

# CAMPUS NEWS

College  Paper

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3



## You can make a comic book!

Tell your story! CUNY grad student Sandy Jimenez teaches us how to make graphic narratives in just nine practical steps.

**Read more on pages 6-7 – and other great stuff within!**



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# COLLEGE EDGE

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FIFTEEN  
YEARS!

NOT US.  
CAMPUS  
NEWS!

I HEARD IT  
STARTED IN  
2010!



NOOOOOO.  
I SHOULD'VE  
GRADUATED  
BY THIS TIME.

UM,  
YEAH.  
I WAS  
LIKE  
TWO.

*Happy Birthday!*

**CAMPUS NEWS**  
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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](http://WeeklyNewspaperPodcast.com).

You can also sign up for his daily Substack newsletter at [journalandpress.com](http://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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# 9 steps to creating your comic book or graphic narrative

**Sandy Jimenez**

*Special to Campus News*

When I was in elementary school in the 1970s, teachers would punish me and my classmates by confiscating our comic books along with our candy. But their disdain for comics failed to deter me.

As a fine arts major at The Cooper Union, I and fellow students met in secret to discuss comic books and teach each other the art form. After college, I became a comic book artist.

Today, comic books and graphic narratives are recognized as legitimate art forms with the capacity for profound cultural commentary. I believe they are among the most accessible and yet sophisticated methods of storytelling.

That is why I've returned to the classroom at The City University of New York, where I'm a master's student and adjunct faculty member studying and teaching comics and graphic narrative as art and literature.

Making comics turns writers into illustrators and people who draw into poets, dramatists, and novelists. And everyone who likes comics can make them.

Here are some tips on how to start.

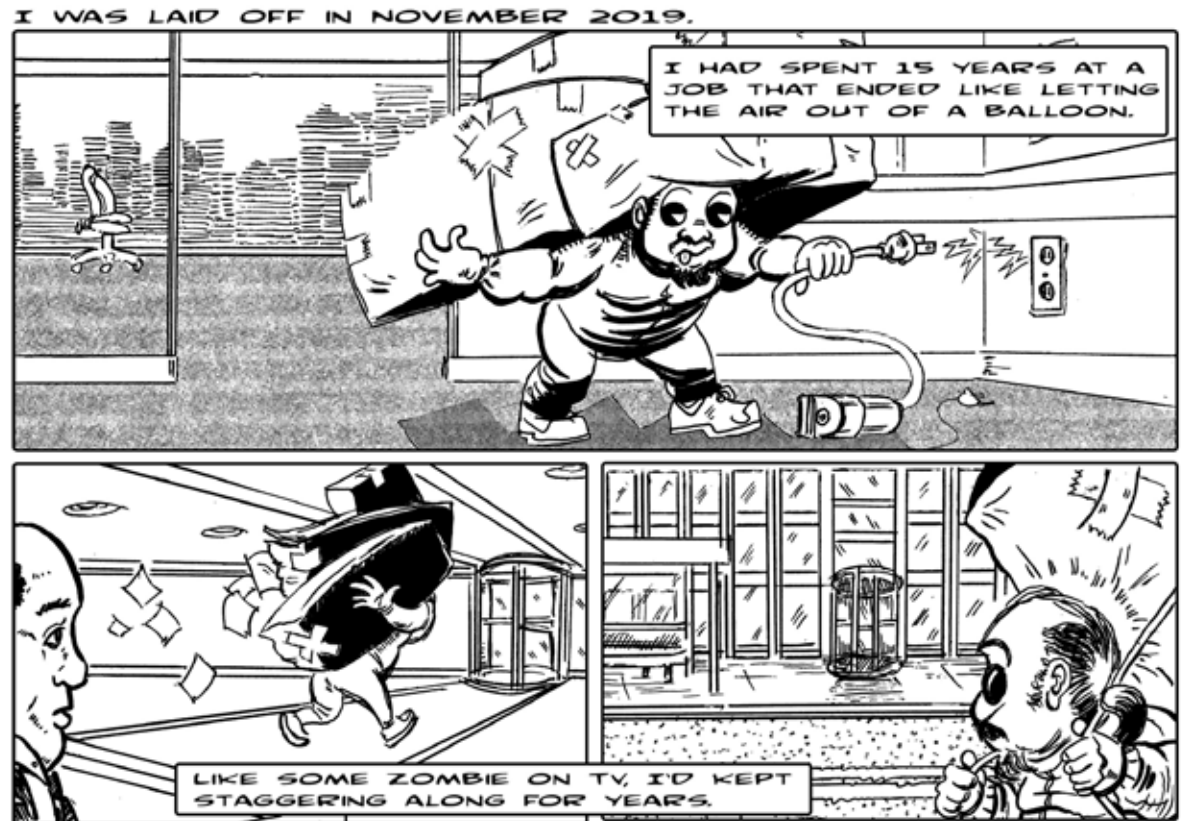
## First, warm up

Try this exercise developed by CUNY Professor Sara Gómez Woolley: Write and draw a panel that expresses an action in a sentence. Depict a simple action, a gag, an idea: Man falls down the stairs; woman hurls frisbee out of city park.

Emboldened by the glory of making a work of narrative art, you'll be ready to make another, with dialogue and a caption. Now try redrawing or splitting both of those single panels into two panels that make a two-part sequence. Do this and you are ready to begin.

## Read, read, read

There is nothing quite so divisive as a



**A 2022 comic book sequence from issue #52 of "World War 3" illustrated, written and illustrated by Sandy Jimenez.**

top 10 list, so I won't offer mine here. But learn the comic book artform's classic and contemporary works of note: the old stuff, the new stuff, the Pulitzer Prize-winning stuff, graphic novels, graphic memoir, edgy independent stuff, experimental zines, collections of the great newspaper strips. Read them all. You wouldn't write a prose novel without having read several. Knowing and loving comics begins with literacy and reading — so read comics.

## Start with the story

Before you draw a single line, create a story for your eight- to 10-page project. Your story must have a beginning, middle, and end. Write a single sentence for each stage. Your first sentence should convey the situation, setting, and who or what will start the action, or plot. The second sentence must tell us what action is and what happens.

The last sentence must conclude and resolve the action and conflict that was shown in the first two sentences. Like so:

- 1) On a city street, a dog notices a cat.
- 2) The dog chases the cat through an alley.
- 3) The dog encounters an escaped tiger when he turns the corner.

Keep the story simple and action-driven, free of unnecessary adjectives and extraneous information so that the plot emerges.

## Write a script

Familiarize yourself with the comic book script formats. Samples abound online. You can practice creating a script by taking a page of a comic book story you admire and reverse engineering the script from the finished product.

**Please read more on the next page**

# (cont.)

## Understand the power of the panel

What you show in a panel is the foundation, the atomic structure of comic book storytelling. A comic's panels and pages are used to convey instances and moments in time. Our example above of the dog getting his comeuppance by chasing and nabbing a much bigger cat than he expected can be told in as little as two panels, or a panel per sentence, or scores or even hundreds of panels. One rule of thumb to remember is that the number of panels you devote to depict a single action in your script can speed up or slow down time.

## Design your characters

Designing a character is a kind of casting process in which you are creating your actors as opposed to finding them out in the world. In our example, ask yourself what kind of dog is it? Is it a posh, confident Park Avenue purebred? Or is this a stray lounging on the sidewalk on a hot afternoon? What does the cat look like? Answering these questions will populate your story with colorful characters that captivate readers.

## Learn panel layouts and composition

For your first story, stick to one size for your panels. Later, you can vary the sizes. And consider the "gutter" — the empty

space between the panels. Manipulating the width of the gutters can make transitions fast, slow, smooth, rough, etc. to make readers feel what you want them to.

## Show, don't tell

While the writing of dialogue and narration are crucial, you must always think about how your story's elements, characters, and events are seen as images first, rather than how they are described as text. Don't write, "It was a dark and stormy night." Illustrate the dark and stormy night that is the setting of your story.

## Start small to finish big

Aim for an eight- to 10-page work. This length will ensure that you engage all aspects of the process of making a story in the comic book form with equal effort and focus. Scaling your first project correctly will give you control and allow you to finish with a work that can be assessed and revised and learned from.

Creating your first comic book will be a la-



Sandy Jimenez — Alex Irklievsky  
(CUNY Graduate Center) photo

bor-intensive, artistically challenging, and mentally strenuous undertaking. But if you build up your skills and vision in stages, increasing your challenges with progressively bigger and more ambitious projects, you will get results that will strengthen as well as encourage you. Comic books and graphic novels will reward you, the creator, in proportion to your efforts.

See you in the funny papers.

*Sandy Jimenez, an American comic book artist, writer, and editor of Dominican descent from the South Bronx, is a Biography and Memoir master's student at the CUNY Graduate Center and an adjunct teacher at New York City College of Technology.*

# LaGuardia's new assistant dean

LaGuardia Community College/CUNY has hired Dr. Harry Mars as Assistant Dean of Student Affairs. He joins from Borough of Manhattan Community College (BMCC), where he served as Director of Student Activities.

In his new role at LaGuardia, which he will officially begin on November 18, Dr. Mars is responsible for the leadership and oversight of the Black Male Empowerment Cooperative; Campus Life; Community Standards and Student Conduct; Health Services; the Office of Accessibility Services; Veteran's

Services; and the Women's Center and LG-BTQ+ Hub. He will also collaborate with internal and external stakeholders to develop and coordinate programs and services, with a specific focus on initiatives and activities that provide student leadership development, highlight diversity, equity, inclusion and belonging, and increase mental health awareness.

Dr. Alexis McLean, Vice President for Student Affairs said of Mars: "He brings a wealth of experience in student advocacy, leadership and development, and given the

depth and breadth of his work at CUNY, I am excited about partnering with him to create an optimal co-curricular experience for our students."

"I'm so happy to be coming to LaGuardia Community College, to help our students to succeed by supporting the staff and faculty who provide teaching, service and opportunities to our students," said Dr. Mars. "I can't wait to get started."



# Identical twins and ‘gay besties’

**Dave Paone**  
*Campus News*

Ty and Jack are identical as well as mirrored twins. One is right-handed; one is left-handed. If you take Jack’s eyeglass prescription and turn it upside down, it then becomes Ty’s prescription. And they’re gay.

“I always knew that I was different in some way that I can’t exactly place,” Ty told Campus News. He felt this way as far back as first grade. By middle school he suspected he was gay but was in denial.

Jack’s celebrity crush was John Stamos on “Full House” - while the other kids had crushes on celebrities of the opposite sex – which indicated to him that he’s different.

Ty and Jack never had an outright conversation about their sexuality in their young lives. “But we knew about it,” said Ty. “I think we just knew based on intuition,” said Jack, who’s younger than Ty by one minute and 57 seconds.

“If you said to me, ‘When was the first time you talked about it?’ I straight-faced could not tell you,” said Jack. “It’s always been this unsaid thing between us.”

The twins attended Bible camp in their home state of Texas, where Ty attempted to “pray the gay away.”

He came out to his family as bi, referring to it as “bi now, gay later,” but it wasn’t until COVID that he finally accepted himself for who he is.

“I thought my dad was going to take it really rough and our mom was going to take it fine, and it was the exact opposite,” said Ty.

He wanted Jack to come out with him. “We should just rip this gigantic Band-Aid off together,” he told Jack, “But he wasn’t ready.”

“It was harder for me,” said Jack. “I was



Identical, mirrored, and gay twin brothers, Ty (L) and Jack

**‘I thought my dad was going to take it rough and mom was going to take it fine, and it was the exact opposite.’**

just more nervous and cautious.”

Jack described Ty’s coming out as “a bit rocky” which made him hesitate to come out himself but eventually told his mother a year later.

Now that the hurdle of coming out has long passed, Ty and Jack are living their

lives and have grown closer, even moving to New York together and sharing an apartment in Brooklyn. “Now we’re each other’s gay besties,” said Ty.

What does that mean?

“I feel like everyone has a relationship with their siblings that’s pretty familiar and even though Jack and I are very identical twins it still felt pretty sibling-related, and so now the older we get, and being each other’s roommates, that sibling dynamic has shifted into more of a friend dynamic,” said Ty. “All that means is Jack and I significantly butt heads less.”

In an excellent example of what the modern dating world is like, Ty’s current boyfriend, Conor, originally matched with Jack on Tinder but it wasn’t a love connec-



# (cont.)

tion.

“It just fizzled out,” said Jack.

But one night Jack and his boyfriend at the time invited Conor to hang out with them and Ty. Soon after Ty and Conor became a couple.

At times when both of them are single, they communicate with each other to avoid any “cross-contamination,” as Ty puts it. Some people they’ve encountered are interested in hooking up with both of them as some sort of conquest.

“We try to keep things honest in that regard,” said Ty.

While the two of them are identical in so many ways, neither thinks he has a specific type he’s attracted to.

Jack studied at Feirstein Graduate School of Cinema, - which is part of Brooklyn College - and worked at the school as well. Ty works as a production assistant in the motion picture industry.

While Ty and Jack may exclusively wear the moniker of gay twins, they’re not alone in the sibling department. Mark and Leo are brothers from Long Island and they’re gay.

“I was caught in kindergarten kissing a girl under a table,” Leo told Campus News. He also had a steady girlfriend in seventh through ninth grade. At one point she was very eager for some fun with him, but “there just was no chemistry,” he said. “Nothing got accomplished for either of us.”

At this time in his school, being gay “was heavily stigmatized.”

It was in sixth grade when Leo first suspected he’s gay and concluded it was true by late high school. “First year of college it was a go,” he said.

It was in middle school Mark noticed his preference, in ninth grade he declared he was bi, and in 10th grade concluded he’s gay. At this point coming out wasn’t the social stigma it was in Leo’s day.

Mark recalled an “altercation” with his

mother where she confiscated his phone, and then his father took it to AT&T. While he was gone Mark told his mother of its contents. She called his sexuality “a phase” and “a hype in the media,” but eventually accepted his preference.

Leo never officially came out, which confused his parents who had various pieces of the puzzle, but ultimately they were fine with it.

Applying Occam’s razor, the most logical explanation of siblings being gay is it’s strictly genetic, but that’s only a theory.

“The jury is still out on whether or not being gay is hereditary,” Nina Nguyen, a Berlin-based sex educator, and LGBTQ+ expert told Campus News.

“While some experts believe that sexual orientation is determined by a combination of genetic and environmental factors, there is no definitive evidence that either one is solely responsible. However, there are a few studies that suggest that being gay might be at least partially determined by genetics,” she said.

A 2014 study of gay brothers analyzed the genetics of over 409 pairs and its findings support the theory that homosexuality is genetic. The findings corroborate a smaller study conducted in 1993 that had similar results.

“Another study found that homosexuality tends to run in families, which also supports the idea that genetics may play a role,” said Nguyen. “Of course, more research is needed to determine definitively

whether or not being gay is hereditary. However, these studies suggest that it might be, which is an intriguing possibility,” she said.

Mark and Leo have a lesbian cousin on their mother’s side and no gay cousins on their father’s. “So perhaps it’s on my mom’s side if it’s genetic,” said Leo.

It appears the chances of multiple siblings being gay are a result of the roll of the genetic dice. While there’s no definitive, scientific study that supports this as of yet, the twins lean toward that conclusion.

“For us, it feels kind of like it had to happen biologically,” said Jack.

“We were from the same egg that split,” said Ty, and that he and Jack were “destined to be this painfully identical.”

Ty was the first of the pair to have a romantic relationship. And he’s almost a full two minutes older than Jack. So when Jack had his first romantic outing, Ty got to wear three hats.

“Giving him advice throughout his first boyfriend was really cool and I felt like I actually got to finally play ‘gay friend, older brother and roommate’ all in one,” he said. “I had two crazy, failed relationships so I was just like, ‘Don’t do this!’ and ‘Don’t do that!’”

“We can slip into those conversations easily, which is nice,” said Jack.

Not a bad outcome from the genetic roll of the dice.

## Find us all over Manhattan

Have you seen these multi-publication newsboxes in the middle of Manhattan? If so, chances are you may be able to find Campus News in one of them. Check them out! If you’d like to know where specifically you could find Campus News when in Manhattan, we’re creating a visual map – but you can just email us at [editor@cccnews.info](mailto:editor@cccnews.info) with your physical address, and we’ll tell you where to get the latest physical issue. Or read us online at [cccnews.info](http://cccnews.info).



# The Top 10 holiday songs I can tolerate

Darren Johnson  
Campus News

Recently, I did a radio show on “The Top 10 Holiday Songs I Can Tolerate.” You can scan the QR code below to hear it as a podcast.



Or if you go on Apple Podcasts and look for “Weekly Newspaper Podcast” you can hear it there, with the songs, and read the transcript.

The songs I picked were from the late-20th-century cool-band perspective, and the No. 1 song may surprise you.

Some bands that made the list: the Kinks, the Waitresses, Tom Petty, Run DMC and John Lennon and Yoko Ono. They are not the No. 1, though. (I don’t want to spoil the podcast for you, but will list my Top 10 at the end of this.)

I also list the Top 10 mainstream holiday songs, but don’t play them. Here’s that list:

1	Mariah Carey 'All I Want for Christmas Is You'
2	Wham! 'Last Christmas'
3	Bing Crosby 'White Christmas'
4	Bobby Helms 'Jingle Bell Rock'
5	Frank Sinatra 'Have Yourself a Merry Little Christmas'
6	Eartha Kitt 'Santa Baby'
7	Bing Crosby 'I'll Be Home for Christmas'
8	Brenda Lee 'Rockin' Around the Christmas Tree'
9	Nat King Cole 'The Christmas Song'
10	Ella Fitzgerald 'Jingle Bells'

I mean, most of these songs are very listenable, but they are overplayed, so I went with more obscure — but just as good, if not better — holiday classics.

Since my radio show several people have contacted me telling me I needed to add a particular song. However, one caveat to my list is the songs must be originals, not merely someone like Bruce Springsteen singing “Santa Claus Is Coming to Town” (thought I consider that song a dry-heave!).

A second thing to note is, my radio show is mostly 1980s New Wave/Punk, so I have that bias.

What’s your favorite original holiday song, not on the above list, that you can tolerate? Send us an email at [editor@cccnews.info](mailto:editor@cccnews.info) to chime in.

Anyway, if you made it this far, here’s my list with some explainers.

**1. 2000 Miles — Pretenders.** This is a beautiful song; so beautiful that a lot of people don’t know it’s a Christmas song. But watch the video. It obviously is.

**2. Christmas Wrapping — The Waitresses.** This band deserved to be bigger. It’s a really cute song.

**3. Happy Xmas (the War Is Over) — John Lennon/Yoko Ono.** I actually like Ono’s voice in the chorus with the kids. Had to have a Beatle on the list, and while Paul McCartney’s “Simply Having a Wonderful Christmas Time” is better ear candy, this song has more substance.

**4. Christmas All Over Again — Tom Petty.** A fun song and Petty is a great bridge between the 1970s to 1990s.

**5. All I Want for Christmas — Timbuk 3.** After relistening to it, I’m not that big on this one and may swap it out if I redo the show. I like the sentiment but it’s a bit of a monotone.

**6. Do They Know It’s Christmas? — Band Aid.** I got a little criticism on this one because it’s somewhat “white savior,” but many great 1980s New Wave performers are in it, and they beat the US’s “We Are the World” to be the first big ensemble charity act. Let’s just chalk up the saviorism as a product of its location (the UK) and times



The Pretenders’ “2000 Miles” video

(the early 1980s).

**7. Father Christmas — The Kinks.** I may move this to No. 5 if I do the podcast again. I have an anecdote about a Kinks concert I attended as a kid in the podcast. This is just a good rock and roll song all around.

**8. Christmas in Hollis — Run DMC.** A funny rap original.

**9. It Often Doesn’t Snow on Christmas — Pet Shop Boys.** This song has all of the holiday song gimmicks — just to be ironic.

**10. Merry Christmas (I Don’t Want to Fight) — The Ramones.** My theory on choosing a tolerable holiday song is to pick a band you like and then find the song. Many great bands don’t do holiday songs, but this band has one that’s funny and in their usual irreverent style. It’s not a sell-out.

Anyway, listen to the podcast and you can hear the songs there with more of my thoughts.

Happy Holidays!

*Darren Johnson started Campus News 15 years ago. Write him at [editor@cccnews.info](mailto:editor@cccnews.info).*

# Plans to help working-class New Yorkers

**Eric Adams**  
**Mayor of New York City**  
*Special to Campus News*

Working-class New Yorkers are the backbone of our city; they keep our city safe, healthy, clean, and help us continue to take the greatest city in the world to new heights. These dedicated workers deserve the chance to build a better future for themselves, their children, and their families. This includes securing good-paying jobs, affordable homes, and a world-class education for their children. That is why, from day one of our administration, we have focused on making New York City more affordable for working-class New Yorkers.

We have done this by helping to save New Yorkers more than \$30 billion through programs that help them get ahead, like the “Earned Income Tax Credit,” which enables families and working-class people to have more money to pay for groceries, bills, and rent. We have helped New Yorkers in public

housing access free high-speed internet and basic TV through Big Apple Connect, and we are on the path to eliminate medical debt for 500,000 New Yorkers — saving them an estimated \$1.8 billion.

We have created homes that working people, families, immigrants, and young people need with back-to-back record years of building affordable housing; this includes a combined nearly 29,000 affordable and public housing units just this year. We signed two historic agreements with our partners in labor that allow us to build more and build faster, all while creating good-paying career pathways and apprenticeship opportunities for New Yorkers living in New York City

**‘It’s the largest,  
 100% affordable housing  
 project in 40 years.’**

Housing Authority housing or low-income zip codes.

But we’re still delivering for New Yorkers. Later this month, we will continue to advance the generational Willets Point transformation, which will deliver new, resilient infrastructure, the largest 100 percent affordable housing project in 40 years in our city, over 20,000 square feet of retail space, a 250-key hotel, and the city’s first-ever soccer-specific stadium for the New York City Football Club.

Also, this month, the City Council will vote on our historic “City of Yes for Housing Opportunity” proposal that will allow us to build a “little more housing in every neighborhood.” By enacting this plan, we can clear the way to build a new generation of affordable housing for our city, including housing for our seniors, our families, our young people, our unhoused, our neighbors, and so many others. It will allow us to take on the long-running housing crisis that has made life far too difficult and far too unaffordable for far too many New Yorkers.

And we have expanded FutureReadyNYC, our learning program that connects public school students to real job credentials, paid work-based learning, and puts our students on pathways to good-paying careers. Now an additional 36 schools will participate in FutureReadyNYC, bringing the program to 135 schools across the five boroughs. This means a total 15,000 students will have the chance to receive real world experiences in tech, education, business and finance, and health care.

As someone raised by a single mother who worked several jobs to support our family, I know the struggle many are facing. That is what drives me to make sure that hard-working New Yorkers can get the chances I was given to get ahead. We want to make and keep New York City affordable, so that all New Yorkers can build their dream here in the greatest city in the world.

*Eric Adams is the Mayor of New York City.*



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# First-ever Workforce/Mobility leader

The State University of New York Board of Trustees today appointed Christopher W. White as SUNY’s first-ever Vice Chancellor for Workforce Development and Upward Mobility, a key position established to advance one of SUNY’s four priority pillars (student success; research and scholarship; diversity, equity, and inclusion; and economic development and upward mobility). White has extensive experience in workforce development, communications, and public policy, serving most recently as Deputy Commissioner of Workforce Development at the New York State Department of Labor. He will join SUNY Chancellor John B. King Jr.’s cabinet, and his appointment is effective December 12, 2024.

In this role, White is responsible for providing strategic vision and leadership in creating and implementing workforce development initiatives, solidifying external partnerships, and ensuring seamless coordination across SUNY System Administration and its 64 colleges and universities. White will also have primary responsibility for implementing SUNY’s goal of ensuring that all undergraduate students complete an internship or other high-quality experiential learning opportunity before earning their degree.

The SUNY Board of Trustees said, “In the nearly two years since Chancellor King took office, he has taken bold action with his team to secure upward mobility for our students including adult learners. With the appointment of Chris White, the connections to the job market in our state will only grow stronger and benefit more New Yorkers.”

SUNY Chancellor King said, “SUNY is New York State’s engine of economic opportunity and upward mobility. It has been a privilege to get to know and work with Chris during his tenure at the New York State Department of Labor, and we are excited to have him join the SUNY team.”

New York State Department of La-

bor Commissioner Roberta Reardon said, “Chancellor King and the SUNY Board of Trustees could not have selected a better candidate for this new role. I have worked closely with Chris for years and can say unequivocally that he has the exact right skill set, drive, and passion to move this work forward in an impactful way. I’m thrilled that SUNY students across New York will have the benefit of his strategic expertise and knowledge.”

White said, “During my time at the NYS Department of Labor, we have expanded partnerships, data collection and technology, and our career center system is now serving more than one million New Yorkers each year. I look forward to expanding job opportunities with Chancellor King and campus leaders for the hundreds of thousands of students who come to SUNY for a higher education each year – from traditional-age college students to adult learners. My thanks to Chancellor King, Chairman Merryl Tisch, and the entire Board of Trustees on this appointment.”

## About Chris White

White joins SUNY after serving as Deputy Commissioner of Workforce Development for the New York State Department of Labor. At NYSDOL he has led significant initiatives, including modernizing workforce development systems and launching a statewide Virtual Career Center solution. He oversaw 95 career centers and a team of 1,000 employees.

Throughout his career, White has been involved in several major statewide outreach and education campaigns, including New York State’s \$15 minimum wage, closing the gender wage gap, sub-



Chris White

minimum wage, and workplace sexual harassment prevention. His work has focused on creating accessible pathways to career development, especially for individuals facing barriers to employment such as the long-term unemployed, veterans, and those with disabilities. White earned his bachelor of arts in journalism from Ithaca College.

## Also addressing veteran students

State University of New York Chancellor John B. King Jr. also announced the appointment of Susan Dewan as SUNY’s first Assistant Director of Enrollment for Military and Veteran Recruitment. Dewan takes on the new position in SUNY’s Office of Student Success, announced in Chancellor King’s 2024 State of the University Policy Agenda, to support SUNY’s efforts to increase recruitment and retention of veterans and military-affiliated students.

This new role is part of SUNY’s commitment to develop strategy, implement initiatives, and track and report on data focused on recruiting, enrolling, and supporting military-affiliated students across SUNY’s 64 campuses.

# STAC partners to help Rockland employees

St. Thomas Aquinas College announced a new partnership with the County of Rockland designed to make affordable undergraduate and graduate degrees accessible for the County's employees.

"The value of a college education has never been higher, so we are dedicated to providing affordable access to education that can transform the lives and careers of the dedicated employees here in the County of Rockland, who serve our local residents and communities so well," said Ken Daly, President of St. Thomas Aquinas College.

The partnership between St. Thomas Aquinas College and the County of Rockland will provide eligible employees with affordable, high-quality degree programs

that support their professional growth and enhance the community.

County of Rockland employees holding an Associate's degree from a regionally accredited institution can transfer up to 70 credits, paving the way for a seamless transition to earning their Bachelor's degree. Those aiming for advanced education can seamlessly progress into Advanced Certificates or Master's programs in Business, Education, or Public Administration. The College's full lineup of academic programs can be viewed here: [stac.edu/academics](http://stac.edu/academics).

The Program offers a 50% tuition reduction for both undergraduate and graduate students, available to full-time, part-time, and per diem employees of the County of

Rockland.

"The commitment of County employees to serving our community is truly exceptional, and we are proud to support their growth through this new partnership with St. Thomas Aquinas College," said County Executive Ed Day. "This initiative not only makes advanced education more accessible but also strengthens our workforce by empowering our employees to gain skills and knowledge that will benefit all residents of Rockland County."

For more information about the partnership and St. Thomas Aquinas College's offerings, contact Dana Caponong, Assistant Director of Admissions, at 845-398-4220 or [dcaponon@stac.edu](mailto:dcaponon@stac.edu).



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# Volunteering: a small act with big impacts

Michael Levy  
*Campus News*

In today's fast-moving, hyper-connected world, we can find ourselves longing for something deeper than "likes" on social media and notifications from our electronic devices. We yearn for real connections, for purpose, for a sense of belonging. One timeless solution? Volunteering. This simple, age-old act brings transformative benefits—not just to those we help, but to ourselves as volunteers and to our communities as well. Over time, these acts of service ripple outward, touching the world in ways we might not immediately realize.

Volunteering is more than just donating a few hours per week to do some needed tasks. It is a commitment to building relationships and strengthening the fabric of our community. When we volunteer, we are not simply ticking off a box, we are becoming an integral part of a collective effort that binds us to one another. Studies show that people who volunteer regularly experience lower levels of stress and depression, alongside increased happiness, and self-worth. Why? Volunteering gives us a sense of purpose—a reason to get up and show up—and a shared mission to work towards. In a world where loneliness and disconnection have reached epidemic

levels, these connections are invaluable.

Closer to home in Washington County, each volunteer's time and effort make a tangible difference. Volunteers provide critical support for local initiatives that might otherwise be stretched thin and forced to struggle to reach their goals. Food pantries, coat closets, environmental clean-up efforts, and extracurricular youth programs—all these vital services rely on the energy and commitment of volunteers. And each action, small as it may seem at the time, builds a stronger, safer, and more vibrant place for all of us to live.

Investing in our community is also an investment in the future. When we give to the places we love, we help them thrive for the next generation. Volunteering is a commitment to the idea that our neighborhoods, schools, parks, and shared spaces deserve our best efforts. This effort does not just enrich those specific spaces but creates a culture of compassion, empathy, and collaboration. When people see neighbors helping neighbors, it inspires a sense of pride and a model of kindness that spreads.

But the impact of volunteering does not stop at our local borders. These small, local actions have the power to spark broader change. Cultural anthropologist Margaret Mead famously noted, "Never doubt that a small group of thoughtful, committed citizens can change the world; indeed, it's the only thing that ever has." These words ring true today, reminding us that transformative global change often began when a few dedicated people took action in their own communities. Over time, local successes can inspire other towns, regions, and even nations to take similar steps. In fact, some of today's largest global movements began as local efforts, led by a handful of committed people who



saw a need and worked tirelessly to address it.

The power of volunteering lies in this potential—to inspire, to unite, and to create a ripple effect that extends beyond what we can see in the moment. History offers countless examples of how civic action and grassroots movements have driven significant societal change.

The world needs more compassion, more helping hands, more people willing to get involved. And it all starts with each of us, right here, right now. As you walk down the streets of Greenwich or Salem, remember that every act of volunteerism, no matter how small, helps build a kinder, more connected world.

So, if you have ever thought about volunteering, now is the time. Find a cause that resonates with you, reach out, and start making a difference. You might be surprised by how much you gain from giving. And for this issue's random thought - as we continue to show up for each other, we just might see the world become a better place—one small, committed act at a time.

*Michael Levy is a retired government manager residing in Greenwich, NY, and is employed now as a technical consultant. He is also a Commercial Pilot and a Ham Radio operator.*

## Get a daily Journalism Substack

Campus News publisher Darren Johnson has turned his small-town newspaper into a daily Substack. He often writes about journalism issues. Get it as a free newsletter by going to [JournalandPress.com](https://JournalandPress.com) and inputting your email address. No spam, we promise!

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# Become a volunteer tax preparer

Department of Consumer and Worker Protection (DCWP) Commissioner Vilda Vera Mayuga recently encouraged all New Yorkers looking for opportunities to give back to their communities to become a volunteer tax preparer for NYC Free Tax Prep this coming tax season. Volunteers receive free, professional training and are certified by the Internal Revenue Service (IRS) to help eligible New Yorkers file their taxes for free and claim all the credits that they are entitled to. With just a few hours of service a week throughout the tax season at one of more than 150 NYC Free Tax Prep sites, volunteer tax preparers can help their neighbors claim tens of thousands of dollars in credits and keep their full refund. Volunteers can also serve as greeters or language interpreters at select sites.

“Few things are as rewarding as giving back to your community and knowing you’ve made a difference in someone’s life,” said DCWP Commissioner Vilda Vera Mayuga. “Training and certification are not only easy, but you will learn basic tax law and filing software and can help New Yorkers keep their full refund, which is often one of the largest checks they receive all year. If you have a few hours a week and want to make a difference in your community, I urge you to become a volunteer tax preparer. It’s a short-term commitment with long-term impact.”

“As a retiree, I was nervous about learn-

ing the tax material and going through the certification process, but the program coordinators were very supportive in helping me through the process,” said Nancy Kaplan, a volunteer tax preparer with Grow Brooklyn. “Once I was assigned a site, the staff were warm and friendly and knowledgeable, helping me with my questions and getting me up to speed. I found my first tax season to be very rewarding and I’m looking forward to volunteering again.”

The number of volunteer tax preparers decreased following the COVID-19 pandemic, impacting the number of returns that NYC Free Tax Prep can file. In Tax Season 2019, there were more than 900 volunteers across 178 sites around the city. In Tax Season 2024, there were only 300 volunteer tax preparers across 150 sites. Although the number of volunteer preparers has fallen, NYC Free Tax Prep still helped file more than 101,000 returns last tax season, saving New Yorkers more than \$134 million in filing fees.

New Yorkers who earned \$93,000 or less and file as a family, or those who earned \$65,000 or less and file as an individual or couple without dependents, are eligible to file for free using NYC Free Tax Prep this coming tax season. In addition to the training, the volunteer commitment is to volunteer a minimum of one 4–8-hour shift per week, over the course of the tax season, which runs January through April.



Volunteers are encouraged to learn about NYC Free Tax Prep volunteer opportunities now by signing up through our online volunteer registration form or attending an informational session, which are offered through January. Volunteers can also start reviewing the training materials by visiting the IRS Link & Learn site and New York Cares’ online information sessions and training opportunities. Visit [nyc.gov/volunteertaxprep](http://nyc.gov/volunteertaxprep) or contact 311 for more information or to sign up.

## Bard grant helps NYC early college program

Bard College has been awarded a \$500,644 grant from the Alfred P. Sloan Foundation to develop accelerated, early college science instruction at its four Bard Early College public high schools in New York City. This grant enables Bard Early College to create the infrastructure for a more robust science program and deeper engagement with the sciences for Bard High School Early College (BHSEC) students and faculty across its Manhattan, Queens, Bronx, and Brooklyn campuses. With its first campus opened in Manhattan in 2001, BHSECs currently serve 1,600 New York City Public Schools students across four boroughs with plans to serve 2,200 students by 2028.

The Alfred P. Sloan Foundation grant will provide funding for the design of a new laboratory, and, through it, the development of a new set of teaching plans and instructional resources for use at BHSECs across New York City. The laboratory will feature new biotechnology equipment, which allows students to perform procedures and get hands-on experience with laboratory techniques as part of Bard’s early college biology curriculum. Specific laboratory equipment supported by this grant will include PCR machines, gel electrophoresis apparatus, centrifuges, micropipettes, incubators, and spectrophotometers.



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## Price named Queens academic leader

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 valuable 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. Internally, Price focused on Academic Advising, partnered with Enrollment Management, and collaborated with the EAB Navigate team (formerly known as the Education Advisory Board for Navigate software, a student success management system), the Center for Excel-

lence in Teaching, Learning, and Leadership (CETLL), and Information Technology Support (ITS) on many initiatives to support student academic success.

“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.”



# Walter Nygard: Christmas Tree Grower

Adam Harrison Levy  
Campus News

**ADAM:** *What road are we on?*

**WALTER:** This is Camden Valley Road [in Upstate's Shushan, NY]. I grew up here. There used to be an old barn there but it's long since fallen down. As a kid, I used to come out and do chores. Fond memories. When you're a kid you think you're doing something great. And you grow up that way, with responsibilities.

**ADAM:** *What kind of chores?*

**WALTER:** My father would bring in the hay and I would pitch it to the front of the stalls where the cows were.

**ADAM:** *Did you enjoy it?*

**WALTER:** It was a simple thing but I like simple things. There was an old cement gutter where we would pitch the manure out the south side of the barn. Everything was done by hand. We even milked the cows by hand.

**ADAM:** *Were you strong?*

**WALTER:** My wrist got very strong as a result of milking cows. We didn't have the machine. That's how rudimentary we were.

**ADAM:** *And what are the trees we are looking at now?*

**WALTER:** These are Fraser firs.

**ADAM:** *How old are they?*

**WALTER:** I don't know, I never seem to keep track. But some of them towards the front here, are about eight years old.

**ADAM:** *People come here at Christmas and they cut down their own trees?*

**WALTER:** Or I can cut them.

**ADAM:** *Do they bring their own equipment? Or do you provide it?*

**WALTER:** They can bring theirs, but I don't allow power saws.

**ADAM:** *So they cut them by hand?*

**WALTER:** Yeah. But if they don't have a hand saw, I have some hanging right here.

**ADAM:** *The kids must love all your old saws!*

**WALTER:** Some of them do, yeah. The parents start them early. Some kids have been coming here for years and they eventually bring their own kids.

**ADAM:** *Speaking of family, when did yours come here?*

**WALTER:** My father came when he was young. His father was in the Navy. He served on Admiral Dewey's fleet during the Spanish-American War. After he got out they bought thirty acres on the other side of the hill to raise chickens and sell eggs.

**ADAM:** *Where was your family from?*

**WALTER:** Both sides were from Finland.

**ADAM:** *I didn't know that the Finnish settled here.*

**WALTER:** First one or two Finns came out from New York City when they heard there was land up here in Camden Valley. And then others came up and the community just grew.

**ADAM:** *Did you ever hear Finnish spoken when you were a boy?*

**WALTER:** I used to hear my mother and grandmother speak it all the time. Being as dense as I am, I didn't pick up much.

**ADAM:** *What kind of people were your parents?*

**WALTER:** My father, he was a lot like me, in that he liked to stay on the farm. He was a good, hard worker. Maybe I'm not as much of a hard worker as my father was. He liked the farm but because he had to raise a family, he had to go work in a factory. And that was the worst thing for him, you know, after being out in the open. My mother was very outgoing, she had a good personality, but she could be stern when she wanted to be. She kept me in line.



Walter Nygard

**ADAM:** *Do have stories about people coming here to cut their Christmas trees?*

**WALTER:** Once I was sitting around at the house, and it was a weekend, and a truck pulled into the yard. Two people get out, and there's a trailer hooked to the truck, I'm watching them from the window, and they open up the trailer. I'm thinking, why would they need a big trailer just to get a Christmas tree? Two animals came out, and they were not animals that I had seen before, they were like cows but they had long horns. So then I put two and two together. They wanted to cut their tree using oxen. So, I say, well, that's all right with me. you've made the effort of bringing those animals up here why would I stop you now? So, then they go out into the field and cut down a tree and then they hook it up to the oxen with a strap and just pull the tree over to the road. They did that for some other people as well.

**Please read more on the next page**

## RIDE ALONG

**(cont.)**

That pretty much surprised me. The names of the oxen were Popeye and Brutus.

**ADAM:** *Does having a Christmas tree farm bring meaning to your life?*

**WALTER:** It helps. I can't say that's the only reason why I've done this. It's something that helps me still be attached to the farm, because I always had that attachment, ever since I was young. It's something that gives me a little extra income and still stay here. It gives me a purpose.

**ADAM:** *Are you a tree hugger?*

**WALTER:** I am a nature person but if you define tree hugging as not wanting to cut trees in the woods, you see that I've had trees cut here. For people who are tree huggers, they don't ever want to cut a tree, they don't realize that by clearing out trees in the woods, it regrows, puts seeds into the woods, and new trees grow up, and if you leave them too long, they'll choke out the natural process. But obviously you cultivate and care for trees.

**ADAM:** *Christmas trees bring joy into houses when it's a dark time of the year. Do you think of them as symbols of light and hopefulness?*

**WALTER:** That might be the majority because I live in an area where people have grown up in a Christian tradition and with a Christian education. But there have been



people that have moved in and come here for different reasons. They have trees for the Winter Solstice. They are not just doing it for religious reasons.

**ADAM:** *That's a great point.*

**WALTER:** Some people don't even celebrate Christmas. Maybe they celebrate their own holiday. I've had Asians and people from India here.

**ADAM:** *Do you specialize in one particular type of tree?*

**WALTER:** I do have Fraser fir, which is probably one of the best.

**ADAM:** *Do you have to think five, or ten years ahead to plan your trees?*

**WALTER:** That's correct. And there are different variables - all trees don't grow the same. You might end up with some that have a lot nicer shape than others, and it's not because of lack of shaping, or trimming the trees. I've always trimmed them with hand shears. I look to the future in that respect. I sort of visu-

alize what it's going to look like several years from now. That comes with experience.

**ADAM:** *So you're looking to the shape of the future.*

**WALTER:** You might say that in that way.

**ADAM:** *What's the shape of the future right now?*

**WALTER:** Right now? I don't have a lot of hope for the way things have been going. Through technology, we're smarter in a lot of ways, but I think there's something to be said about not progressing.

*Learn more about Nygard's Christmas Tree Farm on Facebook at [www.facebook.com/NygardsChristmasTrees](http://www.facebook.com/NygardsChristmasTrees).*

*Adam Harrison Levy is a freelance author and journalist (The Guardian, BBC). He teaches writing at the School of Visual Arts and offers workshops and private lessons in Salem, NY.*



## 'Wicked' star condemns 'gross' comments

Michaela Zee

Variety  
Special to Campus News

"Wicked" star Marissa Bode has spoken out against the negative comments and jokes about her character Nessarose's disability, calling them "aggressive," "very gross" and "harmful."

In a five-minute video posted on TikTok on Friday, Bode -- who uses a wheelchair on screen and in real life -- shared her thoughts on the insensitive comments circulating online about Nessarose, the younger sister of Elphaba (Cynthia Erivo).

"It is absolutely OK to not like a fictional

character," Bode said. "I am going to be admitting my bias in the way that I have a lot of different feelings on Nessa than a lot of you do, and that's totally fine. I think Nessa is complex, but that's the beauty of art. 'Wicked' -- and these characters and the movie wouldn't be what it was if there weren't different opinions on the characters and who's truly wicked or not. And not liking Nessa herself is OK. Because she is fictional, that's totally fine."



The cast

Bode acknowledged that she is a "deeply unserious person," who doesn't mind "silly, goofy, harmless" jokes regarding Nessarose's personality or actions -- reiterating that it's because the "Wicked" character is fictional. However, she does not condone "aggressive" comments and jokes about Nessarose's disability, adding that they're "deeply uncomfortable."

"Disability is not fictional," Bode continued. "At the end of the day, me, Marissa, is the person that is still disabled and in a wheelchair. And so, it is simply a low-hanging fruit that too many of you are comfortable taking."

Bode noted that she's heard many ableist jokes not only about Nessarose, but about herself. "Before even

being cast in 'Wicked,' I had received comments -- just as me, as Marissa, not Nessa -- around the words of 'stand up for yourself,' 'I guess you can't stand him,' et cetera," she said. "These comments aren't original, and when these jokes are being made by non-disabled strangers with a punchline of not being able to walk, it very much feels like laughing AT than laughing WITH."

She added, "This goes so far beyond me, Marissa, just needing to ignore comments on the internet. These comments do not exist in a vacuum. Aggressive comments of wanting to cause harm and push Nessa out of her wheelchair, or that she deserves her disability, are two very gross and harmful comments that real disabled people, including myself, have heard before."

Bode urged "Wicked" viewers to stop dismissing each other and "claiming an experience can't be true because you personally don't feel that way about a joke that wouldn't have affected your demographic anyways."

She continued, "Listen to the people or to the person that it is affecting and how it makes them feel. Thankfully, I'm at a place in my life today where I can recognize these jokes about disability are made out of ignorance. I couldn't say the same about Marissa 10 years ago, and it would have affected younger me a lot more, and I'm worried that a younger version of myself is somewhere on the internet and is harmed by these com-

## Winter/spring enrollment at RCC

Registration is now open for classes in the Wintersession and Spring semester at Rockland Community College.

The Wintersession runs from December 30, 2024 through January 17, 2025. Students can earn up to 4 credits in just three weeks, allowing them to lighten their spring course load, transfer credits to their current college, retake a class or graduate early. Classes are online and offered in a range of subject areas, including, Art & The Environment, Introduction to the Human Body, Business Communication, Social Justice, Law & Crime, Sitcoms That Changed America, Microeconomics, Cardio Fit, Principles of Finance, Intro to Astronomy, and many more. Students who attend other colleges during the year are eligible to take winter classes at RCC and are encouraged to talk to their home institution to determine credit transfer options before registering. For more information, visit: <https://sunyrockland.edu/records-and-registration/wintersession/>

The Spring Semester runs from January 21 through May 12, 2025. Classes are being offered in a variety of both in-person and virtual courses so students can build the schedule that best fits their lifestyle. For more information, visit: [sunyrockland.edu/spring](https://sunyrockland.edu/spring).

Please read more on page 22

# COMMUNITY COLLEGE NEWS

## Congrats, you're automatically accepted

SUNY Adirondack this fall offered direct admission to more than 1,000 local high school seniors in five area school districts.

“We are thrilled to facilitate the college admissions process for students, removing barriers and making higher education more accessible,” said Kristine D. Duffy, Ed.D., president of SUNY Adirondack.

Senior classes at Queensbury, Glens Falls, South Glens Falls, Hudson Falls and Saratoga high schools were automatically accepted to SUNY Adirondack for the Fall 2025 semester. SUNY Adirondack College Access and Enrollment Systems advisors worked directly with school counselors so students do not have to fill out applications.

Each agreement was celebrated with an event at the high schools, in which students received acceptance packets, branded merchandise and directions on how to proceed. SUNY Adirondack’s Timberwolf mascot, Eddy Rondack, was on hand to take photographs with students.

“Your hard work should be in the classroom, not during the application process,” Duffy told students.

Students interested in attending SUNY Adirondack then fill out a simple online form selecting the field of study they wish to pursue and indicating if they are interested in one of SUNY Adirondack’s dual acceptance programs. Under those agreements, students who are accepted at SUNY Adirondack are also accepted to University at Albany, SUNY Plattsburgh at Queensbury or SUNY Cobleskill; when the students complete requirements for an associate degree at SUNY Adirondack, they then seamlessly transfer to their selected four-year university without a second application process. SUNY Adirondack graduates also transfer to many other four-year universities and colleges.

“These agreements help take the stress out of applying for college, and make the journey to a bachelor’s degree smoother,” Duffy said. “We hope more high schools become interested.”

Said Kyle Gannon, superintendent of Queensbury schools: “Queensbury was thrilled to be the first school in the region to hold a direct admission event. It was such a fun and unique opportunity for our seniors to jumpstart their college acceptance process. We appreciate the strong partnership we have with SUNY Adirondack and the excellent programs it continues to offer while our Queensbury students are in high school and after they graduate.”

Said Brian Bombard, chair of School Council at Glens Falls High School: “We have always had a great connection with SUNY Adirondack with more than 400 Glens Falls graduates enrolling there over the past 10 years. The direct admit event provided a new opportunity to celebrate the relationship between our students and outstanding and accessible programming available in our own backyard.”

Said Nicky Bogert, principal of South Glens Falls High School: “Thank you to SUNY ADK for offering this wonderful opportunity to our students. These connections support not only our students but our community.”



At an admissions event

## FUN & GAMES SOLUTIONS

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**Jumble:** AFTER  
COLOR BOTTLE  
SLEEPY -  
A LOT OF LOTS

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

S <sub>1</sub>	T <sub>1</sub>	O <sub>1</sub>	P <sub>3</sub>	O <sub>1</sub>	F <sub>4</sub>	F <sub>4</sub>	RACK 1 = <b>95</b>
E <sub>1</sub>	M <sub>3</sub>	B <sub>3</sub>	R <sub>1</sub>	Y <sub>4</sub>	O <sub>1</sub>	N <sub>1</sub>	RACK 2 = <b>64</b>
P <sub>3</sub>	A <sub>1</sub>	T <sub>1</sub>	T <sub>1</sub>	E <sub>1</sub>	R <sub>1</sub>	N <sub>1</sub>	RACK 3 = <b>62</b>
D <sub>2</sub>	U <sub>1</sub>	B <sub>3</sub>	S <sub>1</sub>	T <sub>1</sub>	E <sub>1</sub>	P <sub>3</sub>	RACK 4 = <b>62</b>
C <sub>3</sub>	O <sub>1</sub>	T <sub>1</sub>	E <sub>1</sub>	R <sub>1</sub>	I <sub>1</sub>	E <sub>1</sub>	RACK 5 = <b>59</b>
PAR SCORE 260-270							TOTAL <b>342</b>

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R	O	R	U	D	L	G	O	E	H	H	D	P		
E	G	X	V	I	C	R	O	D	D	O	L	U		
D	O	B	E	R	N	A	M	E	N	T	E	N	E	P
S	T	B	E	R	N	A	R	D	L	E	D	U	P	
S	L	E	D	D	O	G	S	H	I	H	T	Z	U	

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

# Podcast listeners trend to Trump

Intelligent.com, a platform dedicated to helping young professionals navigate the future of work, has released new findings from a survey conducted in December 2024, exploring voting patterns, news consumption habits, and political views among U.S. college students. The survey of 600 full-time students reveals key differences in media preferences, candidate evaluations, and issues of importance between those who voted for Vice President Kamala Harris and those who voted for former President Donald Trump.

The survey found that 78% of college students voted in the 2024 election, with 58%

supporting Harris, 40% voting for Trump, and 2% opting for third-party candidates. Among Trump voters, 34% report relying on podcasts for political news, double the rate of Harris voters (17%). Additionally, 46% of Trump voters get their news from X, slightly more than the 43% of Harris voters who use the platform. Overall the top news sources for college aged-voters are TikTok and Instagram.

The findings also highlight divides in perceptions of leadership qualifications. Male college students were more likely to say Harris was unqualified to be president (36%) compared to female students (23%).

Similarly, one in five college student voters expressed the belief that women are not capable of performing presidential duties. Conservative students were the most likely to hold this view, with 31% agreeing, compared to 17% of moderate and 11% of liberal students.

The economy emerged as the top issue for college student voters overall, with abortion access and gun control ranking highly among Harris supporters, while Trump voters prioritized job growth, immigration, and crime.

# Josh Brolin details Denzel scrap

Josh Brolin appeared on the “In Depth with Graham Bensinger” podcast to promote his new memoir, “From Under the Truck,” and remembered a tense moment on the set of Ridley Scott’s “American Gangster” in which he nearly fought co-star Denzel Washington. Brolin played a detective in the 2007 crime drama, while Washington headlined the movie as notorious drug lord Frank Lucas.

“Yeah, we almost got into a fight,” Brolin revealed, noting that most of his time on the “American Gangster” set was spent acting

with Russell Crowe.

“Denzel was a little late to set and there was a whole thing there,” Brolin said. “And then he showed me the lines...he didn’t change any of my lines, but he kind of changed the structure of it. He said, ‘I think I’m gonna put this down here and I’m gonna put that up there.’ But he wouldn’t really look at me. I was trying to remember the structure, and then we rehearsed,” he continued. “I forgot a line.”

Brolin asked Washington what his line was, but he did so along with putting his

hand on Washington’s shoulder. “And he hit my hand off and he said, ‘Don’t ever f-ing put your hand on me,’” Brolin remembered. “And I was like, ‘Holy s--t, I’m gonna scrap with Denzel Washington. This is crazy.’ We’re not actors anymore - at least in my mind. In his mind, he was just doing his job. He was that guy. He was Frank Lucas, period. But I didn’t know. And then we got through that moment. I said, ‘Are you OK?’ He said, ‘Yeah. You?’ I said, ‘Yeah. Can I get my line?’ He said, ‘Go for it.’ It’s like he’d said what he needed to say.”

# ‘Wicked’ comments (cont.)

ments.”

Bode concluded the video by saying, “Lastly, I want to say one of the major themes within “Wicked” is having the ability to listen and to understand one another. And I truly hope that is something a lot of you can practice more and take with you.”

Bode is the first wheelchair user in “Wick-

ed’s” history to play Nessarose. In an interview with Variety, the actor spoke about adding more dimension to the character through the film adaptation’s two-part structure. (“Wicked: Part Two” arrived on the big screen on Nov. 21, 2025.)

“Obviously, it’s a beautiful musical and I love the stage musical, but you don’t really get to see little moments in the bond between

the two sisters very much, or just their love for one another. You get to see that more in the film,” she explained. “And I think that’s really important, because it makes what happens in the second film all the more devastating. It humanizes Nessa as the character, and shows how much she cares about people. I think it was a great decision.”

# The healthiest game ever invented

**Dr. Brian Hainline**  
*Special to Campus News*

Everyone knows that exercise is healthy, and that playing sports is one of the best -- and most enjoyable -- ways to maintain optimal weight, boost mental wellbeing, and improve strength, balance, and flexibility.

But what is the “healthiest” sport? Does it really matter which activity folks pick, so long as they’re exercising?

Contrary to conventional wisdom, it does matter. A recent study tracked more than 8,000 people over a quarter century to determine which activities offered the greatest health benefits. And there was a clear stand-out: tennis.

Tennis added 9.7 years to a typical player’s life, compared to that of a sedentary person. The only sport that came close to this was badminton, which added 6.2 years of life.

As a physician who previously served as the chief medical officer of the NCAA, US Open, and chaired two high-level forums for the International Olympic Committee, I’ve noticed for decades that tennis offers people who want to get and stay healthy the most “bang-for-their-buck” when it comes to time, effort, and actual bucks.

Tennis is ideally orchestrated to keep your



heart healthy. The high-intensity intervals of activity elevate your heart rate, enhance blood flow, and strengthen cardiovascular health. Just three hours on the court each week could reduce the risk of death from cardiovascular disease by 56%, and the risk of death from all causes by 47%.

Aerobic exercise, by comparison, reduced all-cause mortality by just 27%.

Remarkably, running and soccer had no effect on people’s risk of death.

Playing tennis is associated with greater bone mineral density in the femurs, hips, and spine. Tennis players have “significantly greater” upper body musculoskeletal function than their inactive counterparts.

Even those new to the sport could reap its benefits. As one review notes, “numerous studies have identified better bone health not only in tennis players with lifelong tennis participation histories, but also in those who take on the sport in mid-adulthood.”

Tennis also improves mobility, flexibility, and balance. Returning a serve, or positioning yourself for a precision volley, engages the whole body. Each burst of movement -- stretching, accelerating,

or pivoting -- leads to improved coordination.

The confidence that comes from engaging skillfully with a physical task -- sometimes referred to as physical literacy -- is another reason to take up the game. 80% of players reported improvements in self-esteem after regular trips to the court.

Tennis is also one of the few lifelong sports that can be played cheaply and conveniently. Visit any tennis court -- there are roughly 250,000 of them nationwide -- and it’s common to see folks playing into their 70s and 80s.

Any exercise is better than no exercise. But if folks are looking to maximize their health gains, now and for decades to come, I always tell them to go pick up a racquet and head to their local tennis court.

*Brian Hainline, MD is Chair of the Board and President of the United States Tennis Association and recently transitioned from the NCAA as their Chief Medical Officer. He co-chaired the International Olympic Committee Consensus Meetings on both Pain Management in Elite Athletes and Mental Health in Elite Athletes. Brian is a Clinical Professor of Neurology at NYU Grossman School of Medicine.*

## Get a daily Journalism Substack

Campus News publisher Darren Johnson has turned his small-town newspaper into a daily Substack. He often writes about journalism issues. Get it as a free newsletter by going to [JournalandPress.com](https://JournalandPress.com) and inputting your email address. No spam, we promise!.

# Suffolk one of the best for veterans

Military Times, for the sixth consecutive year, has named Suffolk County Community College a Best for Vets college. The ranking is the largest and most comprehensive annual list recognizing the top colleges and universities for military service members and veterans. These rankings have become a vital tool for veterans seeking guidance on maximizing their educational benefits.

This year, an impressive 304 schools made the list, demonstrating their commitment to supporting the military community in their educational journeys. Suffolk County Community College is honored to be ranked 10th in New York and 14th in the Northeast among public colleges as a 2024 Best for Vets College.

“Suffolk County Community College is proud to be recognized as a ‘Best for Vets’

school for six consecutive years,” said Suffolk County Community College President Dr. Edward Bonahue. “Military-affiliated students need support to transition back into civilian life and into the learning environment. Suffolk County Community College honors their service by providing the needed tools for success.”

“The designation is a testament to Suffolk County Community College’s strong academic programs as well as the college’s collaborative efforts to provide exemplary service to military-connected students,” said Shannon O’Neill, Suffolk County Community College’s Director of Veterans Affairs.

Each year, Military Times surveys colleges and universities nationwide to evaluate their veteran-focused programs. These survey responses, along with public data sourced from

the Department of Education and Department of Veterans Affairs, undergo a rigorous analysis by the Military Times data team to produce a trusted, unbiased ranking.



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or scan the QR code.



# Herkimer the latest to adopt ASAP

SUNY officials in November joined Herkimer College leaders, faculty, staff, and students in highlighting the benefits and expansion of the Advancing Success in Associate Pathways (ASAP) initiative, a transformative two-year model that has been widely demonstrated to increase student completion rates and narrow opportunity gaps.

ASAP|ACE (Advancing Completion through Engagement) 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. ACE is the four-year college equivalent of ASAP.

Herkimer College is one of 12 SUNY community colleges participating in ASAP. Herkimer's program launched in the spring of 2024 with 54 students, and the program has grown to 150 students this fall.

"Herkimer College opted into the ASAP program because we believe in the power of accessible, transformative education for all," said Herkimer College Officer-in-Charge Nicholas Laino. "The program aligns perfectly with our strategic plan to improve retention, graduation rates, and student outcomes. It is an extension of our deep commitment to fostering academic excellence, equity, and success for every student on our campus."

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.

"At the heart of SUNY's mission is a deep commitment to student success, and programs like ASAP and ACE are helping us realize that commitment in life-changing



ways," said SUNY Senior Vice Chancellor for Student Success Donna Linderman. "I want to give a special thanks to our students - the ones here with us in the program today, and the ones who we hope to serve tomorrow as the program expands. We're so proud to serve you and so committed to your limitless potential. You're the reason we come to work every day."

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.

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.

"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 Herkimer College and across the system."

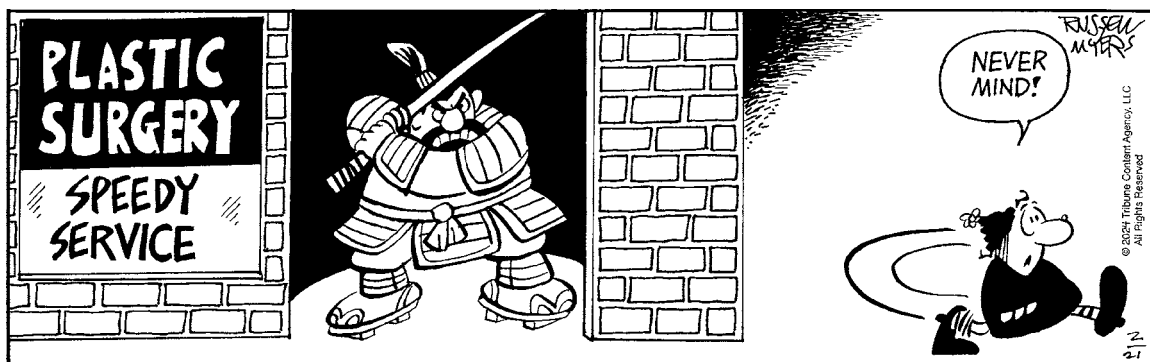
For more information: [www.suny.edu/asap-ace/](http://www.suny.edu/asap-ace/) or [www.herkimer.edu/asap](http://www.herkimer.edu/asap).

# FUN & GAMES

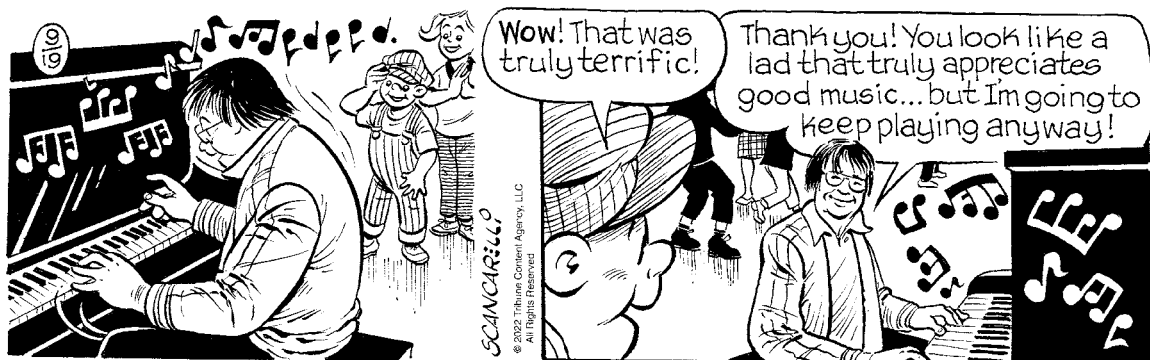
## Animal Crackers by Fred Wagner



## Broom Hilda by Russell Myers



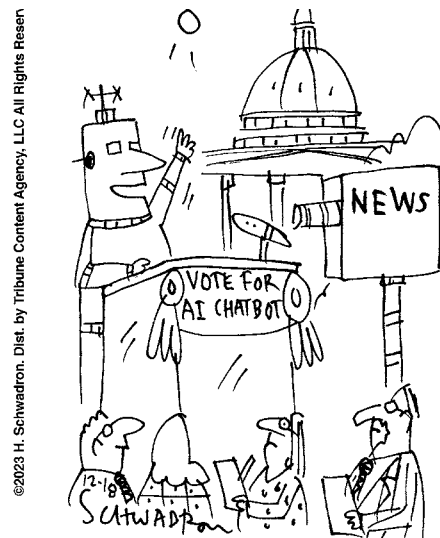
## Gasoline Alley by Jim Scancarelli



## The Middletons by Dana Summers



## 9 to 5 by Harley Schwadron



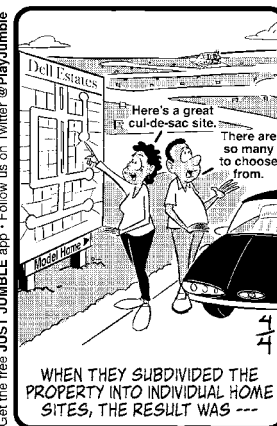
## Word Play Answers Page 21

### 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.

RFATE	○	○	○	○	○
LOOCR	○	○	○	○	○
TEBOLT	○	○	○	○	○
ELYSEP	○	○	○	○	○



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

○	○	○	○	○	○
---	---	---	---	---	---

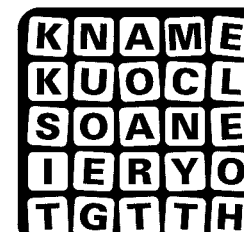
### Boggle BrainBusters!

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	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

By David L. Hoyt and Jeff Knurek



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

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

# FUN & GAMES

## More Word Play Answers Page 21

**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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O<sub>1</sub> O<sub>1</sub> F<sub>4</sub> S<sub>1</sub> P<sub>3</sub> T<sub>1</sub> F<sub>4</sub> Triple Word Score

E<sub>1</sub> O<sub>1</sub> Y<sub>4</sub> R<sub>1</sub> M<sub>3</sub> N<sub>1</sub> B<sub>3</sub>

A<sub>1</sub> E<sub>1</sub> N<sub>1</sub> R<sub>1</sub> T<sub>1</sub> T<sub>1</sub> P<sub>3</sub> 1st Letter Double

E<sub>1</sub> U<sub>1</sub> P<sub>3</sub> D<sub>2</sub> T<sub>1</sub> S<sub>1</sub> B<sub>3</sub>

E<sub>1</sub> E<sub>1</sub> I<sub>1</sub> O<sub>1</sub> R<sub>1</sub> C<sub>3</sub> T<sub>1</sub>

PAR SCORE 260-270  
BEST SCORE 342

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 dogs (and find Frank's acrostic books on Amazon):

**Akita**  
**Beagle**  
**Boxer**

**Bulldog**  
**Collie**  
**Corgi**  
**Dachshund**  
**Doberman**  
**Foxhound**  
**Husky**  
**Irish Setter**  
**Malamute**

**Maltese**  
**Mastiff**  
**Mongrel**  
**Mutt**  
**Pit Bull**  
**Pointer**  
**Poodle**  
**Puppy**  
**Purebred**

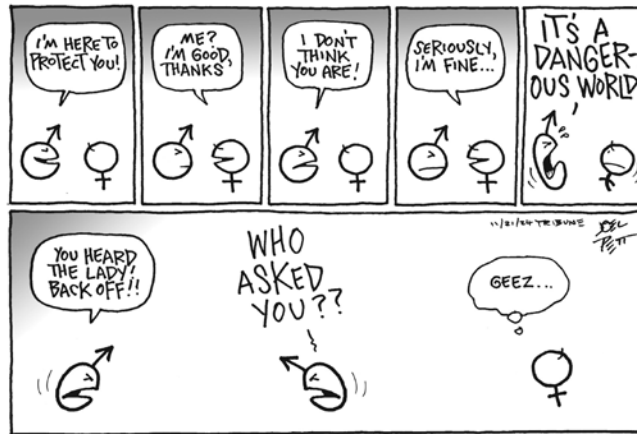
**Retriever**  
**Samoyed**  
**Schnauzer**  
**Shih Tzu**  
**Sled Dog**  
**St. Bernard**  
**Whippet**

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

## Filbert by LA Bonté

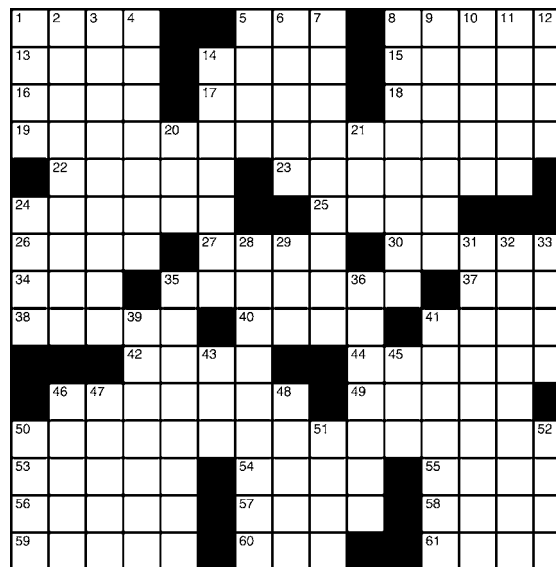


## Political Cartoon of the Month by Joel Pett



## Crossword

Across  
1 "Growing Up in New Guinea" author  
5 Softball club  
8 Retirement option  
13 Semi bar  
14 Sage  
15 Place to get bike wear  
16 Screen symbol  
17 Lollapalooza  
18 Cost as much as  
19 "Whatever you're thinking, no"  
22 Bit parts?  
23 Less sound  
24 Gets out of a slump?  
25 Emanate  
26 "Hold on"  
27 Baltic port  
30 Garter snake prey  
34 Outer bank?  
35 Frank exchange?  
37 KOA parkers  
38 Pet  
40 Italian pronoun  
41 Free of lumps  
42 Bluegrass legend Scruggs  
44 Small cutters



46 CrossFit set  
49 Ohno who won "Dancing With the Stars" in 2007  
50 Cake that traditionally has coconut-pecan icing  
53 Severity  
54 Patatas bravas, por ejemplo  
55 Go very slow, or very fast  
56 Deal-maker

7 Attract attention  
8 Attracting attention  
9 Sage  
10 "Hamilton" Tony winner  
Elise Goldsberry  
11 Volga region native  
12 Stirs  
14 Makes a major decision?  
20 Masai Mara migrant

## 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.

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

57 Free of lumps  
58 Breakfast brand  
59 Like salsa  
60 Convertible's spot  
61 Off! ingredient

21 Vegetable related to lilies  
24 Even trade  
28 Words from a runner  
29 Giancarlo's "Better Call Saul" role  
31 Magnified  
32 Some coverage  
33 Old boomers  
35 Social event where Alice is asked, "Why is a raven like a writing desk?"  
36 Many a Zapotec  
39 State whose capital is named for a French city  
41 Took to task  
43 Driver's "Star Wars" role  
45 PFC's address  
46 Color whose name comes from Old French for "natural wool"  
47 Drives  
48 Prepare cheese, in a way  
50 Austrian city on the eastern edge of the Alps  
51 Transparent  
52 Awards acronym

# I'm a boob for visiting this website

**Greg Schwem**

*Tribune Content Agency  
Special to Campus News*

'Tis the season for inadvertently clicking on holiday offers from online merchants and spending the weeks leading up to Christmas firmly in their crosshairs.

In my experience, one year it was the Siena mattress company. At the time I was not in the market for new bedding. Attempting to move Siena's initial message to my trash folder, I inadvertently opened it, sending Siena's algorithms into overdrive. I quickly scrolled to the bottom, squinting until I located, and clicked on, the "unsubscribe" link. The emails stopped, but not immediately. Maybe Siena's marketing team thought I was kidding.

"He sleeps, right?" I imagined them saying. "Why wouldn't he want to do it in comfort?" Keep emailing him and throw in some pillowcases for 50% off!"

The next year it was scented candles from some company I can't recall. Candle manufacturers, like smoked sausage companies, seem to appear from hibernation at Christmas time.

Even during winter, there is usually a window open in my condominium. Which means my domicile smells like ... Chicago. I'm fine with that. There are no landfills in my neighborhood, and during summer the aroma of street festival food occasionally wafts upward to my balcony, leading visitors to enter and say, "Are you making corn dogs?"

The natural smells that accompany city living mean I don't need an open flame producing fragrances ranging from vanilla bean to blueberry cheesecake to mahogany driftwood. I could have had all three, if I'd taken advantage of the BUY TWO GET ONE FREE offer that was constantly being dangled in front of me. As Dec. 25 grew closer, those emails became so frequent that I expected one to eventually proclaim, WE ARE GETTING OUT OF THE CANDLE BUSINESS,

TAKE THE ENTIRE STORE! USE CODE "SANTA'SONFIRE" FOR FREE SHIPPING!

This year the offending company is Knix, makers of, according to a Google summary, "amazing wireless bras, period proof underwear, sports bras, loungewear and more. Designed with your comfort in mind."

I have never heard of Knix, and am positive I've never searched the company, or any of its offerings via Google, TikTok or ChatGPT. None of this merchandise is part of my daily wardrobe. My "loungewear" consists of Chicago Bears sweatpants and a Rolling Stones T-shirt. Knix sells neither.

Nobody on my Christmas 2024 grab bag list needs anything from Knix. Well, maybe some do, but underwear for "medium flow days" doesn't seem like an item that should appear under a Christmas tree. Yet, unlike the candle and the mattress retailers, I didn't unsubscribe immediately. And it was not because Knix is currently conducting its **BIGGEST SALE OF THE YEAR** with everything 60% OFF!

No, I was fascinated by the entertaining language the company employs to advertise its products. For example, a bra that "supports your boobs without the wires."

I realize artificial intelligence may control every component of my life before I die, but I never thought I'd live long enough to see "boobs" in mainstream advertising.

Ladies, and Knix copywriters, what happened to "breasts"? Bust? Bosoms? Years ago, when trying to surprise my ex-wife with lingerie for Valentine's Day, I stammered through an interrogation from a store clerk who peppered me with queries about my wife's "cup size." Never once did she grab a silk teddy off the rack and ask, "Do you think her boobs would fit in this?"

Mind you, it's not just Knix that has altered the ways we discuss our private areas



or habits. Rather than promise that we will smell clean, deodorant ads now insist on ridding our bodies of **STINKY PIT ODOR!**

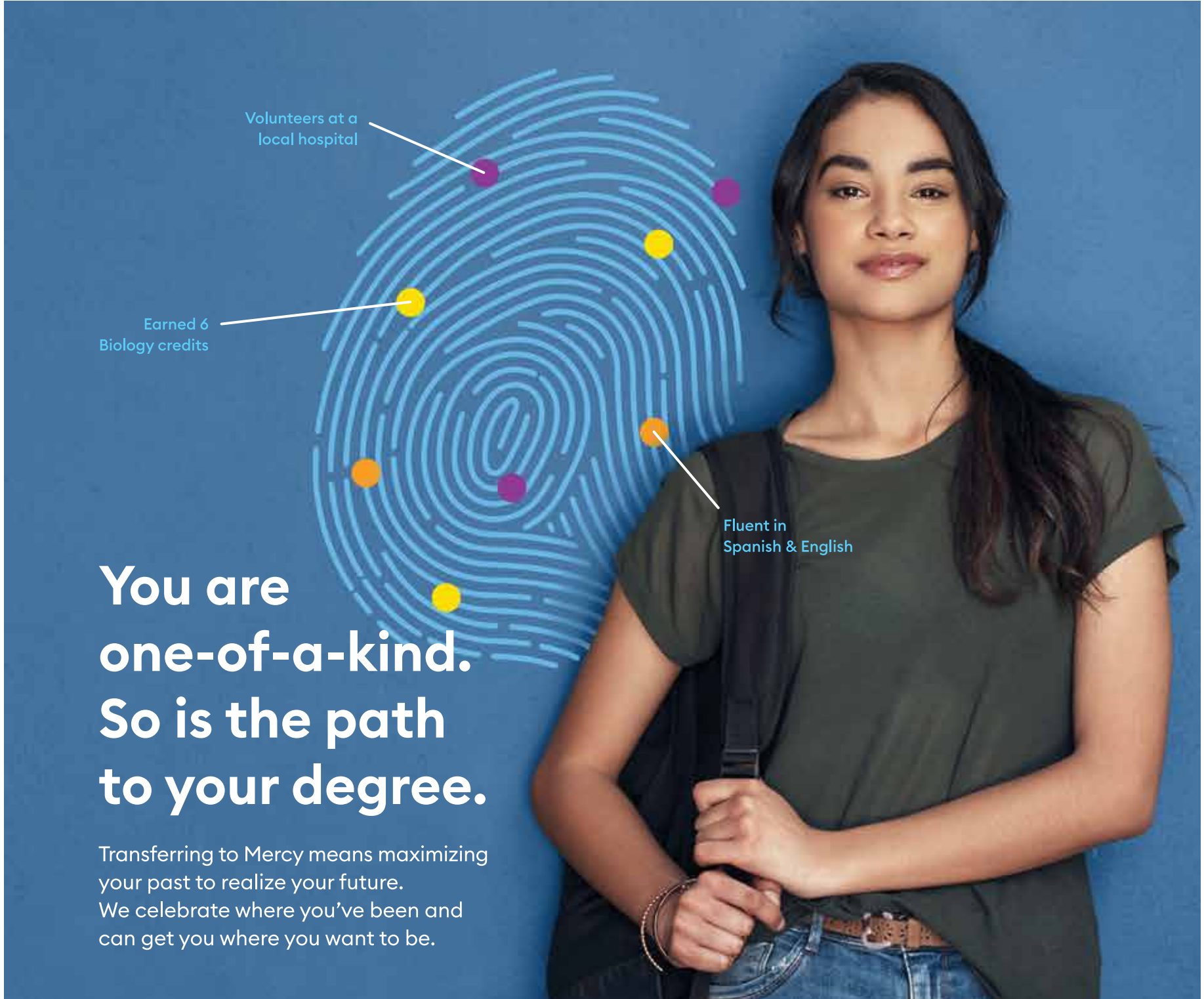
Personal grooming tools? Even worse. Guys, why trim "down there" when you can **MANSCAPE THAT JUNGLE!**

I'm sorry but all of these emails are upsetting my stomach. I may have to pause writing this column and visit the bathroom. Luckily there is an air freshener on top of my toilet tank.

Or, as the ad states, a **TACTICAL STINK ASSASSIN.**

*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](http://www.gregschwem.com).*





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local hospital

Earned 6  
Biology credits

Fluent in  
Spanish & English

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# Finding refuge from workplace stress

**Dr. Daneen Skube**  
Tribune Content Agency  
Special to Campus News

**Q:** *Seems to me that my work and world are increasingly chaotic. I feel overwhelmed before I wake up. You talk about peace. I wondered how you teach clients steps to manage stress? I'd plan to manage myself better in the midst of chaos!*

**A:** Yes, there are many practices we can cultivate that provide an internal refuge in our increasingly chaotic world. We cannot slow down the rate of change or dial back the pandemonium, but we can control our responses.

In order of priority, I first recommend that my clients consider ways they inadvertently sign up for drama. There are people, in and out of the workplace, who experience drama like a good cup of espresso. These people brew up drama everywhere. You always have the right and ability to say, "That sounds difficult," and move on.

Office dramas are draining. Any time someone wants to gossip — be careful. If they want to tell you what others think of you, decline. If they want to get you to gang

up on a co-worker, decline. If they want you to badmouth the boss, decline — because they'll quote you later.

Second, look at sleep patterns. Are you going to bed early enough? Sleep literally wrings stress hormones out of our brains. Lack of sleep creates problems ranging from dementia, irritability, or inattentiveness. If we're tired, none of us navigate chaos well.

Now how do you launch into your day? Do you meditate before you start work? Cultivating a peaceful 20 minutes will stay with you all day long. You have that temple of refuge waiting within you, and all you need to do is open the door.

Do you give yourself good fuel before you start work? Any athlete knows performance suffers if nutrition suffers. Lurching from a donut to a disagreement at work, won't give you much resiliency.

Do you move during the day? Even dogs need a daily walk. Can you give yourself the same attention you'd give a pet?

Next evaluate your worry patterns. None of us know the future. If you fret about the unknown, you'll have no energy left to respond to the problems today. If your worry

tends to pull you in the future, ask yourself what you need to finish by the end of the day. Focus on that!

Many spiritual traditions talk about finding refuge or sanctuary in soulful endeavors. If you have a spiritual tradition, lean on your community, elders, teachers, and spiritual books to give you buoyancy in the constant storms.

Many clients tell me they feel a lot like Dorothy in the Wizard of Oz when she was in the spinning house during the tornado. We need our body to be well, our minds to be well, and our souls to be well during these demanding times.

Every day you get up, you're inhabiting a house created by the decisions you've made in the past. If you want to remodel, all you have to do is change the decisions you make today. As you shift your choices about sleep, food, exercise, soul, and managing relationships, you'll dramatically change the way you experience stress.

Any one of these factors, won't rock your world. But all of these small habit changes together, will form the rock upon which you can survive and thrive during chaos.

## President's economic post



Governor Kathy Hochul has appointed SUNY Delhi President Dr. Mary Bonderoff to serve as Co-Chair of the Southern Tier Regional Economic Development Council (STREDC), effective immediately. Dr. Bonderoff succeeds President Emeritus of SUNY Broome Community College Dr. Kevin Drumm as the Council's Academic Representative. She joins Schuyler County Partnership for Economic Development (SCOPED) Executive Director Judy McKinney-Cherry as Council Co-Chair as the STREDC continues its focused work to grow the economy in the eight county Southern Tier region which includes Broome, Tioga, Chenango, Delaware, Chemung, Schuyler, Steuben, and Tompkins counties.

### The last word(s)

**Q:** *My boss is asking me if I'd like to take on a project. I don't know if I have the skills. Is there advice you give clients on what to say in this situation?*

**A:** Yes, tell your boss, "Absolutely," then get busy learning the skills you need. Promotions belong to those who are bold and fast learners.

*Daneen Skube, Ph.D., executive coach, trainer, therapist and speaker, also appears as the FOX Channel's "Workplace Guru" each Monday morning.*



# The most coveted job in journalism

**Darren Johnson**  
*Publisher*

It's snowing out but it's a good kind of snow. Easy to brush off of cars. The roads don't look that bad. It doesn't even feel cold. This kind of fluffy snow is clean and absorbs the chill, and the noise, too. It feels quieter outside. Most schools are open, but the college I teach journalism at is on delay.

Speaking of journalism, what's considered the most coveted job in journalism is open — food critic for *The New York Times*.

This is to replace Pete Wells, who announced his retirement on "60 Minutes" earlier this year.

Why is this considered the best job in journalism? First, it probably pays a ton. Second, you get to eat in New York City's best restaurants for free. You have the power to make or break a business, which adds meaning to the work. You're in New York working for a top brand. A lot of people hang on your every word.

Wells said that the job wasn't healthy. He wrote about his latest lab results:

"My scores were bad across the board; my cholesterol, blood sugar and hypertension were worse than I'd expected even in my dooziest moments. The terms pre-diabetes, fatty liver disease and metabolic syndrome were thrown around. I was technically obese."

But he also said he'd lost the general zeal for food he used to have. It became a job. I guess everything that earns us a liv-

able wage can become a job after a while, even the best job in journalism. That's when it comes time to quit — or you'll lose your soul.

Wells could probably start a Substack and make a fortune based on his following. That's what older journalists with a following tend to do — some make six figures or more from this platform. While it looks like *The New York Times* will be fine with Wells' departure, these defections to Substack, podcasts and other independent media surely spell the beginning of the end for the big journalism brands.

Maybe I should apply for the food critic job? I have the palate of a teenager, but I did watch "The Bear" on Hulu.

I do know how important it is to use a tweezer to put a tiny garnish on a tiny cylindrical blobby thing on a giant plate with some random drizzle.

That's essentially fancy cooking, right?

But I have enough problems locally with the lack of decent pizza in my Upstate New York town. I know the local pizza places mean well, and they do support the community by sponsoring little league teams and such, but they mostly hire teenagers who really don't care how good the pizza actually tastes. I ordered one last night from a local eatery, and it was a total mess. Asked for extra cheese but it was a brick of cheese, not fully cooked, that made picking up a



slice impossible. It didn't taste good, either. Normally I'd save the extra slices to eat for lunch the next day, but this one went straight into the trash. We tried to eat two of the eight slices in the pie.

What "The Bear" did was train their workers — they'd even send them to Europe to learn how to put the tiny garnish on the tiny blob. Apparently the extra training worked, because the restaurant got rave reviews by the Chicago food critics.

Maybe the local pizza places should send their cooks to other restaurants for training. They don't have to go to Italy, but maybe New York City, or at least Troy or Schenectady. Instill some pride in making the product.

Otherwise, it's just a job. And there should be more to life than just doing a job and going through the motions. Else, you may lose your soul.

## ABOUT CAMPUS NEWS

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