

CAMPUS NEWS

College  Paper

SANDRAPOSEY.NET PAGE

3



We take on Comic Con!

Well, isn't this photo kind of meta? Yes, the Man of Steel does read more than just The Daily Planet!

Find four pages of our super-hero coverage inside!



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IT LOOKS LIKE A PILE OF JUNK

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APPROPRIATE MUCH?

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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.

You can also sign up for his daily Substack newsletter at journalandpress.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.



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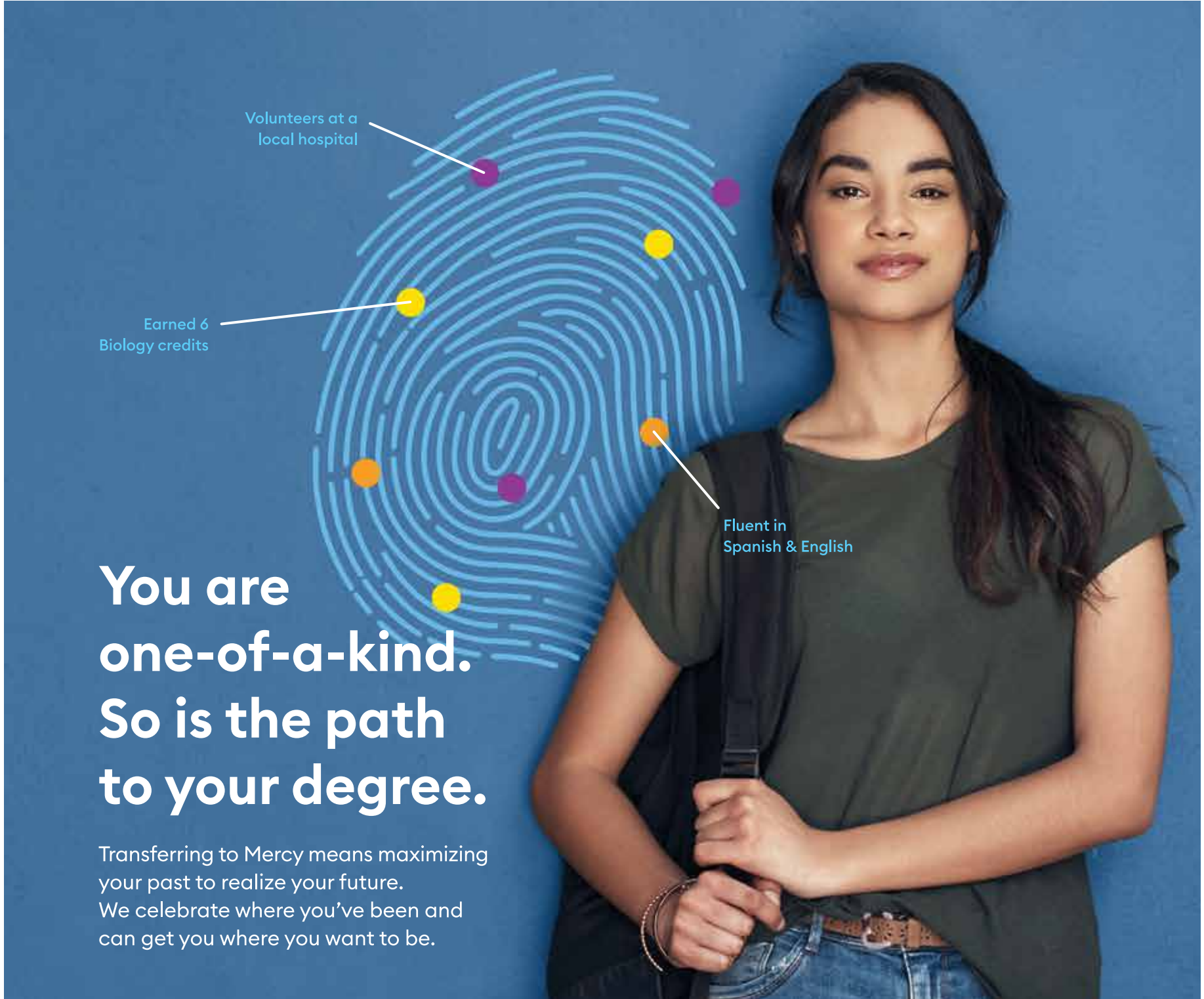
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Visiting a legal cannabis dispensary

Darren Johnson
Campus News

Windy Hill Wellness — my county's first state-approved cannabis dispensary — had its grand opening/ribbon cutting this past month. It's located at 106 Main St Greenwich, N.Y.

There are only 220 such dispensaries approved so far in the state.

Before the grand opening, the store had been approved to operate for a few weeks prior and had seen some modest traffic, but now will ramp up marketing.

I stopped by to talk with proprietor Holly Harris, who has been operating a CBD store at the location (which still is available) and now has the dispensary in an understated woodworked room with glass display cases behind the initial storefront.

Visitors interested in purchasing various cannabis products, to smoke, vape or eat, are carded in the front of the building and then can enter the more discreet room, where they can meet with Harris and get advice as to the best product for them. She said her clientele has ranged from experienced recreational users to newcomers in search of products to help with their overall wellbeing. More so, the latter, with a lot of middle-age and older customers finding their way to the store.

As for the unexpectedly subtle look of the room, Harris said, "This is what wellness looks like. We're trying to get away from that 'Cheech & Chong' perception people have."

Harris added that her prices are only a bit higher than black market, but what she offers is locally sourced and state vetted. "What you see on the package is what you get," she said, showing me a half an ounce of Slack Hollow Organics (Argyle, NY) titled "Headband."

"What you're looking at is a half, and it's \$135," she said. "Black market, an ounce may be \$200, so you're paying a little bit more but you know this has been tested, you know its cultivator, its distributor, has been certified by the



state."

Headband is 26.5% THC and 32% cannabinoids and is described as a "euphoric headrush" with a "relaxing come-down."

"It's more than just THC," Harris said. "Then you can look at the buds — they have a really nice, tight trim to them, there's not a lot of leaf."

Harris knows that her window of opportunity to establish a successful cannabis store may be short, as other stores will be popping up in neighboring towns, once they receive their approvals.



But Harris said she offers a different vibe that most others.

"I don't really feel it

is competition just a different atmosphere," she said. "All of us in the venture are passionate about what we do. I have visited several shops and we are there to support each other. If I don't have what a customer is looking for, I will send them to another shop."

I'd describe that vibe as mellow and new-age. Harris said that's intentional, to convey that they are educationally focused.

"Yes, we can educate and guide you on this, starting low is key and understanding how THC can affect you," she said.

Harris sees repeat business as the key to success, so wants to make sure each customer's needs are heard and met.

As the business builds, she will add more "budtenders."

"I have staff coming onboard that are passionate about cannabis and cannot wait to share their knowledge and guidance," she added.

You can learn more at WindyHillWellness.com.

Fight this deadly trend

Eric Adams
Mayor of New York City
Special to Campus News

Last week in New York City, a young girl died, and another was seriously injured while illegally riding on top of a moving subway train. As New Yorkers have seen in far too many headlines — this is not an isolated incident. The allure of social media fame has lured too many young people on top of trains, and the consequences have been deadly. What is worse, the companies whose algorithms promote this deadly content haven't done nearly enough to put an end to it.

Here in New York City, we're doing our part to protect young New Yorkers from the dangers of riding atop trains. In November 2023, the NYPD started a program that uses real data from 911 and 311 reports of people riding on top of trains. The police department then deploys drones and field teams to those areas based on the call data, during the busiest days and times.

Two drones conduct patrols over the trains and officers look for anyone riding on top. If so, the field team is notified, and as the train pulls into the next station, the train is held so the individuals can be removed. Since the NYPD began conducting these operations, there have been over 1,000 drone flights that have helped stop those riding on the top of trains. More importantly, our officers have helped save the lives of 114 individuals — ranging from nine years old to 33 years old, with the average age being 14 years old.

We need your help to make this drone program work. No matter who you are or where you see it, if you see anyone trying to get on top of a train, call 911 and report it. You might save a young life by making that call — a life like Zackery Nazario, whose mother, Norma, joined me in Queens to update New Yorkers on our drone program. Norma described Zackery as an old soul — his favorite artists were Nat King Cole and Frank Sinatra. But at just 15 years old, Zackery was killed riding on top of a subway, goaded there by social media. Norma carries his fu-



neral card with her everywhere she goes.

Norma said that social media has a role to play, and they're not fulfilling their responsibilities. She's right. From 2021 to 2022, there was a 366 percent increase in people riding outside the subway. Those who host and financially profit from that content must be held responsible, and I have called on Tik

'Drones conduct patrols over the trains and look for anyone riding on top.'

Tok and other social media platforms to ban these dangerous videos immediately — and to make sure that videos that promote subway surfing are removed before they go viral. In fact, we sued the owners of TikTok and four other popular social media platforms to ensure they take the impact they have on our young people far more seriously than they have been.

In addition to the increased enforcement, our administration, in partnership with Governor Hochul and the Metropolitan Transit Authority, launched the "Subway Surfing Kills – Ride Inside, Stay Alive" campaign in

September 2023. It features young people talking to their peers about the dangers of subway surfing.

But we also need every New Yorker to play their part in fighting this deadly trend. If you are a parent, talk to your children now about the dangers of riding on top of trains. Even if you think your child would never do it, they know someone who just might try. If you are a young person, do not encourage others to engage in this kind of risky activity, whether in-person or online. If social media algorithms push this content your way, don't like it — report it as the danger that it is. And if you are a teacher, talk to your students about staying safe and staying alive.

I was young in New York City, and I understand the pressures and temptations of being a teenager. But I want every young person to think about what riding on top of trains really means: the possibility of death. Don't think about the likes and clicks; think about your family, in grief, thinking about the life you never got to live.

Stay safe, New Yorkers. And do not, under any circumstances, ride on top of trains.

Eric Adams is the Mayor of New York City.



College students just love NY Comic Con

Dave Paone
Campus News

There were superheroes and supervillains. There were Ghostbusters and the Stay Puft Marshmallow Man. There were wizards and warlocks and princesses of the Leia and Disney varieties.

It was the New York Comic Con at the Jacob K. Javits Convention Center, and once again, college students and recent grads were there in abundance, cosplaying for four days in October.

Sophie (who preferred to use just her first name as did most attendees we met) came dressed as Neve of the video game “Goddess of Victory: Nikke.” She studies art at Sarah Lawrence College in New York.

So why Neve?

“I like polar bears and she gets a little polar bear hood so I was like, ‘Why not be a little polar bear girl for a day?’” said the 23-year-old. “And I love wearing platforms so it was an excuse to wear platforms.”

Since Sophie is a New Yorker, she took the subway to the Javits Center – dressed as a polar bear in platform shoes.

Campus News met her on Saturday, which she said was the best day to commute because the trains had plenty of other attendees in costumes on them.

Thursday was another story.

“Thursday was weird. I got a lot of looks. Probably someone took my photo, I don’t know,” she said.

Olivia is a 21-year-old English and education major at Stony Brook University and came dressed as Boosette of “Super Mario World.”

For Olivia, the convention was a family affair.

When we met, she was accompanied by her father, Ken, dressed as Chewbacca. However, he could not provide us with a



Even Superman (Taylor Van Ackern) enjoys Campus News!

**‘Thursday was weird.
I got a lot of looks.
Probably someone took
my photo, I don’t know.’**

Wookiee howl, even though we requested one.

“I can’t roll my Rs,” he said.

The family affair didn’t end with her father. Ken gave us the roster of who was there:

“Two parents, two daughters, one son, one son-in-law, one soon-to-be daughter-in-law [...] a niece and nephew and a

brother-in-law,” he said.

Donna attends Cardozo School of Law in Manhattan and came dressed as Lady Deadpool.

She’s 26 years old but this was only her third convention.

Donna’s undergraduate degree is in sociology from Barnard College in New York City and she feels going from sociology to law “definitely is a natural progression.”

She thinks a career in international law is in her future so her ability to speak Spanish and Hebrew will likely help.

Donna wasn’t the only sociology-law major we met.

Nikhil graduated from New York University in May as a sociology major with a

Please read more on the next page

(cont.)

focus in law. He currently works as a paralegal at an intellectual property law firm in Manhattan.

He came dressed as Kenjaku of “Jujutsu Kaisen.”

“Obviously the legal profession is a lot more strict in what you can and can’t wear, so this kind of gives me the opportunity to branch out, to be a little bit more wild between fashion, taste and the things that I like and really just be myself without having to fit into the box of my job,” he said.

Nikhil attended with his significant other, Trinity, who is also an NYU graduate. She dressed as Saturo Gojo, also from “Ju-

jutsu Kaisen.”

Trinity currently works in the marketing department of a children’s book publisher.

She’s the new girl at the job and her coworkers were “actually surprised” when they found out she was attending the con. She describes herself as “a little shy at work.”

She planned to show them photos the following Mon-



Sarah Lawrence College student Sophie as Neve.



Besties Jill (R) and Mai as characters from “My Neighbor Totoro.” —dp photos

day.

“They’ll probably be a little shocked because when I’m in the office I’m in big sweaters, heals and trousers, so this is clearly very different,” she said.

Additionally, Saturo Gojo is a guy, so that may add to the shock.

Besties Jill and Mai came dressed as characters from the 1988 feature film, “My Neighbor Totoro.”

Totoro is a rat-like

creature... or possibly rabbit-like. It’s hard to tell.

Mai is a recent grad from Stevens Institute of Technology in Hoboken, New Jersey, and wore an elaborate costume of the eponymous character. It stood well over five feet high and was almost just as wide.

“Jill and I made it together,” said Mai. They made it from chicken wire, fabric, and “some Gorilla Glue.”

“But it’s mostly kept together by tape,” said Jill, a recent grad from NYU.

James is a 2024 grad from St. Joseph’s University on Long Island with a BS in marketing. She came dressed as Rayla of “The Dragon Prince.”

She specifically picked this character be-

Please read more on the next page

(cont.)

cause she was scheduled to attend a panel for “The Dragon Prince” later in the day and the show’s creators would be on it, and they’d be showcasing the first episode of the new season.

James is 22 and started cosplaying three years ago. While in high school she felt a lot of pressure to be conventional and never dreamed of dressing up as animated characters at cons.

“I thought that I had to fit in with everyone else and had to be quote-unquote normal so I never really explored anime or cosplay or any of those interests but I found that

it was a really good creative outlet for me and I found a really amazing community of friends online that I was able to connect with and now we go to conventions all the time and make content together and make cosplays and it’s just really great,” she said.

What began as “online friends” turned into real-life friends.

“In college I actually had a really hard time making friends,” she said, and “never

really found a group there.”

“But I did find a group online and it just turns out that a few of them actually lived really close to me – like within driving distance – so immediately we became super close [...] and have been going to conventions ever since then,” she said.

‘The rule is weapons cannot be real, nor can they look too real.’

James said she “actually thrifted the entire costume,” meaning it wasn’t storebought but assembled by hand on the cheap.

“I made everything myself from cutting up shirts and pants and leggings and random



things I found in the thrift store,” she said. “The boots are even thrifted.”

James stitched all the pieces together herself, even though she doesn’t know how to sew. “I can barely use my machine,” she



James as Rayla of “The Dragon Prince.”

Below: With the 3D-printed knives she and her dad made.

said with a laugh.

Perhaps the most intriguing part of her costume is the props, which she made with the help of her father.

Rayla carries two knives and James told him she needed “two butterfly knives” so he took out his for inspiration and together they made a pair of working, 3D-printed knives.

The rule of thumb at conventions is weapons cannot be real, nor can they look too real. A weapon that passes inspection is called “con friendly.”

Since James’ knives are all plastic (with the exception of two metal tacks), she was allowed to carry them.

James attended with her gal pal, Lindsey, who came dressed as Peach Princess

Please read more on the next page

of “Super Mario Bros.”

She graduated from the University of Richmond in Virginia with a BS in biology, but actually works at the school now as an admissions counselor.

Lindsey is one of James’ online-friends-turned-real-life-friends.

Emily Almeida is currently an architecture major at Queensborough Community College and dressed as Jem of “Jem and the Holograms.”

She also works a job in construction as an abatement supervisor, meaning she removes asbestos, mold, lead and other toxins from buildings, while attending college full time.

She originally started college as a criminology major at John Jay College of Criminal Justice, but said, “architecture stood out to me,” so she changed majors and schools.

Emily is a Queens resident but unlike Sophie, opted to drive to Manhattan in costume instead of taking the subway.

“I got many funny looks at the red light but it’s OK,” she said.

Twenty-two-year-old Ashley Beepath attended the con with Emily, and came dressed as DC Comics’ Poison Ivy.

She immigrated to the US from Trinidad at 16 and is currently a grad student at John Jay, majoring in forensic mental health counselling.

Her undergrad degree is also from John Jay in forensic psychology.

The final pair of BFFs we met were Addy and Chelsea. Addy came dressed as Felicia Hardy of Marvel Comics’ “Black Cat” and Chelsea as Marvel’s “Scarlet Witch.”

Addy is a recent grad from Penn State and works in advertising. When one thinks of “Mad Men,” traditional suits and ties may come to mind.

However, Addy works in the social media department, so things aren’t as formal.

**‘Do whatever you want.
You are here to be happy
and be true to yourself.’**

Her co-workers are well aware of what she does.

“The people at work know that I love nerdy things and cosplay and they know that Comic Con is kind of like my Super Bowl,” she said.

And just as Emily did, Addy and Chelsea drove to the convention, rather than risking humiliation on the subway.

“We took an Uber today. We were a little nervous to be on the subway in our outfits,” she said.

Addy doesn’t know what the driver thought of them.

“We avoided eye contact,” she said. “The people on her side of the sidewalk were laughing and smiling.”

Chelsea currently attends Parsons School of Design in New York City as a fashion design major. This was her very first cosplay convention.

Campus News has been covering cosplay

Stony Brook University student Oliva as Boosette.



conventions for several years and the sentiment of the attendees is always the same:

“For a lot of my life I kind of had a mask up of pretending to be something that I wasn’t,” said James.

“And it wasn’t really able to deconstruct that until I met my friends online through anime and they were like, ‘You can do whatever you want. You are here to be happy and be true to yourself and if you like anime and want to cosplay, then you should do that, it shouldn’t matter what anyone else’s opinion is.’”

James and everyone else we spoke to did just that.

RCC launches ASAP program

State and local lawmakers, students, and SUNY officials this past month joined Rockland Community College leaders in highlighting the benefits and expansion of the Advancing Success in Associate Pathways (ASAP) a transformative two-year model that has been widely demonstrated to increase student completion rates and narrow opportunity gaps.

“We are thrilled to bring the ASAP program to Rockland Community College as a vital component of our commitment to student success and retention,” said Beth A. Coyle, RCC Officer in Charge. “The resources provided by ASAP will empower students to overcome challenges and achieve their goals, ultimately driving economic growth and industry development in the region.”

“Student success drives everything we do at SUNY, and we are committed to meeting students and their families where they are to ensure they thrive,” said SUNY Chancellor John B. King Jr. “SUNY takes pride in scaling ASAP and ACE as proven models for student success across our campuses and we look forward to continuing to invest in the next generation of SUNY graduates at Rockland Community College and across the system.”

Rockland Community College is one of 25 SUNY campuses statewide that opted in to the ASAP|ACE program and as of this fall will enroll 150 students to improve retention and graduation rates.

ASAP|ACE provides wraparound support to ensure student academic success, retention, and on-time graduation. An array of resources and supports - including funding to cover textbooks, groceries, transportation, and other costs of attendance, academic assistance, comprehensive personalized advisement, and career development activities - help Pell-eligible students overcome barriers that can prevent them from achieving their goals and obtaining a degree.

ASAP|ACE expanded to the SUNY system in Spring 2024, supported by an historic demonstration of state-level support championed by Governor Hochul in the \$75 million SUNY Transformation Fund and supplemented by private grants. In Fall



2024, SUNY ASAP|ACE will enroll 4,200 students.

Participating students represent a wide range of backgrounds, interests, and experience, but all share a recognition in the importance of higher education and achieving a degree to achieve their personal and professional goals. See here for more information: <https://www.suny.edu/asap-ace/>.

“I am very happy for the program, and I can’t wait to see what the future holds for it. Being part of it is truly special to me. Thank you for everything,” said Natalia Benitez Levina, a current ASAP student at Rockland Community College.

Since being initially launched at CUNY in 2007, ASAP|ACE have served more than 100,000 CUNY students and the programs have been replicated in seven states. The ASAP|ACE programs have been proven to significantly improve degree completion rates, particularly for underrepresented students. They have since been replicated at more than 20 colleges in seven states across the nation.

To learn more about ASAP at Rockland Community College, visit <https://sunyrockland.edu/services/asap/> or contact Ian Pena at ian.pena@sunyrockland.edu.

HVCC, too

Hudson Valley Community College has announced the start of the Advancing Success in Student Pathways (ASAP) program in partnership with SUNY as well as the opening of a new Student Success Center on the main campus.

In addition to SUNY, Hudson Valley also partners with the Brightway Foundation Education Fund to provide additional financial supports and specialized assistance to student-parents, who have a unique set of needs to attend to while earning their degree.

This spring, the college initiated its ASAP program with a pilot cohort of 29 students from a handful of eligible degree programs. Now during the fall semester, the program serves 159 in more than 45 degree and certificate programs, 39 of which are student-parents.

Learn more at hvcc.edu/admissions/asap.

New provost/VP at Queens College

Patricia Price has been appointed provost and senior vice president for Academic Affairs at Queens College of the City University of New York (CUNY). Price joined the college in 2022 on an interim basis.

Queens College President Frank H. Wu describes Price as “an authentic leader who builds excellent, inclusive, and resilient teams to creatively address institutional challenges as well as challenges inherent to the public higher education sector.” He adds that, “she utilizes effective storytelling as a strategic leadership tool to build community and convey to diverse audiences the transformative power and value of higher education. Her focus on cultivating, mentoring, and advocating for the next generation of leaders is a valu-

able contribution to our institution and to public higher education. She is deeply invested in the public higher education mission of excellence, access, and value.” Wu acknowledges with thanks the services of the search committee and panel, chaired by Assistant Vice President for Human Resources Lee Kelly, and all those who played a role in the search process.

Over the past two years, Price successfully undertook multiple initiatives and improvements in the Academic Affairs area. As part of her efforts to refocus on students, Price partnered with LaGuardia and Queensborough CUNY Community Colleges in the Better Neighbors Initiative, using data to develop a clearer understanding of who the college’s transfer students are to better meet their needs. She

met regularly with the leadership of these colleges and created opportunities for faculty, staff, and students to engage on each other’s campuses.

“I am thrilled to have this opportunity to serve Queens College in a permanent capacity,” said Price. “Together with the fantastic team in Academic Affairs and our dedicated faculty colleagues, we will ensure that a Queens College education meets today’s students where they are to provide a rigorous, supportive, and transformative learning experience.”



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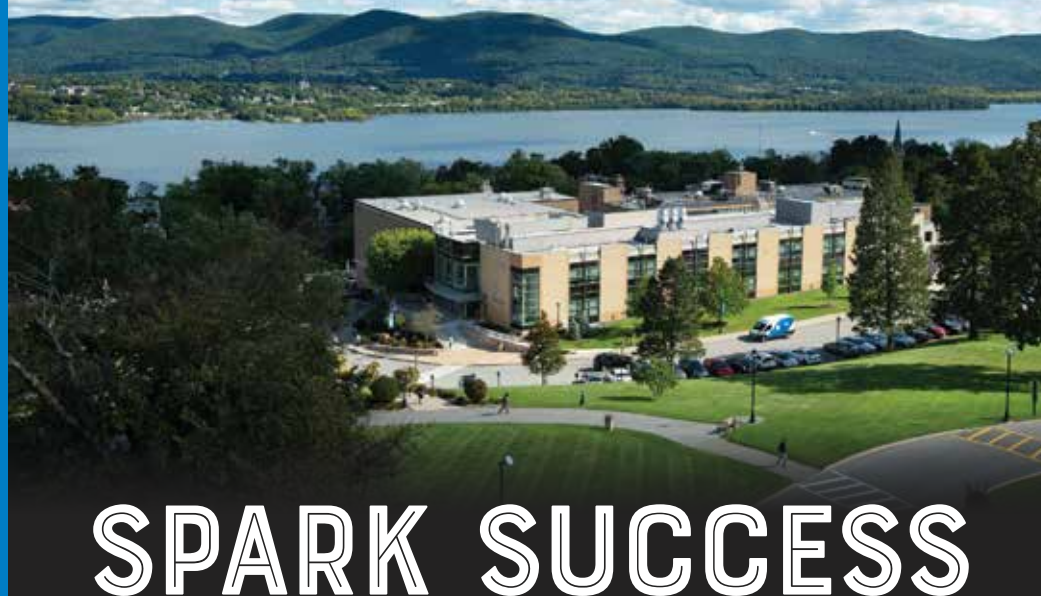


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The kids are alright

Sarah Murphy

Special to Campus News

My colleague KC has a small printed sign posted in the library's office titled "This is how we do it here." It comes from Oodi, the central library in Helsinki, Finland, and it reads a little like a code of conduct, but maybe more like a declaration of kindness. It begins, "Everyone has a right to be at the library. Idle hanging out is allowed, even encouraged." I love this sentiment, and I think it is a big part of what makes libraries essential to and singular in our communities. You can come here without a reason. You can do something here or you can do nothing here. Whatever you decide to do (or not do), you aren't expected to spend money. That's the whole point of the library. Of all the people who use the library for idle hanging out, those that seem to do it the most, and certainly those that receive the most attention for it are kids aged 9-16, and that attention is often negative.

I get it. Kids that age are loud, unpredictable, utterly self-centered, and often act without any consideration towards others. All of the above also applies to babies and toddlers, but babies and toddlers are very small and very cute, whereas the average 12-year-old is larger than I am and has already learned a bunch of swear words. But I would argue that the descriptors above also apply to me from time to time, and to you, too. On our worst days, we hope that those around us show some grace towards us. Most of us agree that tweens and teens are experiencing daily social and emotion-

al upheaval. Perhaps a little more grace might be afforded to them.

Those who follow political news may have heard recent discourse questioning the validity of women who are not mothers, and specifically those who seek to serve the community. This logic supposes that if one doesn't have children, one can't be invested in the future. As a child-free woman, hearing this discourse feels disheartening. As a citizen, it feels unbearable. If we are only meant to care about children if we were there for their conception, well, there really is no hope for us as, you know, a functioning society.

I know that the people reading this count themselves among those who care about children who are not their own. But on my worst days, fielding complaints (often second-hand) from adults about children—children who, by the way, are choosing to spend their free and idle time at the library—I am sometimes tempted to believe that on the whole people struggle to see the full humanity of other people's children. They accept

them as little kids, and they tolerate them as adults, but during these in-between times, they would simply rather not be reminded of their messy, imperfect existence.

But those are my worst days. On most

days, I see groups of people using the library in harmony. I see knitters and chess players coexisting. I see neighbors running into neighbors and young adults running into former teachers. I hear people say, it's nice to see kids at the library.

Sarah Murphy is director of The Greenwich Free Library in Upstate NY.



Puppies for adoption

Our Best Friend Rescue has nine 9-week-old beagle mix puppies and two corgi puppies ready to go to their forever homes. First shots have been completed. They are adorable and affectionate. They have locations throughout New York state. For adoption information, visit www.ourbestfriendsrescue.org.

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\$5.8M for students with disabilities

The New York State Education Department (NYSED), on behalf of its Office of Adult Career and Continuing Education Services – Vocational Rehabilitation (ACCES-VR), [aces.nysed.gov] is providing \$5,819,599 in funding to LaGuardia Community College/CUNY to provide pre-employment transition services (Pre-ETS) to students with disabilities over the next 3 years. This award is the largest presented to a single CUNY college in support of students with disabilities.

ACCES-VR assists individuals with disabilities to achieve and maintain employment and to support independent living through training, education, rehabilitation, and career development. Individuals who are eligible for ACCES-VR must have a medically documented physical, cognitive and/or behavioral health impairment that prevents or significantly affects their ability to prepare, enter, engage, retain, or advance in their employment.

Kenneth Adams, President of LaGuardia Community College, explains that the partnership with ACCES-VR supports the College’s mission of providing access, equity, and inclusiveness.

“LaGuardia is committed to ensuring a welcoming and inclusive learning environment for all students, including students with disabilities,” President Adams said. We believe that disability services and campus accessibility are critical factors in students’ ability to succeed. We are grateful for the generous support from the NYSED Office of ACCES-VR to help our students in their search for jobs and rewarding careers.”

New York State Education Department Deputy Commissioner for Adult Career and Continuing Education Services, Ceylane Meyers-Ruff said, “The New York State Education Department is thrilled to collaborate with LaGuardia Community College in this critical initiative to empower students with disabilities. By providing opportunities to explore career options and engage in pre-employment experiences, we are helping to pave the way for their journey toward independent living and



economic self-sufficiency. Together, we are creating a brighter future for all students.”

Pre-ETS are designed to address the overwhelmingly high unemployment rate of people with disabilities in New York State. According to a report from the New York State Comptroller [osc.ny.gov], the unemployment rate for people with disabilities is 16.9% and 11% for people without disabilities. In addition to high unemployment, people with disabilities have difficulty accessing the pipeline to successful careers and advancement beyond minimum wage paying jobs. Only a third of high school students with disabilities pursue college. For those students with disabilities who do attend college the drop-out rate is over 50%.

With this funding, LaGuardia will create a targeted strategy that will assist eligible students with disabilities in receiving job exploration counseling, work-based learning experiences, counseling on postsecondary options, workplace readiness training, self-advocacy training and peer mentoring.

Dr. Alexis McLean, Vice President for Student Affairs, says these supports and services will prepare students with disabilities for a successful transition from high school to college/vocational training

and ultimately into the workforce.

“By offering students with disabilities pre-employment services within a programmatic model that has the much-needed staffing structure and resources, our College can support their development as individuals, students, and professionals,” said Dr. McLean. “This is why our team pursued this partnership with ACCES-VR. LaGuardia is now better positioned to help students with disabilities become equipped with the resources and support they need to obtain and sustain employment.”

With ACCES-VR funding, LaGuardia will hire the appropriate staff, faculty and mentors to provide Pre-ETS to the identified eligible students with disabilities that include:

Job Exploration Counseling – Career Advisors will support student exploration of employment paths and lead workshops focused on resume creation and interview preparation, and non-traditional employment options.

Work-Based Learning Experience – Career Advisors will work alongside internal stakeholders and external partners to coordinate micro internships for students within the cohort. Micro internships

Please read more on the next page

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(cont.)

are short-term (12 week) placements in a workplace environment that allow students to gain firsthand knowledge and experience. The short-term placement model is designed to provide students with just enough exposure to determine whether the

job and work environment will be conducive to their long-term career goals.

Counseling on Opportunities for Enrollment in Comprehensive Transition or Post-secondary Educational Programs – Academic Advisors will help students in the cohort make connections between degree/certificate completion and career and provide guidance that enables students to

gain insight about their skills and interests and how they can be applied to a specific field or industry.

Workplace Readiness Training to Develop Social Skills and Independent Living – The College will assign Life Skills Coaches to the cohort who will help students understand how to acclimate to the world of work by meeting employer demands with an emphasis on effective communication, professional comportment, and working well with others.

Instruction in Self-Advocacy – Students will receive a plethora of support as they engage in career planning and create both personal and professional goals. Staff will facilitate group and individual sessions that prioritize decision-making and self-advocacy, problem solving and team building, requesting and utilizing accommodations, and students' rights and responsibilities.

Majors and depression

As World Mental Health Day 2024 highlights workplace mental health, a recent study reveals that Humanities is the worst major for depression in 2024.

The study, conducted by the higher education research group Degreechoices, analyzed data from The Healthy Minds Network on the percentage of students in 14 different fields of study recorded to be suffering from depression in 2024. The research also reveals the rise in depression rates among students from

2019 to 2024.

Humanities students have the highest rates of depression at 46.2%, a 4.7% increase from 2019.

Social Work students rank second, with 42.1% of students affected by depression, a significant increase of 12.6% since 2019.

In third place, 41.4% of Natural Science or Mathematics students are experiencing depression, compared to a slightly lower percentage, 38.1%, in 2019.

'Family Ties' star to speak at Adirondack

An attempted coup in Guam led Scott Valentine to enroll at SUNY Adirondack, where the "Family Ties" star discovered his love of theater.

After working at The Saratogian newspaper in high school, Valentine's boss suggested he move to Guam to be sports editor of another Gannett-owned publication.

"Sure, I'll go to Guam," Valentine remembered saying. "So I didn't apply to any colleges."

Then, news broke that there was political unrest in the U.S. territory in the western Pacific Ocean. "I said, 'The heck with it, I'm not going there to be shot by guerrillas; I guess I'll go to college,'" he said.

He enrolled in SUNY Adirondack's radio broadcast program. "I had a rousing 1.8 GPA after my first semester," he said. "Having that freedom, growing up in Saratoga, making the short drive from my parents' house to campus, it seemed like the other side of the continent with the freedom it afforded me."

After his second semester and what he describes as "dalliances with marijuana and the company of women," he had a 1.32 GPA. When someone told him there were auditions for a play, he said, "That could be interesting."

That was the start of a four decades-long career that brought Valentine around the world and on to our TV and movie screens.

At 12:30 p.m. Wednesday, Nov. 13, Valentine will talk about how his time on the SUNY Adirondack stage inspired his success in entertainment and business. The talk, facilitated by SUNY Adirondack adjunct instructor Bob Bullock, is free and open to the public, and will be held in Scoville Auditorium at the college's Queensbury campus.

"In doing the play, I had to do research to understand the character and what the play was about," Valentine said. "And I realized, 'I can apply this to my political science class and to my literature class and to my humanities class'; I used all the same information and all of a sudden, my grades started going up."

After landing a role in "Godspell" — a pro-

duction that filled the college's theater every night of its two-week run — Valentine realized he might be on to something.

"That really gave me the bug," he said. "From that, I thought, 'What could make this better? I'm getting good grades and getting lots of dates. Money? Making money could make this better!'"

Valentine auditioned at fine arts colleges and decided on American Academy of Dramatic Arts in New York City. There, he honed his craft and discovered another side to theater.

"I was exposed to the cattiness and backstabbing and competitiveness of the industry," he said. "I remember talking to a teacher, saying 'This doesn't feel like camaraderie; we have gone from camaraderie to I'm competing with an African American woman and it doesn't seem right, we shouldn't be in competition.'"

But the professor said every show is in competition for viewers.

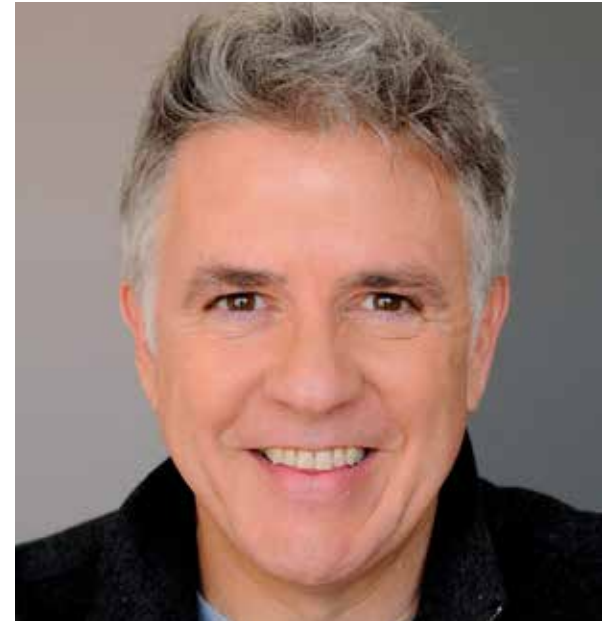
"And it hit me: 'Oh, OK, I get it. As much as this play may be about that, that play is going to compete for the same audience and dollar,'" he said. "It was one of those things you look back on in life and say, 'I really wish I understood the magnitude of that.'"

Valentine studied at the Actors Studio and worked as a cook at a hotel. He was deciding between a role on a soap opera and in a movie when, while biking to his agent's office, he was struck by a truck. "It killed me," he said. "They brought me back to life; but it crushed my pelvis, left hip, my femur, I was paralyzed from the waist down."

After a three-year recovery, he moved to Los Angeles in 1984, hoping to distance himself from the accident and secure a role in a movie.

"My agent had me going out on auditions almost every day, sometimes two or three a day; there were weeks when I would go on 20 auditions," he marveled. "I didn't realize how lucky I was at that age."

Less than a year after arriving, he landed what was meant to be a one-episode part, playing Nick, the love interest of Mallory



Keaton, on "Family Ties."

"That was another big life-changer," Valentine said. "I didn't know 'Family Ties' when I auditioned, but I knew I needed to become bankable."

The day after the episode aired, he went to an electronics store to buy cables for his stereo speakers and people in the store recognized him. When he went to breakfast later that morning, he was inundated.

"I had no clue of the power of TV and what it could do," he said.

Valentine rode the high of the four-year role that made him a household name. But afterward, when few jobs materialized, he realized he was going to have to branch out beyond acting.

"Every business at its core is the same: You have to make something, sell it to somebody and get a return on it to subsist," he explained. "There are economic principles you have to abide by whether you're making computers or muffins."

He started producing, then investment banking, and has built a career that includes development, production and distribution of film, television and streaming content, development and production for major studios, as well as producer, executive producer and owner of his own production company.

"It has been a ride," he said. "And it all started at Adirondack Community College."

Biles isn't ready to talk about legacy

Angelique Jackson

Variety
Special to Campus News

There's always a flurry of activity when a celebrity arrives at a premiere -- camera bulbs flashing, fans screaming their name. But when Simone Biles stepped onto the blue carpet on Wednesday night to debut the second part of her revealing Netflix documentary "Simone Biles Rising," those screams were a few octaves higher-pitched.

That's because the courtyard of the Egyptian Theatre in Hollywood was packed full of young girls who dream of someday being like Biles -- the greatest gymnast of all time. Taylor Swift's anthem "Look What You Made Me Do" blared through the speakers (a subtle nod to the floor routine that won Biles her second all-around gold medal) as she made her way to sign autographs and take selfies with the youngsters.

"She is such an icon and a role model for women, for gymnasts, for athletes and for human beings who need to take care of themselves, put their mental health and their well being ahead of expectations and priorities," Katie Walsh, who directed "Simone Biles Rising," told Variety about Biles. "She's a living example of what we all should try to be -- just overcome these challenges and rise above."

Biles' fellow Olympic all-around champion Nastia Liukin also marveled at the fanfare, saying she never expected to be on a red carpet for a movie about gymnastics. "It's always been a sport that is a fan favorite every four years and she has taken that to a different level," Liukin said.

The 27-year-old Biles has won 11 Olympic medals (seven gold, two silver and one bronze) and 30 medals at the World Championships (she's won the all-around competition six times) and she's helped usher in a new era for Black girls to thrive in the sport, but her impact goes far beyond that

"Medals aside, she's changed -- not just the sport of gymnastics -- but I think sports in general, with what she was able to

do in Tokyo," Liukin noted.

Biles scratched from the team finals at 2020 Olympics after suffering a bout of the "twisties," a dangerous phenomenon where a gymnast loses track of themselves in the air. In Biles' case, the twisties were a result of overwhelming mental strain.

"We can all talk about mental health. We can all be an advocate and support it, but she did it at the most important event in our sport," Liukin continued. "No one has ever said, 'My mental health is more important than another medal, than another competition, than somebody else's opinion -- and there were a lot of opinions. Regardless of whenever she decides to be done with the sport, she has left, a legacy that I know will go on, not just for generations, but forever.'"

The four-episode docuseries captures it all -- from that harrowing moment in Tokyo to Biles' triumphant comeback this summer at the Paris games. At the event, Netflix screened episode 4 -- the epic finale where Biles competes at the Paris Olympics and completes her and Team USA's "redemption tour" by earning four more medals. Her secret goal - shared only with Biles' inner circle and the "Simone Biles Rising" filmmakers -- had been to "win the Olympics" with a team gold medal and the all-around gold medal. And she did it.

Asked what was the most emotional part of the doc to look back on, Biles told Variety that she doesn't fully remember watching it.

"I know it's so bad," she said, laughing. "After the Olympics, everything went so fast, it was such a blur. But I do remember watching it with my husband, and I got really emotional just because, like, I couldn't believe that I accomplished everything. It was really exciting."

But on the subject of the legacy she leaves regarding mental wellness, Biles said it "means everything" to know she's made a difference.

"I've always tried to be vulnerable, open and honest, and I'm gonna continue that con-



versation, because I think it's really important," she said. "I've hopefully helped so many people -- I've gotten so many messages -- so if I can do that, then that's what I'm gonna do."

Turns out Biles has complicated feelings about the topic of legacy, which she revealed during the post-screening Q&A, moderated by "Access Hollywood" and "House Guest" host Scott Evans. In the conversation, Evans mentioned an exchange they'd had backstage, where Biles questioned why the topic of "legacy" would come up.

"Usually, when you're using the world legacy, it means you're done. So I don't have an answer for you," Biles said, indicating that her story isn't over yet, but stopping short of making a declaration about whether she plans to make a run for the 2028 Olympics in L.A.

During the conversation, Biles shared more about her mental health journey and why she'd been hesitant to open up about certain elements with the public.

"I kind of picked and chose whenever I would speak to media. [They] were like, 'What was your regimen for this morning?' And if I said 'Therapy,' then they would want to know what I talked about in therapy," Biles explained. "But that stuff was pretty sacred to me, because it's my space, and what works for me might not work for other people."

Please read more on page 21

Light talks about career, new show

Brent Lang

Variety

Special to Campus News

Judith Light doesn't have any answers about what happens to us when we die (who does?), but she hopes that "Before," a spooky new thriller in which she plays a ghost, will at least inspire viewers to ask questions about an afterlife. And yes, Light knows how that sounds, but she appreciates that the Apple TV+ series treats the subject with seriousness and sensitivity.

"A lot of people don't talk about it because they feel uncomfortable, or they think it's woo woo or silly," Light says during a recent Zoom call. "We always talk about these things in terms of science and facts. But there's all this energy that you're expending while you're alive. When you die, what happens to that energy afterwards? What happens between lives? Is there such a thing as reincarnation? Other religions and cultures treat that as a possibility. I'm just interested in raising these questions."

Light notes that in the theater, a medium where she has found great success over the years, there are often reports of spectral sightings. Actors and crew members frequently feel a presence or sense an eerie connection to the artists who performed in those venues generations ago before they exited the stage permanently.

"It's definitely something I'm open to," she says. "I've talked to so many people who have had those kind of encounters."

"Before," which debuted last month, wasn't just a chance for Light to get all existential. It was an opportunity to work with Billy Crystal, a friend of several decades. They connected when he and Robin Williams visited Light backstage after she appeared in the 1999 Off-Broadway production of "Wit." Light's best friend also happens to be married to Crystal's manager, which drew them closer together. They drew on their relationship to play a married couple in the show -- Crystal, in a departure from his comedic



work, plays a psychiatrist whose encounter with a young patient leads him to reevaluate his troubled past. Light co-stars as his dead wife, routinely visiting him from beyond the grave.

"Somebody once said that a soulmate isn't just someone who completes you," Light says. "A soulmate is someone who encourages you to complete yourself. And that's my function in this story."

In the show, the 75-year-old Light and the 76-year-old Crystal also got to play much younger versions of themselves thanks to de-aging technology. Because both performers have been in front of the cameras for decades, the special effects team was able to utilize their past work to accurately portray them in their late 20s and early 30s.

"It was astonishing to see it," Light says. "I have memories of what I was like at that age and photographs, but to have that time come to life on screen was just stunning and emotional. It's probably the best use of AI, other than for medical purposes, that there could be. We have to be careful about it, but this was a beautiful use of the technology."

"Before" drops episodes on a weekly basis, instead of premiering in one binge-able bounty. That's how Light likes it.

"It's the way we used to watch television," she says. "There's something about waiting

and longing for the next episode of a show you love that's special."

Light has a busy few months ahead. November brings "Out of My Mind," an adaptation of a YA novel about a sixth grader with cerebral palsy that will debut on Disney+. "I hope that it leads to more empathy," Light says of the film.

Then she's signed on for the third season of the horror anthology, "The Terror." She's tight-lipped about what's in store, beyond saying it takes place at a psychiatric hospital. "It's all very psychological," she says. "But it's also very moving."

There had been some chatter about a possible reboot of "Who's the Boss?," the popular sitcom that featured Light as a career woman who hires a former baseball player to be her housekeeper. However, attempts to set the show up at Amazon Freevee reportedly stalled. Does Light hope they get revived at a different streamer or network?

"I would be delighted," Light says. "But in terms of where I am and the workload that I have right now, I don't know what my availability would be. When I started my career, I said I'd never do a soap opera and I'd never do a sitcom. Well, I did both those things. Then I said I would never marry an actor. And I did just that. So, I learned to never say never."

Macchio, Chan kick butt at NY Comic Con

Jordan Moreau

Variety
Special to Campus News

Sony showed the first trailer for the newest “Karate Kid” movie, titled “Karate Kid: Legends,” at New York Comic Con on Friday night. The upcoming movie, releasing in theaters on May 30, unites franchise stars Ralph Macchio and Jackie Chan and introduces a new student named Li Fong, played by Ben Wang.

Macchio returns as Daniel LaRusso, whom he played in the original 1984 “Karate Kid” film trilogy and later reprised in Netflix’s “Cobra Kai” series. Chan is also back as Mr. Han, the kung fu master based on Mr. Miyagi, who coached Jaden Smith’s Dre Parker in the 2010 “Karate Kid” remake.

The trailer was shown exclusively to the New York Comic Con crowd and teased some

intense karate action with the three leads. Macchio’s Daniel LaRusso arrives in Beijing, where Chan’s Mr. Han has been seeking him out. Han has a new protege, Li Fong, and is his mentor figure, just like Mr. Miyagi was to Daniel, Han explains. He and Daniel narrate the trailer, and it’s clear that the two will have to team up to train Li Fong, but will their teaching styles match up?

The trailer shows off plenty of fight scenes in the streets and at a dojo, including some kind of new karate tournament that was briefly teased. In one particularly impressive moment, Li Fong fights off a bully in an alleyway by swinging off a fire escape ladder and flipping off the wall. As the star of “American Born Chinese,” Wang has some stunt experience, and it certainly shows in the trailer.

After Chan and Macchio announced a



worldwide search that saw thousands of young actors across the world, Wang was chosen for the role due to his standout performance and deep connection to the character. Wang is skilled in several forms of martial arts, including karate, wing chun/kung fu, gumdo, kempo and taekwando.

Biles (cont.)

In the documentary, she shares that she’d gone to therapy the morning of the all-around final in Paris, but worried about being too open about that because she didn’t want people to think she was struggling like in Tokyo.

“This was more of a strength thing for me -- to go in, do my visualizations, just talk to her, whatever I needed,” she said. “It wasn’t at a point of weakness, it was a point of strength.

So I think that was hard because media tried to spin it as like, ‘Ooh, Simone was in therapy,’ but then once I did so well, they were like, ‘Oh, Simone went to therapy!’”

Switching up the perception about mental wellness has been a journey for Biles too. When she first started therapy, she stopped going after a couple of months because she felt better.

“I saw it as a gymnastics injury,” Biles explained. “If you were to get injured, you go to the doctor; they would say three to six weeks,

or three to six months, or you get surgery.”

So she couldn’t understand why, after a year, she wasn’t fully okay yet and felt she needed to go back. What she realized was that taking care of your mental wellbeing is a forever thing.

“Everybody’s journey is unique and different, and I truly believe I’ll be going to therapy for the rest of my life, and that’s okay. It doesn’t mean I’m broken. That’s strength.” As the crowd applauded in agreement, Biles added: “You deserve that help.

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By getting involved in research, you can realize your dreams

Laura Spinu, Ph.D.
with **Ebony Goldman**
Special to Campus News

When I arrived at Kingsborough Community College to interview to be a professor eight years ago, I read “Dreams begin here” at the main gate and smiled, thinking it a grandiose motto.

Now, when I see the words, many of my students’ faces come to mind, accompanied by my own joy and awe at their achievements. All of these successful students got involved in STEM research early in their academic careers through K-CORE, a collaborative research bootcamp for Kingsborough Community College students, that I started in 2019.

Since then, over 40 students have presented their research at conferences in the U.S. and abroad, and several have had research papers published in science journals. One student contributed to a book chapter on the impact of early language exposure, and many have won awards and scholarships. Graduates have been accepted to master’s and doctoral programs at CUNY, New York University, Yale, and Princeton. Others landed their dream jobs.

Such success is proof that conducting research in a STEM discipline as an undergraduate, especially at a community college, can transform a student’s life and career.

But, like many fulfilling experiences, research is also challenging. So, I invited Ebony Goldman, a Speech-Language-Sciences Ph.D. student at the CUNY Graduate Center and a K-CORE research assistant, to share advice on how to excel as an undergraduate researcher. To each of her tips, I’ve added my own take.

Here are five ways to reap the rewards of STEM research.

1. Create a Support Network

Ebony: Research is exciting, but you can also feel isolated when dealing with its responsibilities. Lean on those around you for support. While you may have a research mentor, their time may be limited. I have found it extremely useful to reach out to advanced students or other faculty members so that if I have a question or need advice, there is someone to ask. It’s also great to rely on your friends and family. They may not fully understand your research qualms, but they can help you vent school-related frustrations.

Laura: The notion of the scientist struggling alone is a myth. Success, instead, stems from a dynamic, cohesive, and motivated research team that produces groundbreaking work. There are many communities within the metaphorical walls of a community college. Network with faculty and fellow students within and outside of your major or department. Tomorrow’s thought leaders are today’s students.

2. Seek out third spaces

Ebony: I’ve found it useful to find new and fun places to work beyond the lab and the library; the change in scenery can help to decompress and inspire me. Consider cafés, public libraries, and parks. Even moving to a different building or room in your school or home can help.



Ebony Goldman

Laura: Also consider attending local workshops, conferences, summer schools, symposia, etc. where you can take a break from your own work and learn about that of others — not just their research but also their professional conduct, plans, and how students like you or a few steps ahead of you are managing. The early days of research can be confusing, as if everyone is speaking a foreign language. The more you immerse yourself in that language, the more confident you’ll feel.

3. Take advantage of the support that’s waiting for you

Ebony: At many institutions, there is plenty of support available to students — technology and wellness programs,

(cont.)

transportation vouchers, financial aid, workshops, networking events. If there is something you require for your success that seems out of reach, consult an adviser or trusted mentor at your school to see what resources are available. It can be daunting to ask for help, but if you don't ask, you'll miss out.

Laura: There are even resources, such as conference travel grants, beyond what your department or college offers. So you should not only ask around, but also regularly search online for funding opportunities or even forum discussions about different types of funding available to community college students.

4. Be intentional in your commitments

Ebony: As a new researcher, it can seem paramount to make good impressions by working very hard and taking on lots of new responsibilities. It is important, though, to be prudent about the tasks that you can juggle. Think realistically about your resources so that you can make the most of your attempts at success. If you overcommit, you risk underperforming or burning out. Being honest with yourself and others will be better for you and those who rely on you.

Laura: It's also important to choose the most practical among the research opportunities available to you. Those that will get you involved in writing and publishing early on can make a difference on your résumé. Publishing is a primary goal of most research and gaining experience at it is important. Beyond prestigious academic journals, there are conference proceedings and student-led publications. All count.

5. It's a marathon, not a sprint

Ebony: The most important thing I've learned as a student researcher is that



Laura Spinu

spacing matters. It's easy to start strong and lose momentum. Regularly check in with yourself about your milestones for the day, week, month, semester, year, and the rest of your studies. While it can seem desirable to finish a task as quickly as possible, you will benefit from taking your time and working at the rate that's best for you. Comparison is the thief of joy, and your journey is no one's but your own.

Laura: I fully agree. Make it a habit to set realistic short-, medium-, and long-term goals early on and approach them with professionalism. It's never too early to learn how to conduct yourself with professionalism and do so.

After teaching at various universities, I believe that community colleges can offer the best starting point for a career in research. Not only are faculty members in the CUNY community college network excellent teachers with a real gift for mentoring, they are also Ph.D. scholars with

significant achievements in their fields. Meeting them in smaller class settings and having them personally invested in your success puts you ahead of students at larger institutions where class sizes can exceed 100. You can find mentoring that's on par with graduate school. And there are research opportunities available specifically for community college students that can make it easier to succeed. My K-CORE students are a case in point.

We wish you much success in pursuing your dreams.

Laura Spinu, Ph.D., is a professor speech-language-hearing sciences at the CUNY Graduate Center and Kingsborough Community College.

Ebony Goldman is a Speech-Language-Hearing Sciences Ph.D. student at the CUNY Graduate Center.

Supporting small businesses

State University of New York Chancellor John B. King Jr. recently announced annual results from the New York Small Business Development Center (New York SBDC), which provided direct support to over 23,000 small business clients, surpassing \$300 million in financial impact to counties across New York State as the SBDC observed its 40th anniversary. The center empowers entrepreneurs through one-on-one individualized advisement grants, specialized education, and business research that fuels economic growth.

New York SBDC is administered by SUNY and primarily funded by the U.S. Small Business Administration. The program is committed to fostering a diverse and inclusive business landscape across the state. This past year, more than half of SBDC cli-

ents (53%) were women-owned small businesses, 41% were minority-owned, 15% were from rural counties, and clients were provided with more than 84,000 hours of free counseling.

“Economic development and upward mobility are fundamental to who we are at SUNY, and our Small Business Development Centers put these principles into action,” said SUNY Chancellor King. “From Penguin Rep Theatre in Rockland to the DEK Superstars athletic facility in Farmingdale, our SBDCs impact thousands of New Yorkers every year. Together, we will set new standards of how dynamic networks of learning and entrepreneurship can powerfully support and enhance one another, while championing a future where every entrepreneur has the tools to realize their dreams.”

NY Assemblymember Carrie Woerner, Chair of the Assembly Small Businesses Committee said, “SBDC provides individualized programs and services that help entrepreneurs start, run and grow their businesses. Whether it be seed loans, marketing plans or technical assistance, these Development Centers offer proven strategies that support our incredibly valuable and economically essential small businesses. Earlier this year, I passed a NYS Assembly Resolution declaring March 20th ‘Small Business Development Centers Day’ in effort to raise awareness of the tremendous impact these centers have on our state’s local economies. I was honored to recognize members of SBDC in the Chamber and congratulate them on their 40th anniversary year.”



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More college access to SNAP benefits

This month, the U.S. Department of Agriculture's Food and Nutrition Service (FNS) and the U.S. Department of Education's office of Federal Student Aid (FSA) announced the signing of a joint agreement to strengthen college student access to the Supplemental Nutrition Assistance Program, also known as SNAP. This agreement aims to increase awareness of SNAP among college students, as new data shows millions of eligible students are falling through the cracks. A recent Government Accountability Office report revealed that 67% of the 3.3 million college students potentially eligible for SNAP reported not receiving benefits.

"We're committed to making SNAP more accessible and easier to understand for low-income college students," said USDA Food, Nutrition, and Consumer Services Deputy Under Secretary Cindy Long. "Many of today's college students are balancing jobs and family responsibilities. Access to SNAP ensures that eligible students can focus on their education, mental health, and overall well-being, rather than making difficult choices between groceries, textbooks, or other essentials."

This action is a key achievement of the Biden-Harris Administration's National Strategy on Hunger, Nutrition and Health. FNS and FSA will work together to send emails to low-income students who may be eligible for SNAP informing them of their potential eligibility, basic information about SNAP rules for students, and how to apply. They will also work closely with institutions of higher education to help them provide clear guidance to students on SNAP eligibility and application processes. These efforts are aimed at increasing awareness of students' potential eligibility for SNAP and reducing barriers that prevent many eligible students from accessing the food assistance they are entitled to.

"Almost one-quarter of college students experience food insecurity, and too many of these students who qualify for SNAP are not receiving benefits. This joint agreement rep-

resents the commitment of the Department of Education and USDA to work together to ensure low-income students receive all the support they need to afford and complete college," said U.S. Under Secretary of Education James Kvaal.

The agreement also includes plans to pilot data-sharing projects in up to 10 states, allowing state SNAP agencies and colleges to collaborate in outreach to students who may be eligible for benefits and providing technical support to institutions and agencies in those efforts. By utilizing Free Application for Federal Student Aid (FAFSA®) data, this initiative aims to enable institutions and agencies to reach potential SNAP applicants and connect them with the resources they need. The Department of Education has previously released guidance on how institutions of higher education and state grant agencies can use FAFSA data for outreach about means-tested benefits, such as SNAP.

To qualify for SNAP, students enrolled in institutions of higher education at least half time must meet the program's income and other requirements as well as at least one of the other eligibility conditions, such as enrolling in a work-study program, working at least 20 hours per week, being a single parent, or having a disability.

State agencies administer SNAP, process

USDA Food and Nutrition Service
U.S. DEPARTMENT OF AGRICULTURE

SNAP COLLEGE STUDENT ELIGIBILITY

SNAP helps college students focus more on their studies and less on where their next meal will come from

3.3 million

college students were potentially eligible for SNAP in [2020](#)

67%

of those college students reported **not receiving** benefits



Think you might qualify?

All college students must meet the [SNAP eligibility criteria](#) to receive food assistance.

If you're enrolled half-time or more, you must also meet **at least ONE** of the following [conditions](#):

- Work 20+ hours per week
- Participate in a federal or state work-study program
- Have a physical or mental disability or condition that prevents you from working
- Care for a young dependent child
- Receive Temporary Assistance for Needy Families (TANF)
- Enrolled in college through certain employment & training programs, such as SNAP E&T, Workforce and Innovation Opportunity Act (WIOA), and others
- Participate in an on-the-job training program
- Be under age 18 or over 49

Need more info?

Contact your state or local SNAP office:
fns.usda.gov/snap/state-directory



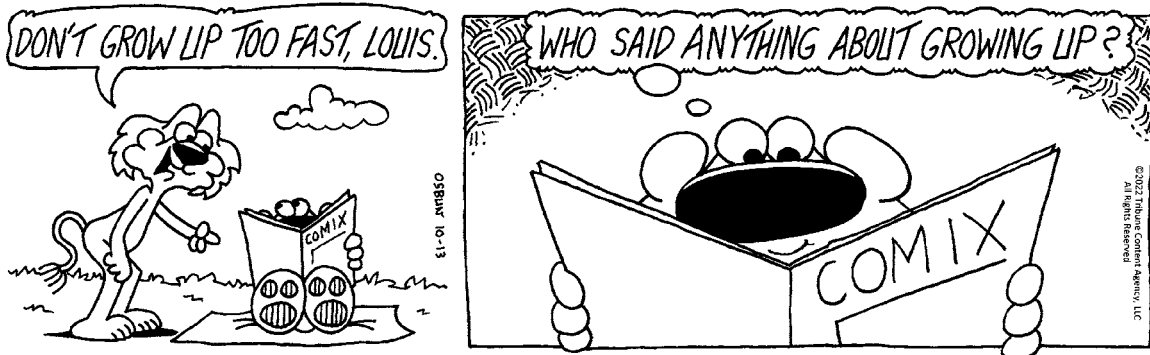
USDA is an equal opportunity provider, employer, and lender.

November 2024

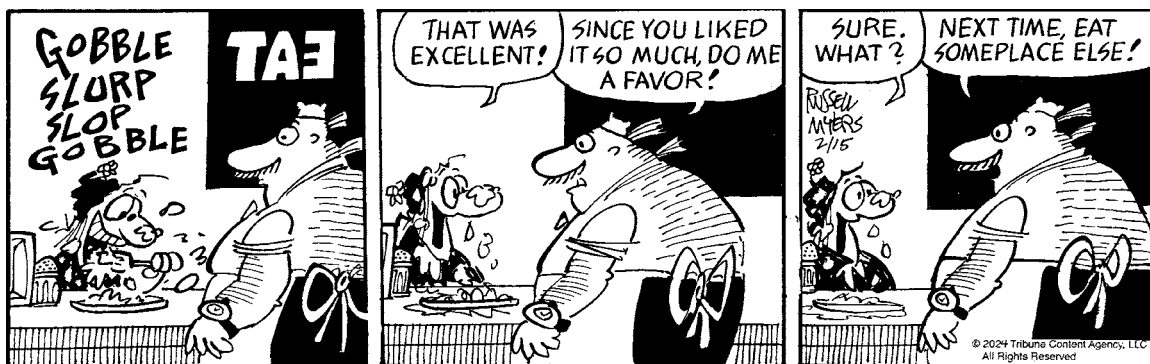
applications, and determine eligibility. Students should contact the local SNAP office where they reside to learn how to apply or to ask other questions. Institutions of higher education with questions about student SNAP eligibility should contact their state SNAP agency.

FUN & GAMES

Animal Crackers by Fred Wagner



Broom Hilda by Russell Myers



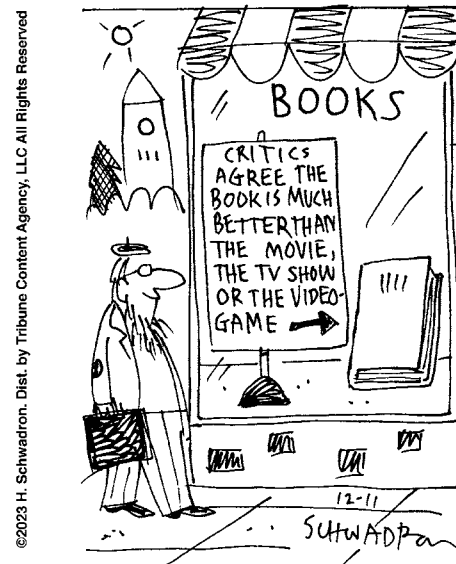
Gasoline Alley by Jim Scancarelli



The Middletons by Dana Summers



9 to 5 by Harley Schwadron



Word Play Answers Page 21

JUMBLE

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

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

FYATF
□ □ □ □ □

YSZET
□ □ □ □ □

ZPLUEZ
□ □ □ □ □

BAFULI
□ □ □ □ □

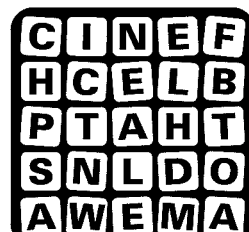
Now arrange the circled letters to form the surprise answer, as suggested by the above cartoon.



THE SELFIE TAKEN BY THE SMALL TEDDY BEAR CAME OUT ---

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

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

Boggle BrainBusters Bonus
We put special brain-busting words into the puzzle grid. Can you find them?
Find AT LEAST SEVEN INSECTS in the grid of letters.

Answers to Last Sunday's Boggle BrainBusters:
LADS TORD IRAD MAU SPAIN LATVA LIBERIA

FUN & GAMES

More Word Play Answers Page 21

SCRABBLE G₂ R₁ A₁ M₃ S₁

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A₁ U₁ T₁ W₄ S₁ S₁ D₂

RAK 1

A₁ U₁ Y₄ G₂ T₁ H₄ H₄

Double Word Score

RAK 2

A₁ O₁ Y₄ M₃ C₃ N₁ P₃

2nd Letter Triple

RAK 3

A₁ U₁ P₃ H₄ T₁ C₃ Z₁₀

RAK 4

A₁ E₁ N₁ W₄ M₃ R₁ C₃

RAK 5

PAR SCORE 280-290
BEST SCORE 350

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 an election, (and find Frank's acrostic books on Amazon):

Caucus	Midterm	Runoff
Choice	Party	Senator
Concede	Platform	Swing State
Delegate	Polls	Votes
Democrat	Precinct	Winner
Governor	Primary	Write-in
Incumbent	Promise	
Independent	Race	
Issues	Republican	
Mayor	Results	

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

Filbert by LA Bonté

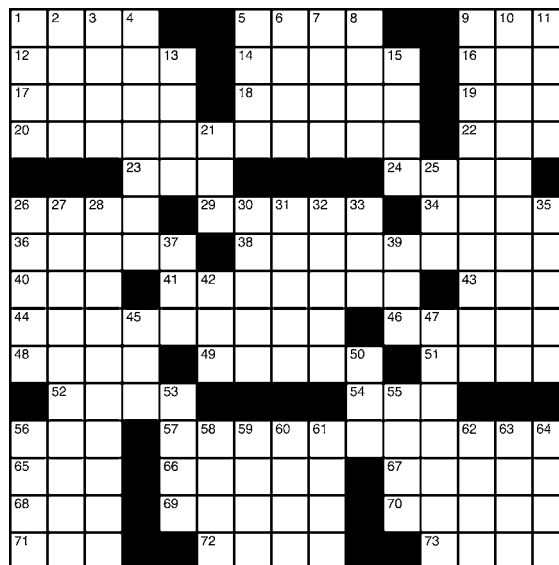


Political Cartoon of the Month by Joel Pett



Campus Crossword

Across
 1 Pataky of the "Fast & Furious" films
 5 Pronoun on a coffee mug, maybe
 9 "What Unites Us" writer Rather
 12 Profit (from)
 14 Musical narrated by Che
 16 Wedding vow
 17 With 65-Across, seat of California's Orange County
 18 Illuminated
 19 Beats by ____
 20 *Aircraft with dual turboprops
 22 Stylist's option
 23 Rom-____
 24 "Dark Phoenix" superheroes
 26 AFB truant
 29 Manual readers
 34 Babysitter's handful
 36 Get to the point?
 38 *Gutsy wager on "Jeopardy!"
 40 "See ya!"
 41 Eroded
 43 Salsa, e.g.
 44 *Wildflower also known as wild carrot
 46 Curling piece
 48 Class struggle?
 49 Butt heads



51 Groundbreaking tools
 52 Repast
 54 Wow
 56 "Montero" singer Lil ____ X
 57 *Tennyson poetry series set in Camelot
 65 See 17-Across
 66 Farm song refrain

with a question mark
 6 Diabolical
 7 EGOT winner Moreno
 8 Wow
 9 Australian wind
 10 Fight-or-flight hormone
 11 Oasis guitarist Gallagher

67 Jetson who attends Little Dipper School
 68 "Loki" actor Hiddleston
 69 "¿Cómo está?"
 70 French flower
 71 Mined find
 72 With
 73-Across, space-saving furniture, and what the answers to the starred clues each do
 73 See 72-Across
 Down
 1 "Anything ___?"
 2 Pastrami spec
 3 Squealed
 4 Encyclopedia entry
 5 Toolbar button
 13 Technology prefix
 15 High point
 21 CGI bird in Liberty Mutual ads
 25 CFO's degree
 26 Ready to swing
 27 Gothic estate in Gotham City
 28 Words that provide access
 30 Great deal
 31 CNN correspondent Hill
 32 Ancient characters
 33 All ready
 35 Sorts
 37 Dorm figs.
 39 ____ Equis beer
 42 "CrazySexyCool" singers
 45 Unreliable stat from the fashionably late
 47 John Donne poem featuring an insect
 50 Owns
 53 In ____ of
 55 Burdens
 56 Org. with an alphabet
 58 Menu item
 59 Creature in Tibetan myth
 60 Wasn't truthful
 61 Mined find
 62 Windy City paper, with "the"
 63 Polish
 64 Sized up

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.

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

Swim naked, or fully clothed, feel better

Greg Schwem

*Tribune Content Agency
Special to Campus News*

Imagine treading water wearing a business suit. Blue jeans. A sweater. Or whatever you chose to wear when you left the house that morning. Unless you're at a pool party, and alcohol aided your decision to enter the water, you're not there of your own free will. You slipped, you tripped, you misjudged the distance to the dock when you volunteered to leap from the boat and tie it off. You're struggling to stay afloat; the weight of your shoes, belt and other items not associated with swimming are trying mightily to pull you under.

But you survive. Eventually you pull yourself out of the water and congratulate yourself on your triumph. Maybe you laugh at your misfortune.

Now imagine being in that same body of water wearing nothing. Not even a bathing suit. The generic term is skinny dipping. Maybe you're with your spouse, your lover, an equally adventurous friend or you're alone. Your nakedness is protected by darkness. Or maybe it's not. There may be strangers on the shore completely aware of your behavior. They're pointing, shaking their heads in disgust or documenting your escapades with their phones so they can show the clip to their friends and say, "You're not going to believe what I saw on the beach this morning!"

But you don't care. You are not self-conscious or embarrassed. Let whoever is aiming their iPhone at you post the video on TikTok if they desire.

The only emotion you feel is freedom.

I have experienced both scenarios. I won't go into the particulars of each, but I do believe everybody's bucket list should include swimming fully naked and fully clothed.

Start with the latter. Despite the pool scene in "It's a Wonderful Life," where an unsuspecting George Bailey falls into a

swimming pool beneath a gymnasium floor, and dozens of party guests eventually join in the frivolity, swimming while clothed is no fun. Upon exiting the water, your frame feels like it has added an additional 100 pounds. Wet clothes don't dry quickly, so a change of attire is imminent. Staying in dripping wet clothing for too long leads to skin rashes. Wet clothing also stinks.

But oh, how wonderful it feels to shed those clothes. You instantly feel like the weight of the world is off your shoulders because, literally, it is. Your day, and your life, can only improve from this moment forward. Nobody ever says, "Gosh I wish I was still walking around in soaking wet pants." Even babies in soiled diapers eventually cry for a change.

If your fully clothed experience involved jumping into the water to save a potential drowning victim, then you only feel relief. In my case, I felt embarrassed, for I fell in while walking too close to a dock's edge. My companion, doubled over in laughter, eventually asked if I was OK after seeing me flounder toward a nearby ladder and hoist myself out.

"Thanks for nothing," I said. "Nice to know I can save myself."

At that moment I no longer felt embarrassed. Instead I felt independence. Which is always nice.

I've skinny dipped twice. Once solo and once with a female whose identity I will not reveal. Everyone, I surmise, who engages in this form of public nakedness emerges from the water thinking, "I can't believe I just did that."

Followed shortly by, "I can't wait to do it



again. When the time is right."

Maybe that time will never come. But just as we value independence, we also value anticipation. And, as previously mentioned, freedom. Skinny dipping provides both.

As I write this column, I am visiting the Greek Islands. I am surrounded by water. I doubt this trip will involve a dip into the Mediterranean or Aegean seas naked or clothed but, for the reasons I just laid out, both sound tempting.

As long as I have dry clothes, a robe or a large towel nearby.

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



Hope

Lance Allen Wang
Special to Campus News

I've been thinking a lot about hope. Hope occupies an interesting place in my mind. For me, it exists in that nether region between concrete, iron-clad rational thought, and the equally important place where my faith resides. Now, some might think of "hope" as a touchy-feely place where child-like simplicity can steer us towards a cover-all answer that says "everything is going to be all right" – and that wouldn't be entirely wrong.

But I don't think of hope that way. I think of it as a perspective, a lens. Hope is that which keeps me getting up in the morning with an optimistic outlook. It is what has helped me get through the worst times in my life, knowing that something better was coming – eventually.

United States Navy Admiral James Stockdale was held prisoner in the "Hanoi Hilton" after being shot down over North Vietnam. He said it was the optimists that died first – after all, they were expecting the best, and repeatedly got the worst. The heartbreak eventually drained all the hope they could muster. It was the "realistic optimists" who survived, he said. They thought, "I am going to get out of here. It may not be today, it may not be tomorrow, but I will." Hope is about playing the long game.

The Reverend Dr. Martin Luther King had a saying which captures the sense of hope. "The arc of the moral universe is long," he wrote, "But it bends towards justice." Much like the prisoners in Hanoi, he knew it may not be today or tomorrow that freedom was coming. But he took that as inspiration to redouble his efforts rather than abandon them. He said, "... I've been to the mountaintop ... I've seen the Promised Land. I may not get there with you. But I want you to know tonight, that we, as a people, will get to the Promised Land" in perhaps one of the most rhetorically beautiful expressions of hope ever uttered in America.

Sometimes that hope is not borne out, as

in the case of diarist and Dutch Jew, Anne Frank. In hiding from the occupying Germans from 1942-1944, she, along with her family were eventually betrayed and deported to the concentration camp at Auschwitz and then Bergen-Belsen where she died. My personal epitaph for her is something she wrote in her famous diary - "In spite of everything I still believe that people are really good at heart." I cannot imagine that, considering her circumstances, this was a conclusion that she reached lightly. She showed a willingness to look beyond the tortuous present which surrounded her and defied it with her view of mankind. She was not prepared to make a rash generalization that what surrounded her in Nazi-occupied Holland was normal or the general human condition. She's not the aberration - the Germans are. There is a better place. There is Rev. King's mountaintop. That is a fundamental basis for hope, and in the end, it drives my personal worldview.

Hope is intangible. Signs of it are quite tangible. I see it every time I talk to my Godkids. I am impressed by their minds, but even more by their empathetic hearts which seem to know that while not everyone is "good," people should be given the benefit of the doubt as their starting point.

So why bring all of this up? Why am I musing about all of this? Simple. We have an election coming and people are tense. As for seemingly every election since the turn of the 21st Century – this is the "most important one ever." Yes, it is an important one. But as the rhetoric heats up, we want to ensure that we do not become small and afraid.

The things I've heard the GOP say Democrats are does not reflect most of the Democrats I know. And there seem to be a whole bunch of Republicans who do not fit into the MAGA mold and are more or less ignored by their current candidate. So rash bumper-sticker generalizations defining people by their political party tend not contribute to the lens through which I view the world. Rather my hope is built on actual experi-



ence with people who are neighbors, not just political "isms."

Think about the last time you went into the Stewarts. That person who went in right before you, and stopped and held the door open? You know, as you sped up a little bit so they didn't have to hold the door for another second or two waiting for you? And then you said "Thanks," and they went on their way, and you went yours?

You went through that entire interaction, and never once did you consider whether they were a Democrat, a Republican, an Independent, a Christian, a Jew, a Muslim, a Buddhist, Black, white, gay, straight, trans, or any other subcategory. They may be a neighbor. Maybe not. But they were just doing what a decent human being would do. You didn't notice, of course, because you don't think about it – because we go through that drill several times every day.

But maybe it's time to be a bit more mindful and give people a little more credit for the fact of having done us this simple decency and kindness. And perhaps like oil poured upon a cloth, that kindness can spread. May not be fast. May not be far. But it's a start.

And that is a basis for hope. And maybe that's a perspective we should try on for size as we face forward into another new dawn.

Lance Allen Wang is an Iraq Veteran and retired Army Infantry officer who lives in Eagle Bridge, N.Y.



The best leadership is invisible

Dr. Daneen Skube
Tribune Content Agency
Special to Campus News

Q: *I just landed a high-level management position and want to excel. Do you have general guidelines you advise your clients who want to shine as effective leaders?*

A: Yes, I advise you to evaluate carefully who you admire as a leader. Being bossy doesn't make you the boss. Moreover, taking all the credit or constantly finding fault won't create an inspired team. The best leader invisibly motivates and helps people think. An effective leader's staff believes the ideas belong to them.

Lao Tzu, Chinese philosopher, nailed effective leadership when he said, "A leader is best when people barely know that he exists, not so good when people obey and acclaim him, and worst when they despise him. Fail to honor people, They fail to honor you. But of a good leader, who talks little, when his work is done, his aims fulfilled, they will all say, "We did this ourselves."

We have many examples of leaders on the world stage that lead through fear, intimidation, or narcissism. In the short-term leaders like this can grab power. In the

long-term, eventually these same "bully" strategies will lead to an erosion of power and credibility from this leader.

If you have ever had a boss that used intimidation tactics, you know why employees working for a bully become demoralized, and start quietly quitting. Team members in such an environment will do the minimum, but never show up with their best selves.

Leaders who shine know how to use questions, paraphrasing, and observations to help each employee figure out solutions to problems. Such a leader then nods admiringly and encourages, "See you've got this. Go ahead and do what you just told me."

Be careful that when employees come with problems you don't become the answer man or woman for employees. If staff get accustomed to you doing all their thinking, you'll undermine their development. Be willing to use silence when employees are struggling with problems. If you expect them to think of solutions, they'll learn how to create ideas.

Coach your staff that you hire the best, and give them the tools and space to show off their stuff. Let employees know you nev-

er want them to come to you with a problem without bringing a possible solution to that meeting. When they struggle, do a lot of listening and directive questioning. Help them arrive at a solution that you already can see. With a few targeted questions, they will also see it.

Effective leaders know their essential job is to mentor and "raise" effective employees. Your people won't perform well if you do lots of hand holding or criticism when they fail.

When staff do fail, make a habit to ask what they've learned. Also normalize the idea that failure isn't the end of the road, but a fresh start knowing what doesn't work.

At the end of each week your staff can say, "We did it ourselves," and you can smile and know that you provided all the invisible support to make that success a reality.

The last word(s)

Q: *My long list of responsibilities overwhelms me every week. Is there any easy way to prioritize everything I have to accomplish?*

A: Yes, as Peter Drucker (1909-2005), an Austrian-American management consultant, observed: "Efficiency is doing things right; effectiveness is doing the right things." Run through your list and highlight the priorities that support all your other goals.

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, About Anything."



'Parklife' at Suffolk

Suffolk County Community College is pleased to announce "Parklife," a vibrant art exhibition showcasing the diverse works of artists James Bertucci, Claudia Kaatziza Cortinez, Kristen Jensen, and Benny Merris. The exhibition will run through November 19, 2024, weekdays 12-4 p.m., at the Sagtikos Art Gallery, located in the Sagtikos Arts and Science Building, Room 150 on the Michael J. Grant Campus in Brentwood.

"Parklife" transforms the gallery into a park-inspired oasis, inviting attendees to engage in aesthetic contemplation and exploration. Visitors can look forward to an eclectic display of artwork across various media, including painting, photography, and ceramics.



A New Orleans travelogue

Darren Johnson
Campus News

I'm writing this from New Orleans airport, where there is a sea of people going places. Even at 5 a.m. Central Time.



As Election Day approaches, I think it's important to realize it's a big country and there are lots of different people in our country with different perspectives.

If your presidential candidate loses, realize it's the will of all of these people. You'd figure air travelers have their acts together enough to vote.

Something to Read

We're doing Spirit Airlines, which has no frills, so I went looking for something to read on the flight. The kiosk only had yesterday's paper, so the clerk gave it to me for free.

I've noticed traveling



over the years that the number of newspapers available in airports is less and less. There used to be stacks of several papers. Now there are just a handful of papers available in a tiny corner of the kiosk.

But there is a lot of great reading in these printed things. This story about the kid who fell in love with an AI chatbot and committed suicide seems like a must-read. But how many people will find it nowadays?

The New Orleans Scene

There was a guy with a megaphone and a Trump standee outside the French Market yelling at all the "libtards," many of whom gave him the finger. If Trump loses, he's exactly the type who might go ballistic over it.



I was at a student media conference, speaking about the program I use to lay out newspapers and best practices.

On Halloween, my wife and I went to Bourbon Street and saw some live bands. They were very good; not sure the locals appreciate how much talent is in their city. Few people were tipping them. We bought their CD.

We had to atone for our sins the next day on All Saints Day at the stunning St. Louis Cathedral for a mass.

Then off to tacky stores to see if they have any novelties in my name. My daughter once asked me why they have a Jesus knife. I deadpanned, "Maybe if Jesus had a knife, things might have gone differently."

The prices overall in New Orleans weren't bad. We ate at this hole in the wall, Adolfo's, with only 10 tables and entrees were about \$16. It was some of the best Italian food we've ever had. And I've had a lot of Italian food.

Of course we did places like Cafe Dumond for fantastic powder-sugar-coated beignets.

Lots of unhoused people — and lots of them have dogs — but that's America, too. We need to help, when we can. It's a walking city. Be in it. Don't stay in the outskirts. Wear your sneakers and walk assuredly and you'll be fine.



ABOUT CAMPUS NEWS

CAMPUS NEWS

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