what alternatives might be suitable. If there are no issues, or if the concerns are resolved, they will create an accommodation letter or card.

At some colleges, you will show your card or letter to your professors to arrange accommodations for that course. At other colleges, the office will send that letter to your professors directly. If it is not clear what the procedure is, ask the disabilities services office.

### Your Confidentiality Is Protected

Information that you submit to the disabilities services office is confidential and protected by federal law. You are not required to disclose information about a dis-

ability to your professors. Some students feel it is important to their identity to disclose their disability; others do not want to disclose. Either choice is respected.

### Accommodations Will Be Tailored to Your Needs

Accommodations are discussed and implemented to meet the distinct needs of each student. However, there are general categories of accommodations that are common: testing accommodations, assistive technology, interpreters and captioning, scribes and readers, notetaking assistance, and adjustments to the environment and timeframe.

Accommodations in college will likely differ from those offered in primary and secondary school. When possible, we encourage options that offer independence, such as assistive software and devices.

### Take Advantage of Other Support Services

Ask your disabilities services office what other support services are available at your college. Many schools have writing and learning centers; tutoring, veterans, and career services; counseling offices, health services, nurse practitioners; and library support. These other services may provide one-on-one support, workshops, or self-paced resources that can expand upon disability accommodations and propel you toward success.

*Clare Wilson is the Manager of Student Disability Services at the CUNY Graduate Center and a Ph.D. candidate in History and Medieval Studies.*



## Write for us!

Are you a student, faculty member or staff member with something to say to the Campus News audience? Then consider writing an article, essay or opinion piece.

Contact [editor@cccnews.info](mailto:editor@cccnews.info) to get involved, or visit us online at [cccnews.info](http://cccnews.info). Get published and reach thousands of people.

## Sell ads for us!

Make some nice pocket change and help a good cause by selling ads for this newspaper! You can pretty much make your own hours, too.

This could be a nice side gig for someone young, someone older and wiser or someone at the mid-point of their life. Practically anyone old enough to work.

The job's pretty straightforward – read and understand this paper. Get excited about it. Believe in its mission. And then contact businesses that would benefit by being in front of our audience. You'd present them the rates, wheel and deal a little bit, help them get their creative juices flowing and come up with a design per our page specs, get us that ad and maybe gently needle them if they take too long to pay. A good amount of emailing and sometimes a phone call. That's about it. Think you can do this? Contact [editor@cccnews.info](mailto:editor@cccnews.info) to inquire. Please do!

## A podcast about newspapers

Ever wonder how this newspaper is made, and all of the journalistic decisions that come with managing a newspaper? Then listen to publisher Darren Johnson's Weekly Newspaper Podcast.

You can find it on your favorite podcast app or go to [WeeklyNewspaperPodcast.com](http://WeeklyNewspaperPodcast.com).

Johnson mixes talk about the business of small-town newspapers with national journalism trends, often using his hometown The Journal & Press as an example, as well as his independent college paper, Campus News.

Johnson is also a Visiting Professor of Multimedia Journalism at Massachusetts College of Liberal Arts.

## High GPAs, high honors and awards

*Of course, many college students in our coverage area have received honors of late. These are some of the honors we were notified about. Have one we missed? Send it to editor@cccnews.info.*

### Three From Springfield College

Springfield College has named Mary Estramonte from Greenwich, NY to the dean's list for academic excellence for the 2024 spring semester. Estramonte has a primary major of Communication Sci & Disorders.

The college has also named Lily McCauliffe from Greenwich, NY to the dean's list for academic excellence for the 2024 spring semester. McCauliffe has a primary major of Physical Education.

As well, the college has named Taylor Petroski from Schuylerville, NY to the dean's list for academic excellence for the 2024 spring semester. Petroski has a primary major of Health Science / Pre-PT.

### Lesley Honor Roll

Greenwich High School graduate class of 2021 Alexander Curtis was named to the Dean's List at Lesley University in Boston for having a GPA above 3.5 both semesters this past academic year. A business major, he also plays on the basketball team.

### Clarkson Honors

Two area students have been named Presidential Scholars for the Spring 2024 semester at Clarkson University. Presidential Scholars must achieve a minimum 3.80 grade-point average and carry at least 14 credit hours.

They are Cole Brown of Greenwich and Eli Thetford of Salem.

As well, three area students have been named to the Dean's List for the Spring 2024 semester at Clarkson University:

Lauren Marci of Greenwich, Reese Tavares of Schuylerville, and Oakley Waters of

Greenwich.

As a private, national research university, Clarkson is a leader in technological education and sustainable economic development through teaching, scholarship, research and innovation.

### HVCC Honors Two Local Students

More than 60 of the college's top students were honored with a variety of academic achievement awards at the close of the 2023-2024 academic year. Those honored include:

Lily Simms of Greenwich, studying in the Dental Assisting academic program, who received the First Advantage Dental Assisting Award.

Leah Barcomb of Greenwich, studying in the Non-matriculated academic program, who received the Dr. Joseph L. Bulmer Award for Excellence in Library Research - 2nd Place.

### Oneonta Award

Peyton Lufkin, of Argyle, NY, was one of more than 50 SUNY Oneonta students who received a 2024 Academic Achievement Award during the 36th annual recognition reception on campus. Each academic department chooses one to three students who stand out from the rest of their peers in their major to receive this award.

Lufkin, who is studying Communication Studies, received a nomination from the Psychology Department.

### Saint Rose Final Honors

Congratulations to the Saint Rose students who earned a 3.5 average or higher in the Spring 2024 semester and were named to the Dean's List.

Full-time undergraduate students who complete at least 12 graded credit hours and achieve a semester average 3.5 without a D, F, or Incomplete grade are eligible for

the Dean's List.

- Isaac Sievers of Greenwich, NY, Early Childhood & Childhood Education (B-6) major.
- Hannah Elsworth of Greenwich, NY, Childhood Education/Special Education major.
- Connor Lawlor of Greenwich, NY, Marketing (BBA) major.

### Paul Smith's Grad, Dean's List

Liam Kennedy of Greenwich, NY, graduated from Paul Smith's College in May 2024. Kennedy earned a BS in Fisheries and Wildlife Sciences Fisheries.

Also, the college announced Danielle Boeya of Greenwich has been named to the Spring 2024 Dean's List.

### Irwin in North Dakota

Jamison Irwin, Salem, N.Y., has been named to the Bismarck State College President's Honor Roll for the Spring 2024 semester. As North Dakota's Polytechnic Institution, Bismarck State College focuses on student success through the delivery of affordable, flexible, high-quality, experiential learning enhanced by public-private partnerships. Learn more at [bismarckstate.edu](http://bismarckstate.edu).

### Tops at Nazareth

Nazareth University students named to the spring 2024 Dean's List.

- Jade Kobor of Schuylerville
- Lauren Bilinski of Schuylerville
- Megan Stadel of Schuylerville

A student's grade point average must be at least 3.5 or above, and they must complete 12 credit hours of graded work that semester in order to be included on the dean's list at Nazareth.



# Lessons better than summer school

**Jill Schlesinger**

*Tribune Content Agency  
Special to Journal & Press*

More than 2 million high school and college students were expected to work summer jobs or internships this year.

For most, the summer is about making money, but toiling during the dog days can help young workers flesh out what they like and dislike about a particular job, determine what kind of workplace environment appeals to them, and can help develop indelible skills that last throughout their careers.

Regardless of the role, workers can develop a deep respect for the value of work, learn to juggle multiple tasks concurrently, all while dealing with demanding and sometimes tough customers.

The summer job that stood out for me was after my freshman year of college when I was a clerk for my father's firm on the floor of the American Stock Exchange.

I performed menial tasks, which are obsolete today, like copying stock purchase and sales orders, folding them up and stuffing them into the pneumatic tube system, and then filing those orders that had been executed.

My least favorite task was taking lunch

requests from the senior clerks and traders. There were times when I would complain to my father and he would blithely say, "Well, that's why they call it work. Get used to it!"

What should young workers do to navigate and take advantage of their new environments?

I turned to Dr. Resa E. Lewiss and Dr. Adaira Landry, co-authors of the new book *MicroSkills: Small actions, Big impact*. Both are highly accomplished doctors who wrote the book to help people, especially those just starting their careers, by laying out "simple, measurable skills that are easily understood, practiced and incorporated."

Whether you are a camp counselor, an intern at a big financial company or a remote marketing assistant, Landry says that you must "demonstrate your engagement with the job."

That means the basics, like showing up on time and responding promptly to emails. You should also "ask questions, offer suggestions, and volunteer to take on tasks that align with your interests and/or skills."

Put your phone in a drawer during work hours, because when you divert your attention from the job, it "may be interpreted as lack of interest or commitment."

Additionally, you need to "learn proper

corporate etiquette: Do not confuse work events with hanging out with college friends." You need to respect boundaries and "familiarize yourself with HR's code of conduct in relation to dating, alcohol, and even use of humor or casual language."

Given that summer workers have limited time to make an impact, Lewiss says that you need to quickly assess and understand your supervisor's expectations.

"You don't have 90 days to get up to speed and figure out what your supervisor expects. Surf the company website, reread your job description, and, most importantly, just ask. Politely, directly, when the time seems right, ask your supervisor what they expect for your summer role."

As the job develops, workers need to push through their fear and ask for feedback. She suggests adopting the "just one thing approach." At the end of the week, ask "What is one thing I should continue to do next week" or "What's one thing I should stop doing to better help the team?" or "What's one thing you would like to see me start?"

For college students, Landry thinks that these short-term work arrangements are a great way to address your skills gaps.

Before you start, "identify a skill set you would like to strengthen — e.g. public speaking, using artificial intelligence, web design. Elicit the input of your supervisor to determine steps to work on the skill. To track progress, develop measurable goals."

*Jill Schlesinger, CFP, is a CBS News business analyst. A former options trader and CIO of an investment advisory firm, she welcomes comments and questions at [askjill@jillonmoney.com](mailto:askjill@jillonmoney.com). Check her website at [www.jillonmoney.com](http://www.jillonmoney.com).*



## Skidmore concert

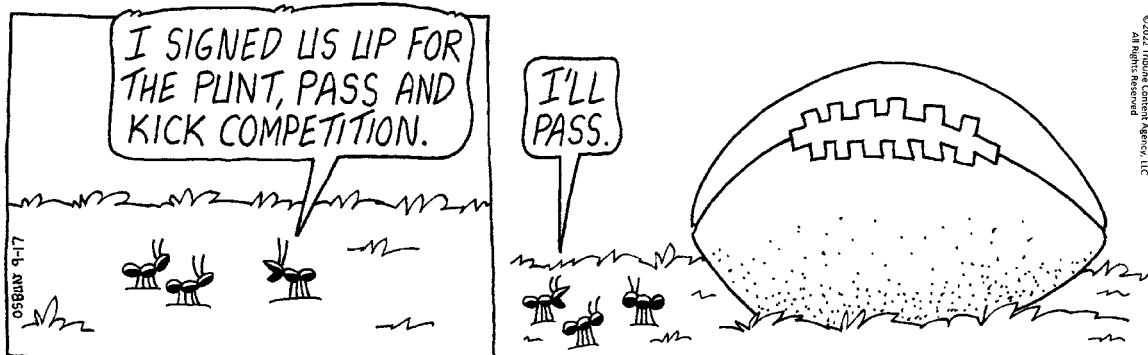
The Frances Young Tang Teaching Museum and Art Gallery at Skidmore College announces the twenty-third season of its popular summer concert series, *Upbeat on the Roof*, which will run each Thursday from July 11 through August 15. Also returning this season are art-making activity kits for kids, called *Crafts on the Grass*. The July 11 show is "Future of Broadway — Contemporary showtunes

from works-in-progress, presented in conjunction with The Orchard Project."

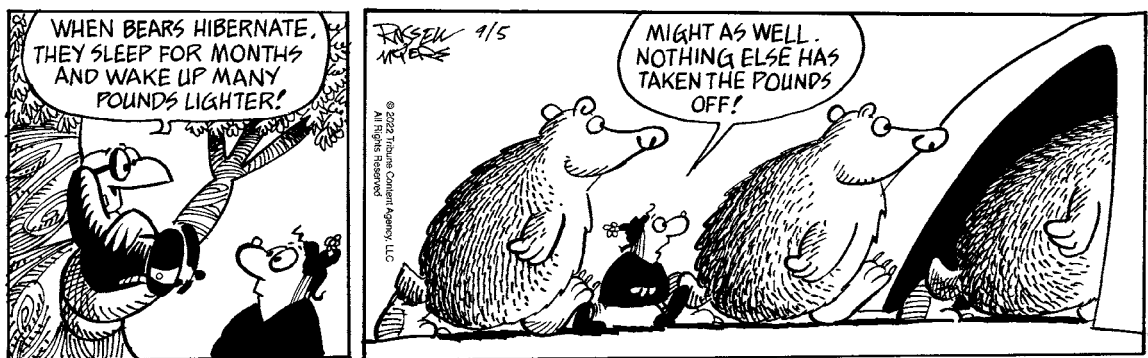
The musical acts this season include returning favorites, rising stars, and award-winners of the vibrant Capital Region music scene, as well as a new collaboration with Visitors are invited to bring blankets, camping chairs, food, and drink to picnic on the lawn. Craft kits will be available at 5:30 pm; concerts begin at 6

# FUN & GAMES

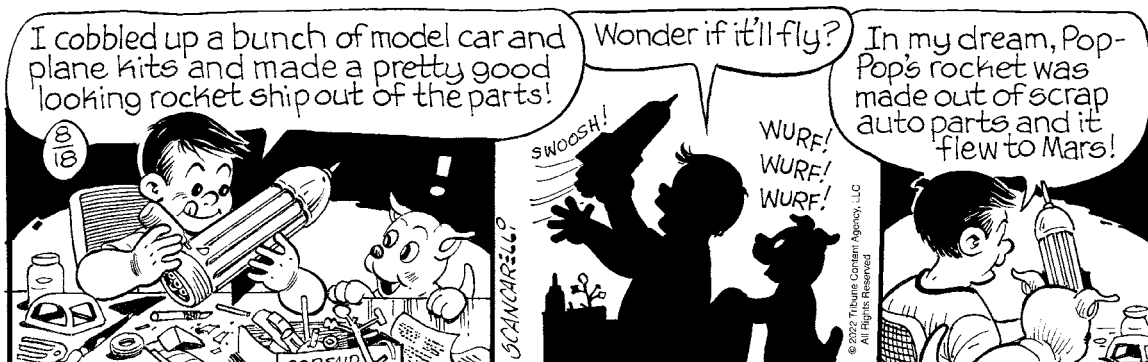
## Animal Crackers by Fred Wagner



## Broom Hilda by Russell Myers



## Gasoline Alley by Jim Scancarelli



## The Middletons by Dana Summers



## 9 to 5 by Harley Schwadron



"When you're young, you're judged by College Board test scores. When you're old, it's credit scores."

## Word Play Answers Page 21

### JUMBLE

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

CEIRI  
□ □ □ □ □

RMAAO  
□ □ □ □ □

THNISC  
□ □ □ □ □

CUDITN  
□ □ □ □ □

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

### THAT SCRAMBLED WORD GAME

By David L. Hoyt and Jeff Knurek



THE PASTOR HAD PREPARED A SERMON FOR THE CHURCH SERVICE AND WAS READY TO ---

## Boggle BrainBusters!

By David L. Hoyt and Jeff Knurek



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

BOGGLE POINT SCALE	YOUR BOGGLE RATING
3 letters = 1 point	151+ = Champ
4 letters = 2 points	101-150 = Expert
5 letters = 3 points	61-100 = Pro
6 letters = 4 points	31-60 = Garner
7 letters = 5 points	11-30 = Rookie
8 letters = 10 points	1-10 = Amateur
8+ letters = 15 points	0-10 = Try again

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

Find AT LEAST SEVEN BIRDS STARTING WITH A VOWEL in the grid of letters.

Answers to Last Sunday's Boggle BrainBusters:  
HILL MESA, GLEN DALE, RIDGE KNOLL, GEORGE CLIFF CANYON



# FUN & GAMES

## More Word Play Answers Page 30

**SCRABBLE** G<sub>2</sub> R<sub>1</sub> A<sub>1</sub> M<sub>3</sub> S<sub>1</sub>

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A<sub>1</sub> O<sub>1</sub> Y<sub>4</sub> R<sub>1</sub> F<sub>4</sub> T<sub>1</sub> C<sub>3</sub>

RAK 1

A<sub>1</sub> A<sub>1</sub> E<sub>1</sub> I<sub>1</sub> R<sub>1</sub> B<sub>3</sub> S<sub>1</sub>

RAK 2

A<sub>1</sub> U<sub>1</sub> K<sub>5</sub> S<sub>1</sub> T<sub>1</sub> R<sub>1</sub> M<sub>3</sub>

Double Word Score

RAK 3

A<sub>1</sub> E<sub>1</sub> U<sub>1</sub> Z<sub>10</sub> D<sub>2</sub> N<sub>1</sub> F<sub>4</sub>

2nd Letter Triple

RAK 4

E<sub>1</sub> O<sub>1</sub> L<sub>1</sub> D<sub>2</sub> R<sub>1</sub> B<sub>3</sub> L<sub>1</sub>

RAK 5

PAR SCORE 265-275  
BEST SCORE 332

FIVE RACK TOTAL  
TIME LIMIT: 25 MIN

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

## Word Find By Frank J. D'Agostino

Find these words associated with blogging (and find Frank's acrostic books on Amazon):

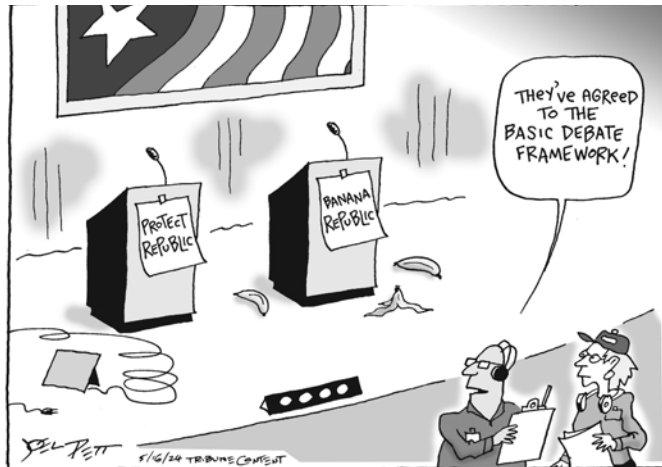
Contribute	Links	Story
Daily	Logo	Tips
Editor	Music	Views
Followers	News	Voice
Help	Pages	Words
Humor	Photos	Write
Ideas	Post	
Images	Readers	
Inform	Search	
Likes	Sports	

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

## Filbert by LA Bonté

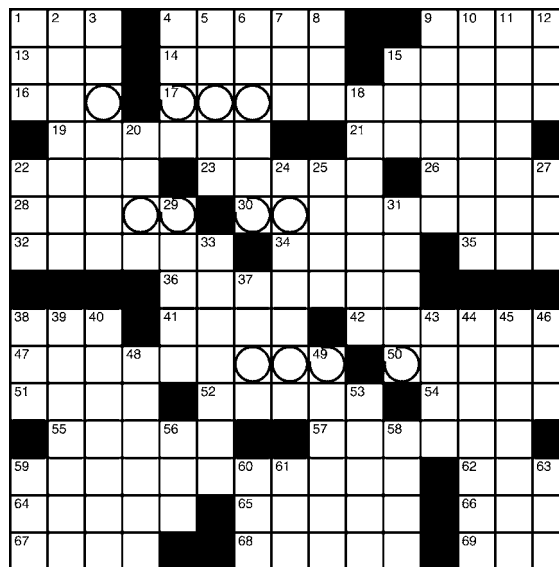


## Political Cartoon of the Month by Joel Pett



## Cambridge Crossword

Across  
1 Remind repeatedly  
4 Girl \_\_\_ Cookies  
9 Journalist Swisher  
13 "My man!"  
14 Alpha \_\_\_ Alpha sorority  
15 Lubricated  
16 Half-\_\_\_: rhyming coffee order  
17 Closing line after presenting an argument  
19 Elsie the Cow's dairy brand  
21 "Questions welcome"  
22 Ireland, to the Irish  
23 "The Dancing Class" painter Edgar  
26 Cedar Rapids state  
28 Nebula Award genre  
30 One way to get caught  
32 Silky fabrics  
34 Island home of the Hana Highway  
35 Magazine VIPs  
36 Pinches pennies  
38 "Now I get it!"  
41 Holier-\_\_\_thou  
42 Scheduled  
47 North American evergreen  
50 Say "I do" without the ado



51 Quaint "once"  
52 Lets up  
54 \_\_\_ and proper  
55 Fatherly nickname  
57 Hide-and-seek hideout  
59 Fourth of July noisemaker ... and the function of the black squares in lines 3, 6, and 10  
62 "That hurt!"

7 Emotional highs  
8 Body ink, for short  
9 Begin to take effect, as medicine  
10 Dessert menu phrase  
11 Mended for a second time  
12 Citrus drink suffix  
15 Yiddish laments

## Sudoku

Each column/row must contain the numbers from 1 to 9, without repetitions. The digits can only occur once per block. The sum of every single row, column and block must equal 45.

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

64 Future DAs' exams  
65 Member-owned grocery stores  
66 Actress Thurman  
67 Eclectic online digest  
68 Arizona's National Forest  
69 \_\_\_-Mex cuisine

Down  
1 "This Is Us" TV network  
2 Coffee bean variety  
3 "Pursue your dream!"  
4 Slide on an icy road  
5 Was concerned  
6 First game of the season

18 Songs made by mixing two songs  
20 Mortgage adjustment, for short  
22 Twisty letter  
24 Some spring babies  
25 Driver at the Oscars  
27 Commercials  
29 Lead-in to "gram" in social media  
31 Ideological gap in Congress  
33 Bagel spread  
37 Nadal of tennis, familiarly  
38 Actor Vigoda  
39 Plucky member of an orchestra?  
40 Losing candidate  
43 European peaks  
44 Left in a big hurry  
45 Perfect example  
46 Rep.'s opponent  
48 Tampa Bay city, familiarly  
49 \_\_\_ with: take into consideration  
53 Was out  
56 Some HP products  
58 "In that neighborhood" phrase  
59 Wintertime bug  
60 Do something  
61 Dove sound  
63 Number on older business cards

# The Rolling Stones ‘Happy Tour’

**Greg Schwem**

*Tribune Content Agency  
Special to This Newspaper*

In Atlanta recently to visit relatives, I was fortunate to witness rock-and-roll immortality, courtesy of the Rolling Stones.

Just a typical night hanging out with 80-year-old men.

OK, two 80-year-old men in particular: Mick Jagger, the Stones’ ageless frontman, and lead guitarist Keith Richards, his bandmate since the Stones formed in 1962. At 77, guitarist Ronnie Wood, who joined the band in 1975, is still considered “the kid.”

Ironically, when the show ended and the band took a collective center-stage bow, Wood appeared the most winded, at least from my vantage point. Drummer Steve Jordan also looked like he could use a little oxygen boost, although he was probably too embarrassed to admit it in front of Mick and Keith. After all, Jordan is ONLY 67. Suck it up, young lad!

While entering the cavernous Mercedes-Benz stadium, and sitting among veteran Stones fans, I overheard many jokes and humorous comments related to the band members’ ages.

“What’s the over-under on whether they all make it through the show?”

“Who’s the most important band member on this tour? The doctor!”

“Mick has a 7-year-old son. Couldn’t they at least start the show before his bedtime?”

“Maybe that’s why the Stones are still touring. That kid is going to need braces. Those aren’t cheap.”

The last one was mine. Not sure it’s funny, but I’m a professional comedian. I couldn’t help myself.

Then the Stones took the stage and snarkiness gave way to adoration. Not that the Stones weren’t always worshiped by this collection of gray-haired fans, some leaning on canes for support and others

who probably made at least three bathroom visits during the band’s two-hour set.

Halfway through, Jagger disappeared, ceding the stage to Richards who performed three songs. The last tune perfectly summed up the crowd’s mood and, most likely, the band’s reason for continuing to hit the road when nobody would fault them if they decided to spend their remaining years playing pickleball in retirement communities worldwide.

The song, written by Richards in 1972, is simply titled, “Happy.”

“Well, I never kept a dollar past sunset

It always burned a hole in my pants

Never made a school mama happy

Never had a second chance, oh no

I need a love to keep me happy...”

Richards grinned throughout his solo set. So did Jordan, keeping pace behind him. Heck, so did the roadie who handed Richards the guitars he needed to play each song.

Pure bliss all around.

Yes, the lyrics aren’t 100% accurate; Richards has plenty of dollars to tide him over for many sunsets. But isn’t doing what you love, for as long as you feel like doing it, a major happiness component? I believe so, despite what you may hear on TikTok.

Head to your favorite social media channel of choice, search “How to be happy,” and you could spend the rest of your day contemplating the various solutions. When I’m feeling blue, I’ve done just that. In return, I’ve heard I should alter my breath-



Mike Coppola/Getty Images/TNS

ing, journal, take up kayaking (for real), declutter my condo, start a low protein diet, start a high protein diet, or make an impulse purchase.

I could plant herbs, volunteer, increase my daily step count, rekindle a dormant friendship, or, ironically, cancel all my social media accounts.

Instead, I will look to the Rolling Stones and hope that, when I hit 80 I am still in front of audiences, making them laugh for 20, 30, 40 minutes or however long they can sit through a set before having to use the restroom or gobble some ibuprofen to ease their aches and pains.

That’s my definition of happiness. And “satisfaction.”

*Greg Schwem is a corporate stand-up comedian and author of two books: “Text Me If You’re Breathing: Observations, Frustrations and Life Lessons From a Low-Tech Dad” and the recently released “The Road To Success Goes Through the Salad Bar: A Pile of BS From a Corporate Comedian,” available on Amazon.com. Visit Greg on the web at [www.gregschwem.com](http://www.gregschwem.com).*





# Changing from happiness to peace

**Dr. Daneen Skube**  
Tribune Content Agency  
Special to This Newspaper

**Q:** *I have a goal of being happy, but keep running into problems. If you pick the right job, shouldn't it make you happy? Also how can you be happy when you keep having difficulties on the job?*

**A:** You can enjoy your life, in and out of work, if you understand that happiness is not a sustainable state. Working to create inner peace is a goal we can achieve. Happiness, like all other emotions, comes and goes like clouds chased by the wind of experience across our inner sky.

Henry David Thoreau, the 19th-century American naturalist and essayist, observed, "Happiness is like a butterfly. The more you chase it, the more it will elude you, but if you turn your attention to other things, it will come and sit softly on your shoulder." Thoreau knew happiness cannot be a primary goal.

Think of emotions as different weather patterns. Sad, mad, glad, and scared feelings come and go in reaction to what we tell ourselves about certain situations. If a co-worker doesn't greet us, we may tell ourselves that no one cares about us. Or we may tell ourselves that they're distracted.

The more personally we take what people do, the more often we experience painful emotions. The more that we see others doing things for their own reasons, the more accurate we likely are and the more peaceful.

Ironically, we're most likely to make up that others are doing something because of us in the areas about ourselves that we fear are true.

Try this exercise: Write down moments when you get most upset. Now write down why you think people are doing these things (to you). Now highlight all the reasons you wrote down. These reasons are your worst fears.

The only way to immunize yourself



against these fears is to tackle them in your inner world. Most of us are not unique in our fears. We fear being unlovable, inadequate, rejected, stupid, or crazy. As a counselor, I chuckle at how unique my clients think they are when they first enter my office. New clients quickly discover their fears are common.

The voice we never get away from is our own. The people who raise us shape this inner voice. We often talk to ourselves the way parents talked to us. Learning to listen to what we're saying to ourselves is the first step to inner peace.

You'll be shocked when you first listen in this way, as you wouldn't talk to anyone else the way you talk to yourself. But, if you can hear this voice, you can talk back. Much of therapy focuses on changing our inner dialogue to be more compassionate, accurate, and effective.

For instance, you may lose something and start in, "What's wrong with me, I'd lose my head if it wasn't screwed on!" If we hear this message we might change it to, "Hey, people lose things sometimes. I can inexpensively replace that, and can pay more attention when I'm rushed."

Our power to change these inner voices is life changing. As we move away from critical, and perfectionist self-talk, we become calmer. Our circumstances become less overwhelming when we're on our own side.

On tough days, we have an inner champion. We aren't happy 24 hours a day, but at least we don't have an inner enemy that we're always fighting upstream against.

The "right" job won't make us happy, as no external situation can force us into happiness. Any job can be the "right" job to give us the opportunity to grow and change what we have the most power to change — ourselves.

*Daneen Skube, Ph.D., executive coach, trainer, therapist and speaker, also appears as the FOX Channel's "Workplace Guru" each Monday morning. She's the author of "Interpersonal Edge: Breakthrough Tools for Talking to Anyone, Anywhere,*



# 'Misfits' find their niche in cosplay

**Dave Paone**  
*Campus News*

In the classic Christmas movie, “Rudolph the Red-Nosed Reindeer,” young Rudolph just doesn’t fit in with the other reindeer because he’s different. His nose glows.

He befriends Hermey, one of Santa’s elves, but Hermey has no desire to make toys in Santa’s workshop. He wants to be a dentist.

Later in the movie, the pair (along with a third character) discover The Island of Misfit Toys. It’s an island where toys with perceived defects live because no boy or girl will love them. (There’s a Jack-in-the-box named Charlie, a water pistol that squirts jelly, a cowboy who rides an ostrich and other imperfect toys.)

Immediately Rudolph declares, “Hey, we’re all misfits, too!” and wants to live with his own kind on the island.

Campus News has been covering cosplay for several years and we see a huge similarity between The Island of Misfit Toys and cosplay conventions.

One symptom of autism is “difficulty in social interaction.” Those who are socially awkward often don’t fit in with their classmates (especially in middle and high schools) and may be labeled misfits.

Mitchell Ki of Hicksville, Long Island, goes by the moniker “The Incredible Cosplayer” and discovered cosplaying six years ago while a student at Brooklyn College at age 24. He’s on the autism spectrum.

“I struggle [with] fitting in,” he told Campus News but finds the tips he learned from more experienced cosplayers have boosted his popularity.

“I grew up having autism and didn’t socialize with people very well and I feel like being a cosplayer helps me. It helps,” he said.

For his first convention, Mitchell specifically chose Spider-Man as his alter ego because his face would be covered.

“I was very insecure back then,” he said. “I was ashamed of [cosplaying] at first.”

But after interacting with other cosplayers, the insecurity and shame lessened. “I became more comfortable with myself,” he said.

Abigail Loos of East Hampton, Long Island, treats cosplay as a full-time job, making her costumes from scratch and attending conventions throughout the Northeast. She and her mother, Teresa, work as a team.

As a child, Abigail was diagnosed with auditory processing disorder which is a neurodevelopmental disorder (as is autism) and was homeschooled through 12th grade. But she’s found being in the cosplay community is exactly where she needs to be.

“I love cosplay. It’s a positive outlet for pretty much everything, including people who are on the spectrum like myself,” Abigail told Campus News at the New York Comic-Con last year.

Campus News met Michaela Sallese at the Anime NYC convention in 2023. She was a first-year student at South Hills School of Business and Technology in Pennsylvania at the time and came dressed as Lanzhu Zhong from “Love Live! Nijigasaki.”

Although technically a freshman, Michaela was 27 and in her fourth go-around of college.

“I’ve had a lot of mental health struggles and family physical health struggles. I’ve had to drop out of college a couple of times,” she said.

Since South Hills is a two-year, associate’s program, she feels it provides her with a pace she can handle and enables her to work full-time and go to anime conventions.

Michaela also feels cosplay has boosted her confidence which in turn has helped her



Abigail Loos —dp photos

with her mental health issues.

The year before she cosplayed as her favorite character, Cure Flora of “Go! Princess Precure” and it was just what the doctor ordered.

“I felt the most beautiful I’ve ever felt,” she said.

So for Mitchell, Abigail and Michaela, cosplaying doubles as healthcare. Mental healthcare.

Long before cosplay was even a word, there was the Renaissance Faire.

In 2017, Campus News was at the one in Tuxedo, New York, and spoke with Caroline Lenz, who was a 26-year-old art history major at Borough of Manhattan Community College at the time.



## (cont.)

Caroline was one of the hundreds of actors employed at the Faire each season, who perform in costume and take on personas.

Caroline played Viscountess Lætitia Herford, in service to Her Majesty, the Queen. She's also the Queen's cousin and Lady of the Privy Chamber. It was her third year there.

"In describing the camaraderie to my stepmother my first year, she said, 'Oh, you found your tribe!' and I realized, yes, that is exactly what I have done... I have found a family."

"This is my core group of friends," said Caroline. "One of my dearest friends in the world actually is the Queen, and I stay in touch with her all year."

In addition to the Faire, Caroline had

gone to Comic-Con every year for the five previous years, with her two regular costumes being Black Canary and a Star Trek science officer's tunic.

In all fairness, Caroline was a cheerleader in high school, so clearly she wasn't an outcast. On the other hand, she said she participated in cheer "mostly for the athleticism."

Call it an island of misfits, a tribe or a family, the cosplay world is a place where many outsiders have found their niche.



Michaela Sallese, left., with an unidentified cosplayer

As Mitchell said, "I consider myself as a regular guy who just wants to fit in in the cosplay community."

## SUNY colleges make Esports official

State University of New York Chancellor John B. King Jr. announced this past summer that SUNY Esports will join the Eastern College Athletic Conference (ECAC) this fall. SUNY Esports comprises 54 SUNY colleges and universities across the state with over 3,000 students competing.

"Over the years, the popularity of esports has grown exponentially. During my campus visits, I have seen several state-

of-the-art esports labs and students passionately focused on honing their virtual craft," said SUNY

Chancellor King. "By joining the Eastern College Athletic Conference, SUNY students interested in esports will have more competitive opportunities within the world of esports, which will in turn make our SUNY institutions a top choice for students looking to pursue esports in college."

ECAC Esports was launched in 2017. The ECAC itself is an 86-year-old organization featuring over 200 member schools in traditional athletics and esports. The conference exists to enhance the experience of student-athletes participating in intercollegiate athletics, and provide great value for universities and colleges, by sponsoring championships, leagues, bowl games, tournaments, and other competitions throughout the Northeast.

## ABOUT CAMPUS NEWS

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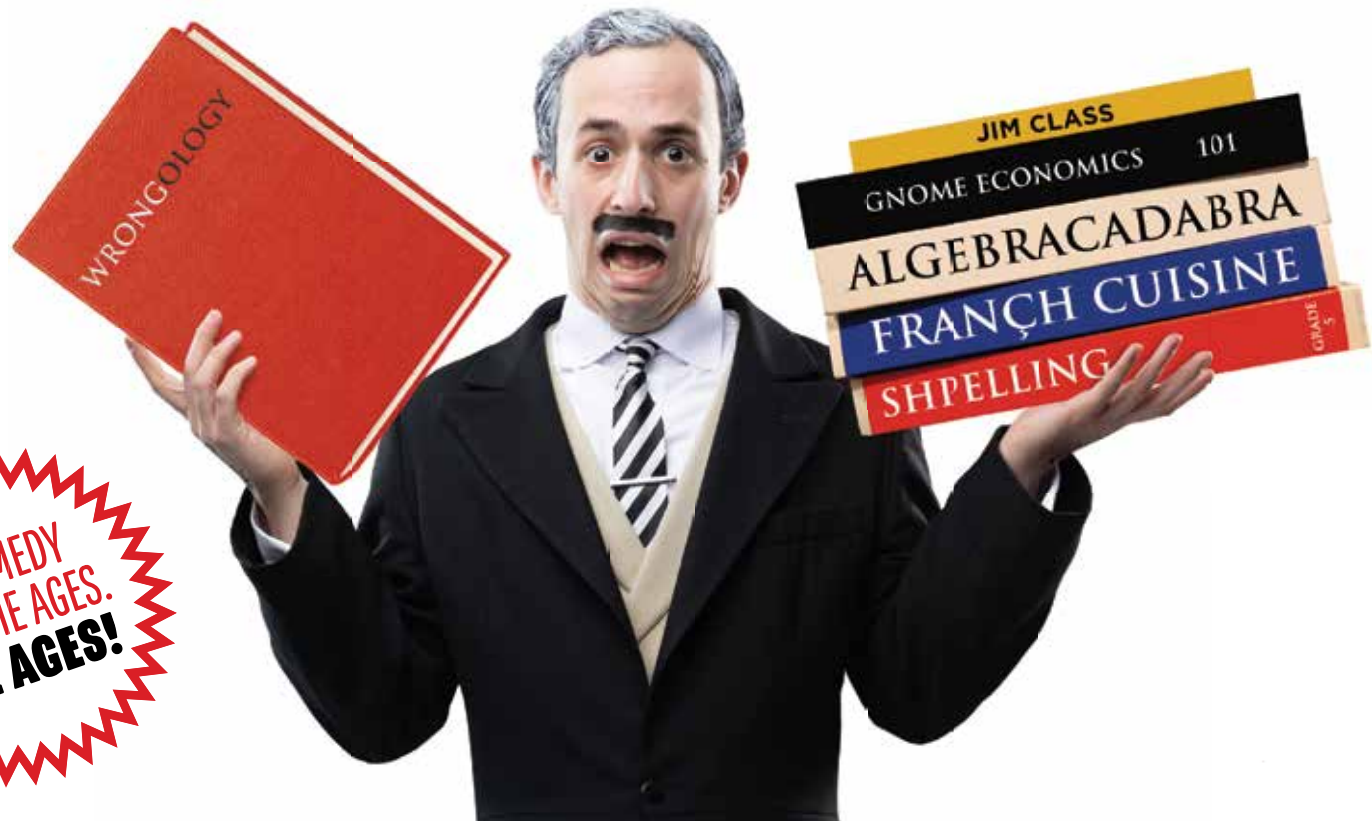
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