

CAMPUS NEWS

College  Paper



Dancers with a dream

Scores converge on community college to show off their skills

Some leapt, some sashayed. Some pirouetted while others pliéd. Whatever dance move they performed, each ballet dancer did so with the goal of receiving a scholarship to a top school or ballet company in the recent Youth America Grand Prix dance competition held at an area community college. An organizer estimates of the 15,000 hopefuls who participate in these events across the country, only 100 or 150 may become professional ballet dancers. But for many others, becoming a college dance major is another path to continuing the art that they love.

Please read more starting on page 14



Enrollment on the edge

As we attempt to navigate a post-lockdown world, colleges and universities are facing a new challenge: a drop in birth rates that began in the early 2000s. Is this the end of college as we know it? Ryan Lufkin, an educational technology expert with decades of experience in higher education, shared his thoughts with Campus News regarding this issue. He believes the so-called “enrollment cliff” could be avoided.

Please read more starting on page 6



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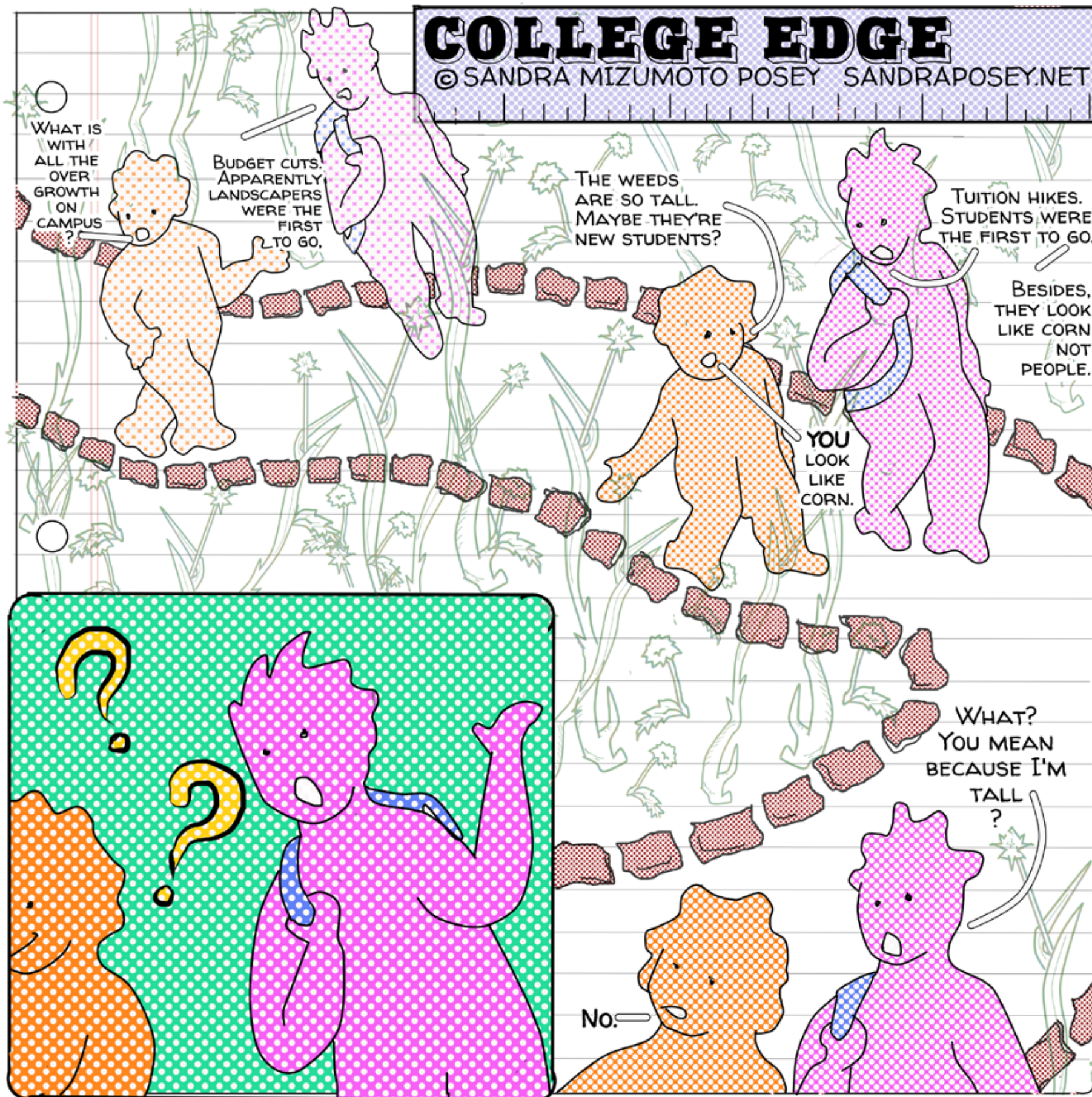
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Rebecca O.
College of Business Graduate



COLLEGE EDGE

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Celebrating Asian Pacific Islanders

Join Rockland Community College (RCC) in celebrating Asian Pacific Islander Heritage Month with an exciting schedule of events from April 9 through May 2. RCC has created a wide variety of activities and virtual documentary films and recordings to engage students, families, faculty, and staff. All events are free and open to the public. This year's theme, "Embracing Heritage, Celebrating Cultures," is reflected throughout the festivities.

"We are excited to present a lineup of events to celebrate the rich tapestry of Asian Pacific cultures. It's a privilege to share these cultural experiences with our students and the wider community, fostering a deeper understanding and appreciation for diversity," said Dr. En-Shu Robin Liao, Co-Chair for Asian Pacific Islander Heritage Committee and Program Director of English, Speech/Communication.

This year's Asian Pacific Islander Heritage Month celebration features seven events throughout the month, including the ESL and International Student Panel Discussion: I am Bilingual/Trilingual/Multilingual, where ESL and international students will share their cross-lingual and cross-cultural learning experiences, and a Make Your Own Origami workshop.

English Professor Kris Dougherty, Co-



Chair for Asian Pacific Islander Heritage Committee stated, "Through these events, we're not just learning about cultures; we're living them together, enhancing our campus and community life."




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The end is near? Changes in population, the ‘Enrollment Cliff,’ and you.

Nancy Scuri
Campus News

As we attempt to navigate a post-lockdown world, colleges and universities are facing a new challenge: a drop in birth rates that began in the early 2000s. Is this the end of college as we know it? Ryan Lufkin, an educational technology expert with decades of experience in higher education, shared his thoughts with Campus News regarding this issue. This interview was lightly edited for length and clarity.

Campus News: What is meant by an “enrollment cliff,” and what are some potential causes?

Ryan Lufkin: *“The Enrollment Cliff” is a widely publicized theory that there will be a precipitous decline in higher education enrollments in the United States beginning around 2026. Many alarmists have signaled that this will be the death knell for higher education as we know it. Enrollment in traditional higher ed two and four-year degree programs has been in decline since reaching its highest point in 2010. This predicted enrollment cliff is predicated on a cliff in birth rates in the United States that began in 2009. The only problem? That “cliff” in birth rates didn’t continue, and by 2019 birth rates in the US had essentially leveled off, where they remain today.*

There are a couple of factors that the “enrollment cliff” narrative fails to take into account: Birth rates aren’t the only factor that impacts the population. In fact, immigration rates in the US more than offset the declining birth rates, meaning there will be more first-gen college students needing education, and longer lifespans mean there



will be more demand for re-skilling and upskilling of adult workers. Add the rapidly evolving demand for technology skills in the workplace being driven by emerging technologies like generative AI, and there is no shortage of students

‘There will be more first-gen college students needing education.’

in need of learning.

CN: The majority of our readers are community college students. How might

this affect them?

RL: *Community Colleges are often leading the evolution of teaching and learning. They can be more nimble in developing courses and programs for emerging areas of study, like generative AI. Adjunct faculty, most frequently working in the field of study that they’re teaching, are often more likely to understand the potential skills gaps being faced by employers and can focus on teaching to close those gaps.*

CN: What are possible ramifications of this demographic shift in enrollment for incoming students?

RL: *For colleges and universities,*

Please read more on the next page

(cont.)

they need to recognize that “traditional” learners are no longer necessarily white, US citizens, fresh out of high school. The “new traditional learners” are people looking for opportunities to learn and grow throughout their lives. They are looking for shorter, more varied, and more cost-effective paths to career development.

For students, it means there are more options for achieving their academic goals than ever before. In addition to the traditional two and four-year degree paths, students can secure certificates, build demonstrable skills with stackable credentials, engage in intensive boot camps to develop skills, and much more. Understanding that there are a myriad of offerings helps students pick the learning journey that’s best for them and their desired outcomes.

CN: What are some upsides to this change in student population on campus?

RL: *According to a recent article in The Intelligencer, “applications to the 1,000-plus colleges that are part of the Common Application are up 6 percent over last year’s total, which was already a record.” And evidence seems to show that schools across the country are actually facing housing shortages as students seek the on-campus learning experience. So, the dire predictions of the demise of higher education certainly seem to be proving false.*

For students, one of the silver linings of the post-covid collegiate world is the increase in options for how courses are offered. Technology-enhanced learning went through a massive evolution during the pandemic, and it’s created a lasting diversity in how courses are being delivered. In-person, hybrid, and fully online courses are now the norm, even for students living on campus. That paired with the diversity



of offerings ensures students are able to shape their learning experience like never before.

CN: What else do we need to know?

RL: *I think the lesson we’ve learned by dismantling the concept of the enrollment cliff is that we need to look at many factors when attempting to predict the future of higher education in our country. We can’t just measure Full Time En-*

‘The dire predictions of the demise of higher education seem to be proving false.’

rollment (FTE) students in traditional programs. This gives us an outdated and two-dimensional view of our student populations. We need to understand that the learners of today and tomorrow will be lifelong learners, returning to educational institutions throughout their life

for re-skilling, upskilling, preparing for encore careers, or simply for personal enrichment. We’ve seen an explosion in the offering of non-degree programs since COVID-19, which is an incredible start, but we need to continue to understand our evolving learners and evolve ourselves to meet their needs.

Ryan Lufkin is the Global VP of Strategy at Instructure (makers of Canvas, the leading education technology used by schools across the country). Ryan has been working with colleges and universities in the educational technology space for over 20 years, beginning with Utah-based start-up Campus Pipeline, the first html portal for higher education. He holds a Bachelor of Science in Communication from the University of Utah and a Certificate in Data Driven Marketing from Cornell. Mr. Lufkin can be reached via his website at <https://www.instructure.com>.

Martindale is down home on the farm

Darren Johnson
Campus News

I met up with Hebron, N.Y., based local children's book author Dani Martindale at a Valentine's popup market Feb. 10 at Gather 103 in Greenwich, N.Y., and was impressed by the quality of her work on display. She was selling her hardcover, beautifully written and illustrated, professionally bound books and signing copies for those interested in a purchase. They are priced at \$20 each.

Martindale's books encourage young readers with bright illustrations, fun rhyming verse, and of course, cute farm animals.

"The Frisky Finn" series is ideal for kids ages 4-8 and features a dynamic horse character inspired by Martindale's real-life horse. Each book features a different life lesson for kids to learn. The first book, "Frisky Finn Meets His Match," helps kids understand that even if they don't win, they can gain something just as valuable. "Frisky Finn Makes a Friend," focuses on themes of diversity and bullying.

Martindale is 32 and a graduate of Queensbury High School and then Cazenovia College, earning a Bachelor of Professional Studies in Management with a Concentration in Equine Business Management. She's currently a digital marketing strategist and the Chief Operating Officer for Mannix Marketing.

Why focus on writing children's books? Martindale says, "Books shaped a large part of my childhood. In a world full of cell phones, tablets, and video games, I hope to encourage a future generation of readers."

What is next for Dani Martindale? A third children's book, "Yes, Molly Can," will be released in the Spring of 2024. This book features Molly, a three-legged German Shepherd, and helps encourage kids with disabilities to follow their dreams.

I followed up our brief meeting at the Gather 103 event with a Q&A. Here it is:

How did you discover your knack for children's writing?



My parents were big readers, so they got me hooked early. In fourth grade I'd be reading things like "Call of the Wild." "Whatever my parents were reading, I wanted to read. That passion led to an interest in writing a story as great as the ones as I was reading. I'd spend hours writing stories in gel pen, of course!. I remember in fifth grade we had to do a presentation on our favorite author. I did it on myself. My classmates were quick to point out that I wasn't actually an author, but my teacher was very encouraging. In fact, I had lots of encouraging teachers over the years. I published my first poem in an Equestrian magazine in middle school at the urging of my English teacher at the time. In high school I took a creative writing class with Mrs. Prostko. She was a published poet and was just really fantastic at encouraging us to hone our writing skills. She had a huge influence on my writing career.

Over the years I wrote a lot of poems and

short stories that only select few ever saw. Eventually when I became an aunt, I grew interested in writing children's books. Reading had such a big impact on me growing up, and I wanted my nieces and nephews to have that same experience, which is tough in the age of cell phones and tablets. So I combined my love for animals with writing children's books, because what little kid doesn't love animals?

What are the steps in the process to publishing your books?

I self-published so I can only speak to that process. When you self-publish you are doing the legwork that a publishing company would traditionally do. You pay an editor to go through your manuscript so it is as polished as can be. After that you choose what company to publish with. There are several

Please read more on the next page

(cont.)

out there. Amazon's KDP and IngramSpark are the two most popular. I went with IngramSpark because it allows my books to be listed on multiple online retailers instead of just Amazon. Then for children's books you pay an illustrator and work with them to bring the visuals to life and format your book based on the specs given by your chosen company. You also have to purchase an ISBN number for each format of the book you plan on publishing, and deal with things like copyrighting your work. Another important step is marketing your book. This should happen well in advance of its release date, as well as after the book is released. This is where my marketing background certainly gives me an advantage.

How do you work with illustrators?

So, after selecting the illustrator, I send them the manuscript along with art directions for each page. Then the illustrator and I go back-and-forth via email. She will sketch out a spread and see what my thoughts are and once I approve, she ads color. After that I get a final look at the spread and approve it. The process typically takes several months from start to finish.

Do you do public readings to children? How do those turn out.

Because of my busy schedule I haven't had the opportunity to do public readings yet, but I do have some on the books for this year. My first one is in March, to a group of 500 students in grades K through second grade at Queensbury Elementary School. I am excited to spread the love of reading and maybe even encourage some future authors.

What was your first book and what was the reaction?

My first book was "Frisky Finn Meets His Match." It is a story where the main character, Frisky Finn, thinks he is the fastest animal on the farm and sets out to prove it by racing different animals. In the end, Frisky Finn learns that sometimes you don't have to win to gain something valuable. It is

a great book for young kids, who struggle with the concept of losing. It also is great for teaching kids to recognize different animals.

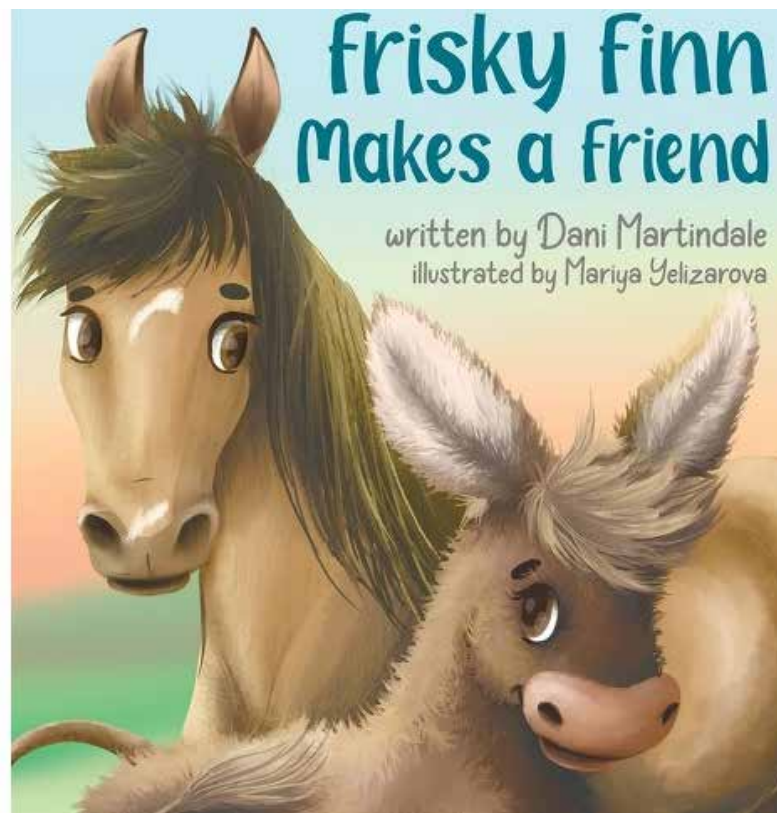
The first book had a great reaction. The first thing people notice are the beautiful illustrations. This is why finding the right illustrator is so important. Then they fall in love with the cute rhymes and the lesson learned at the end of the story. I have had several kids tell me it is now their favorite book, which is just the best reaction I could hope for.

When did you decide to write a second book?

I actually had the second book written before I ever published the first. I wrote the books and then had some serious self-doubt about whether they were good enough to publish. My husband wound up convincing me to give it a shot, and I am so glad that he did. So, after seeing the reaction from the first book, I got to work with the same illustrator to publish the second.

A lot of people think writing children's books is easy, but the good books actually require a lot of thought and planning. Tell us about that.

You are so right. On the surface it does seem easier because there are far less words in a children's book than in a novel. But it is just as hard, only the challenges are just different. First, you have to say what you want in roughly 200-500 words. This sounds easy but trust me, it is not. There's often a lot of trimming down stories and cutting out unnecessary words. Then, speaking of words, you have to use words that are age appropriate for your audience, and that they can understand. I also decided to rhyme my children's books, which brings a whole new level of complexity into the mix. You also have to consider what lines go on what pages, and break them up in a way that encourages kids to continue to the next page.



What advice would you give to people who would like to write and publish children's books?

My advice is to read a lot of children's books and also do research into what the standards are. There is a ton of free information out there for those who choose to look. Also, I highly recommend surrounding yourself with other children's book authors. I joined the Society for Children's Book Writers and Illustrators, and it was one of the best decisions I made. And lastly, enjoy the journey! It is not an easy one, but it is so worth it to see the look on a kid's face when they enjoy your book.

Anything else you'd like to add?

My next book, "Yes, Molly Can," will be out Spring 2024. The book is based on our real life three-legged German Shepherd, and encourages kids with disabilities to follow their dreams.

Martindale can be seen with the real life Frisky Finn in tow visiting local events and schools, promoting the love of reading. Interested in learning more about the school visit programs Martindale offers? Visit her website at danimartindalebooks.com.

'Love Lies Bleeding' is a thrilling romp

Hannah Citron
Campus News

"Love Lies Bleeding" (2024) is the newest work by Director Rose Glass, best known as the mind behind *Saint Maud* (2019). Starring Kristin Stewart as Lou, a hardworking and hard loving gym manager, and Katy M. O'Brian as Jackie, an intensely focused aspiring bodybuilder, the campy crime thriller has the x-factor that guarantees it a spot amongst similar iconic summer thrillers such as "Jennifer's Body" (2009), and "Bottoms" (2023).

The movie itself has a negligible plot, one that follows Jackie and Lou as they attempt to carry Jackie through to the bodybuilding national competition in Las Vegas, while avoiding getting dragged into the antics of Lou's father, who is a crime boss. The plot was the least memorable part of the movie for me, taking a back seat role in comparison to the costuming, intimacy coordination, acting, and directing. The plot did its part as the foundation of the story, but like many thrillers, relied on the action and intrigue to keep the viewer interested. This is a tricky spot to be in, as if the plot is unable to hold up the quality of a film, and the rest of the production quality is not up to par, then the movie very easily forgettable. Luckily for the ticket sales of "Love Lies Bleeding," the directorial work of Rose Glass, the acting by Stewart and O'Brian, and familiar gritty 80's vibes made the film worth watching.

The soundtrack to the movie stays in theme with the 80's time period, consisting almost completely of instrumental, synthed up music. The music was immersive, sealing in the viewer into the dry, desolate, and desperate shots of the deserts of Santa Fe, New Mexico. The costuming acts as a medium to flesh out Lou and Jackie, filling in where the short run time forces dialogue and context to be relatively minimal.

Kristin Stewart, playing Lou, was dressed primarily in gunked up muscle tees, ringier shirts, and baggy denim. Her hair was

chopped and ruffled, she embodies a butch dreamboat which appears so rarely in film that the viewer is forced to gawk (in astonishment and adoration). She is lank and greasy, alluding to her grease monkey position in her father's antics, and showing of shots of glistening forearm and flexed biceps under sleeves. Katy M. O'Brian, playing Jackie, is a femme fatale in cutoffs and a sports bra. Jackie is an aspiring bodybuilder, and absolutely shredded from head to toe. Her rippling muscles are only concealed occasionally throughout the movie, as Jackie tends to be scantily clad.

Jackie's styling during bodybuilding montages and scenes is one example of the mastery with which the movie handles sexuality. Posing and flexing in bikinis, black curls falling in a frame around a flushed face, Director Glass utilizes body building, and female strength overall as erotica throughout the film. In addition to the beautifully lit bodybuilding scenes, there are a couple of sex scenes in the first half of the movie, all of which are very appealing. Glass manages to do what very few directors do- the sex scenes do not feel like filler, or fetishize the lesbian relationship they are depicting. for the straight eyes. The scenes are poignant, well-shot, and further the plot and relationship dynamic between Lou and Jackie. I was pleasantly surprised by the tact and style they were handled with, and applaud the intimacy coordinator, Christine McHugh, for her work.

The role of Lou was very different from Stewart's other notable works, including "Twilight" (2008), "Spencer" (2021), and "Snow White and the Huntsman" (2012), and Stewart took the change in stride. In earlier productions, she has typically portrayed feminine roles, with class and grace, but lacking in emotionality and range. This being said, she portrays Lou with a force of feeling stronger than shown in her earlier performances, creating a sympathetic (yet unlucky) protagonist. The film solidified her talent as an actress for me, demonstrating an ability to step out of her comfort zone,

and widening her range beyond 'fine' and 'passable'.

Katy M. O'Brien is newer to the acting scene than Stewart, and I had not watched any of her other credits prior to seeing her play Jackie. Her portrayal of Jackie's internal dealings with her external issues through minimal dialogue and maximum body language, created a sense of endearment and adoration for Jackie, even as she grew more violent and dangerous. She was the perfect casting for a strong, vulnerable femme lead, and I cannot wait to see how her career grows after this.

The movie itself was very strong, and I gave it an 8.6/10. Jackie's struggle with her own strength, both her physicality and mental perseverance, was beautifully portrayed through shockingly gory scenes interplayed with tender gazes between her and Lou. The dry humor and sudden violence was vaguely reminiscent of Tarantino films, in all the right ways, without overkill. The pacing during the first two-thirds of the movie was brisk and easy to follow, providing enough violence, family politics, and sex to keep the viewer interested. Unfortunately, the final fifteen minutes of the film broke the careful film of realism that the first portion had so gently placed over the flashes of violence, and the sudden tone shift led to a general air of disappointment. That being said, the beginning part was so enjoyable that it makes up for the let-down of the final few scenes.

"Love Lies Bleeding" does exactly what a good summer thriller should do. It has a simple, easy to understand plot, campy action and violence, a hot protagonist, and a banger of a soundtrack. It's bloody, queer, and sweaty eye candy, a genre which I hope to see grow further in the coming years. "Love Lies Bleeding," has revolutionized the career of Kristin Stewart, emphasized the joy of queer love and violence in media, and promised years of campy thrillers to come!

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Hispanic Chamber's honor

The New York City Hispanic Chamber of Commerce (NYCHCC) recently awarded a scholarship to Victoria Sturman of Brooklyn, NY, during the 18th Annual Hispanic Business Banquet and Scholarship Award Reception. Sturman is pursuing a degree in Health Services Administration – Medical Insurance, Billing, and Coding through Berkeley College Online.

According to the NYCHCC, the annual banquet and scholarship reception supports student achievement and honors successful individuals and businesses that have proven their commitment to upholding the integrity of New York City communities.

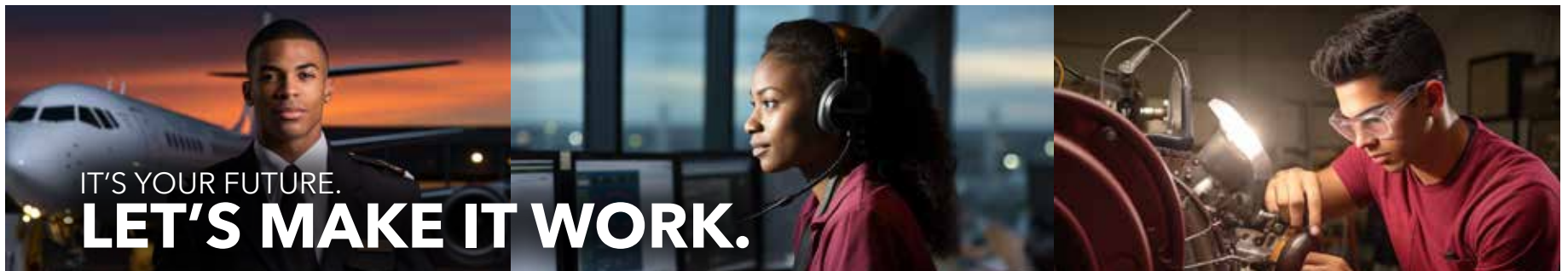
“The New York City Hispanic Chamber of Commerce is dedicated to uplifting

members of the Hispanic community in myriad ways,” said Cindy Estrada, Executive Director, NYCHCC. “As such, and in keeping with our commitment to improving the lives of young people residing in the Metropolitan New York area, we take great pleasure in providing this Scholarship Award to Victoria R. Sturman. Education is the lifeblood of every thriving community, and we at the Hispanic Chamber are pleased to do our part to ensure that students attain their academic goals and go on to pursue fulfilling and rewarding careers in their chosen fields.”

“Receiving this scholarship was an honor,” Sturman said. “It made me realize how much hard work can truly pay off and made me want to push myself even further.”



Sturman, who works multiple jobs while pursuing her degree, said the flexibility of Berkeley College's online courses has contributed to her success.



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Tutus and tiaras at LaGuardia CC

Dave Paone
Campus News

Some leapt, some sashayed. Some pirouetted while others pliéed. Whatever dance move she performed, each ballet dancer did so with the goal of receiving a scholarship to a top school or ballet company in the Youth America Grand Prix dance competition last month.

Auditions travel city-to-city around the US and internationally and New York's was held at the LaGuardia Performing Arts Center in Long Island City.

The competition was held over three days for contestants aged nine to 20. It was on the third day the older ones competed.

If a ballet dancer is serious about pursuing the profession, the usual path of college is one of only two options. In many cases, she will choose a dance school with the hopes of getting hired by a dance company, forgoing an undergraduate degree.

The other option is to attend college as a ballet major, earn a BFA, and then try to get hired afterward. For many high schoolers at the competition, this decision is at hand.

Eleni Gold is an 18-year-old high school senior from Fairfield, Connecticut. She's been dancing ballet since she was three but is considering attending college as a psychology major.

She's applied to several colleges throughout the county but the one that looks like a perfect fit is Fordham University in New York.

It offers both psychology and ballet and has a campus at Lincoln Center, where the New York City Ballet, the Juilliard School, and the School of American Ballet are located.

Eleni has been receiving lots of encouragement to go there. "Everyone has been saying that to me," she told Campus News.

So for now, it's looking like Fordham for Eleni.

Ava Garland is a year behind Eleni but is



facing the same decision. She, too, has been

'Of the 15,000 hopefuls, only 100 or 150 may become professional ballet dancers.'

dancing since she was three but is taking several AP and college courses while also looking into ballet schools.

At first, her parents weren't sure about a career path that doesn't include college.

"My husband and I were a little concerned about not going to college immediately," her mother, Gabrielle Garland, told Campus News.

But they recognize their daughter's talent and understand "this is a short-lived career" and want her "to pursue her dreams"

but still find time for "dance-related coursework."

Some parents still wouldn't be happy with such a compromise but Gabrielle is because the apple doesn't fall far from the tree.

"I was a theatre major," she said with a laugh.

Gabrielle started at Broome Community College and then transferred to Ithica College, where she earned a degree in television and radio, with a concentration in advertising and public relations and a minor in theatre.

No wonder she's allowing Ava to pursue dance.

Along with her mother, high school student Josephine Rasmussen took a nine-hour flight from Bern, Switzerland to compete.

She's considering attending college for dance in Germany.

Please read more on the next page

(cont.)

Many ballerinas wore tutus below and tiaras above. Josephine's costume was red, white and blue, but not because of the American flag.

"It's actually French," she said with a laugh. "It's 'Flames of Paris,'" which is a French ballet.

The LaGuardia Performing Arts Center is part of LaGuardia Community College and the school supplied student-employees to work the venue as ushers. One was Colombian-born Juanita Herrera, who's an 18-year-old freshman and is majoring in music recording technology. Another was Taron Lewis, who's a 2023 graduate and had the same major.

Taron's mother is also a LaGuardia graduate, so he feels "right at home" there.

While a vast majority of the hopefuls were female, many male dancers competed as well.

Clark Hopgood is a 16-year-old junior in high school. He left his home state of Colorado at 14 on his own to live in New York, where he currently attends the Joffrey Ballet School. His high school classes are taken online.

So is there college in Clark's future?

"That is the big question right now for me and my family," he told Campus News. "We're looking into it. I definitely want to get a college degree," he said.

If he decides to major in something other



Claire Gotzman. -dp photos

than dance – possibly business - an online college may be where he lands.

Speaking of business, Paulo Arrais was a principal dancer with the Boston Ballet for 12 years but currently owns and teaches at a dance studio. He also teaches contemporary dance at Massachusetts Institute of Technology.

He accompanied several of his students to the competition.

While students at his school range in age from five to well into middle age, Paulo agrees that as a whole, Americans don't embrace ballet the way they do in Europe and Russia. Why

is that?

"It's part of the culture," he told Campus News. "It's also government funded there so it becomes more accessible to everybody."

He said that opera houses in Europe offer discounted tickets for ballet performances, but "in America, people seem to like Netflix or the cinema more."

Jolie Moray works as Youth America Grand Prix's senior content manager, handling its social media accounts. She made her way from her hometown in Southern California to New York with a stop at the University of Michigan, where she was a dance major.

"Growing up I was mainly classical ballet and then in college it was more contemporary-modern but also some ballet," she told Campus News.

Please read more the next page



(cont.)

The 2020 lockdown put the kibosh on her plans to be a professional dancer.

“I was supposed to graduate when CO-VID hit,” she said.

At first she and other dancers satisfied their need to perform by participating in Zoom classes where they’d dance “in their kitchens or living rooms.”

“And we went back two years later for graduation so basically the world shut down before I could even audition for professional [jobs],” she said.

Since professional ballerinas start their careers at 18, at 26, Jolie is too old to pursue one now.

Having taken her first dance lesson at three, Jolie has spent her entire life in dance and enjoys combining her knowledge of it with her social media skills, which is what she’s doing right now.

Youth America Grand Prix was co-founded by Larissa Saveliev 25 years ago. She immigrated to the US from Moscow, Russia a few years after the demise of the Cold War.

Larissa was a professional ballet dancer in Russia and the US.

The first year the organization had competitions in five US cities for 500 dancers. This year it’ll have competitions in 32 cities in the US and 15 abroad for a total of around 15,000 dancers.

“Both of my parents were college professors,” Larissa told Campus News. “So I definitely have a passion for education.”

She also had the discipline needed to be a successful ballet dancer. Larissa feels the disciplinary skills a ballet student learns are ones that last a lifetime.

She estimates of the 15,000 hopefuls, only 100 or 150 may become professional ballet dancers.

“But the rest of them will have this life experience which dance [teaches] them and bring this to the next career they will have,” she said.

“I’m positive it will be very, very influential and instrumental in their next step.”



Clark Hopgood gets a hug from his mother prior to his performance.



Taron Lewis (L) and Juanita Herrera.

Going book-clubbing

Sarah Murphy

Greenwich Free Library

Special to Journal & Press

At around four in the morning, on the party bus from the villa back to the city, I got invited to join a book club. It was May of 2015, and I was spending three days in Seville, Spain to celebrate the wedding of an old friend. It was a long way to travel, especially for a weekend, but I managed to get a cheap flight, and I am loathe to pass up a chance to explore a new city. I was traveling solo, and despite knowing the groom since high school, I knew very few others in attendance. But friends of friends make great friends, and—as it turned out—great readers.

A little more than a year earlier, Nick and Melanie, academics and artists living in upper Manhattan, had started a book club. From the beginning, this book club was a little unusual. For one thing, it had a name: the Novelty Unproductive Book Club, aka NUB Club. “Novelty” because the decision was to read only full-length fiction, and “Unproductive” because of the radical nature of reading for pleasure instead of giving in to the constant pressure to be hyper productive. Melanie told me that she was in the middle of a “publish or perish tenure grind” and that “taking the time to read for fun was actually a bit rebellious.”

Of course this wasn’t my first book club. There was the one with college pals centered around meals. One person would choose the book and a restaurant or a menu that was thematically connected. A great spot on Curry Row in the East Village to discuss *White Teeth*; sushi for *The Wind-Up Bird Chronicle*, and a tea party for *Persuasion*. This was tons of fun, but it was hard to keep the focus on the book with all the food and gossip flying. A few years later, I tried a book club hosted at my favorite local indie book shop. It was a way to connect with likeminded neighbors and read books I might not choose on my own, but the con-

versation—planned and led by one individual—felt stilted and forced.

I was lucky to spend several years hosting a book club for 4th grade boys and adult male caregivers and role models. My wonderful library colleague, Susan, started a “Guys Read” club with our third grade students, and I followed her lead once the first group moved on to grade 4. These conversations were magical; the kids blew the adults away with their insights, and the boys were able to see a side of their dads, uncles, and family friends that had previously been hidden.

By the time I attended my first NUB Club meeting, I had strong feelings about book clubs in general and what I wanted from them: basically a grad school lit seminar that I had to neither teach nor be graded on. I’m not sure what I said on that four AM bus ride that got me the invite, but I knew this self-selective group was serious about literature. The book we discussed at my first meeting was Rachel Cusk’s *Outline*, a short, meditative character study with beautiful writing and essentially no plot. It was generally liked by the group, but “did you like it?” was almost beside the point. The analysis was about what the author was trying to do, and whether and how she succeeded. Over the years, I have enjoyed book club discussions about books I’ve detested as much or more than those about books I’ve loved. The conversations are often debates and always riveting. I will frequently find that I like a book a little bit more after a spirited exchange.

In addition to its quirky title (and, for the record, this group is so un-unproductive that they’ve created an entire website cataloging and reviewing every single book read over ten years), there are a number of other factors that make NUB Club different from any other I’ve known or known about. Every month, anyone present can nominate as



many prose, fiction books as they wish, and then we vote using a system that has developed over time. The book with the most votes wins, end of story. The group meets in the same location—Nick and Melanie’s apartment—every month. The group varies in size, but averages about seven or eight.

I’m frequently asked by patrons about book clubs at the library. My usual response is, would you like to start one? I hope someone takes me up on it, but I know how hard it is to make such an endeavor really work. But it’s absolutely worth a try, because chatting, laughing, gushing, arguing, even yelling about books is among life’s most enjoyable pursuits.

And if you’re looking for a good book to start with, check out the short list at www.nubookclub.com

Sarah Murphy is Director of the Greenwich Free Library.



Beating stress: 6 tips to thrive in college

Néstor Borrero-Bracero, Ph.D.
Special to Campus News

While an undergraduate student, I remember the novelty of college as a source of stress and how important it was to be patient during the process. It was very helpful to first understand stress and then learn ways to cope with it. Stress is a common experience for many community college students during their academic journey. From the first day of class to midterms and finals, stress can have an impact on your life. But what exactly is stress, and how can you learn to conquer it?

In my role as a student psychological counselor, I help graduate students understand and cope with stress. Here are some important things for you to know about the sources of stress in college and six practical tips to help you thrive amidst the challenges you may face.

Understanding Stress

Stress is the body's natural response to challenging situations, triggering physiological and psychological reactions. These reactions can include increased rapid heartbeat, sweaty hands, cool extremities, increased alertness, and negative thinking. While a moderate amount of stress can be motivating, excessive stress can be negative for both mind and body. From disrupted sleep patterns to weakened immune function, the impact of chronic stress is significant and can affect every aspect of your life.

Sources of Stress in College

College life presents many stressors, which can take a toll on your level of attention and energy. These may include learning your way through college, having demanding classes and tight schedules, balancing work and school, managing family and relationship responsibilities and expectations. When navigating these challenges, it is important to keep in mind the follow-

ing coping strategies.

Six Tips to Thrive

1. Monitor Your Stress: Awareness is the first step towards managing stress effectively. Recognize that certain times of the semester, such as the beginning, midterms, and finals, may bring higher stress levels. By anticipating these periods, you can implement proactive strategies to lower the stress before it becomes unmanageable.

2. Organize: Establishing clear goals and priorities is essential for reducing stress and increasing productivity. Create both short-term and long-term objectives and celebrate small victories along the way. Use to-do lists to streamline tasks and alleviate mental clutter, allowing you to focus on one task at a time with intention and purpose.

3. Find a Mode for Release: Engage in activities that promote relaxation and release built-up tension. Whether it's through physical exercise (going for a walk can be very powerful when feeling stressed), expressive writing in a journal (or on your phone) or seeking support from friends and loved ones. Finding healthy outlets for stress is key to maintaining overall well-being.

4. Learn Relaxation Techniques: Explore relaxation techniques such as deep breathing, meditation, or mindfulness practices. These tools can help calm the mind, reduce anxiety, and foster a greater sense of inner peace amid life's uncertainties. Sometimes just closing your eyes and becoming aware of your breathing can be helpful.

5. Practice Self-Compassion: Cultivate an attitude of compassion for yourself and optimism about your future. Remind yourself that setbacks are a natural part of the learning process and that each challenge presents an opportunity for growth. Adopting a positive mindset can help alleviate stress and cultivate strengths in the face of difficulties. It also helps to see stress

as temporary and to have a positive outlook for the future. If a semester is particularly challenging, remember that it will come to an end. Identify what you can learn from your experience and improve for the next one.

6. Connect to Others: Remember, you are not alone in your journey. Reach out to friends, family, and campus resources for support when needed. Building a strong support network can provide a sense of belonging, buffering against the effects of stress and fostering a greater sense of resilience. If your level of stress feels out of control, you may consider seeking help from your campus counseling or wellness center where professionals can offer support to help you manage your emotions.

While stress may be an inevitable part of the college experience, it does not have to dictate your journey. By implementing these six tips and prioritizing self-care, you can navigate the ups and downs of academic life with greater ease. Remember, you made it to college, and you have the power to conquer stress and thrive in college.



Néstor Borrero-Bracero, Ph.D. is a Student Psychological Counselor at the CUNY Graduate Center Wellness Center where he works collaboratively with students in counseling to help them identify and achieve their goals, whether that involves improving relationships, managing stress and anxiety, or navigating life transitions.

Nassau admin is emerging leader

Dr. David Oyero, Nassau Community College's Interim Dean of Students and a resident of Laurelton, Queens, has been selected as one of seven emerging Black leaders to participate in SUNY's Black Leadership Institute (BLI).



A program within the State University of New York (SUNY) Office of Executive Recruitment and Leadership Development, BLI will support, retain, and foster the success of emerging and current Black leaders. In a rigorous nine-month curriculum, fellows will be guided through leadership assessments, interactive online and in-person workshops, and professional mentoring sessions designed to advance leadership skills. BLI is modeled after SUNY's nationally recognized Hispanic Leadership Institute.

"In appointing Dr. Oyero to the Black Leadership Institute, SUNY is not just celebrating a gifted administrator but also recognizing a beacon of hope, a student advocate, and a catalyst for change," said Dr. Maria Conzatti, Chief Administrative Officer at Nassau Community College. "His dedication to fostering understanding, equality and empowerment will undoubtedly help shape the leaders of tomorrow."

Mental health a student concern

A new survey from education company EAB shows that nearly one-third (28%) of high school students who are currently applying or considering applying to college cite mental health concerns as a reason they may choose to delay enrollment or opt out of college entirely. The issue is most prominent among trans (54%), nonbinary (53%), Black (33%), Native American (30%), and female students (30%). Almost half (48%) of all students surveyed indicated that "stress and anxiety overshadow their college search and planning."

The survey was administered through Appily.com, a new EAB website that enables aspiring college students to explore colleges, find scholarships, and more.



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Start Here. Go Far.
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Foley, Alabama, here comes poor me!

Greg Schwem

*Tribune Content Agency
Special to Campus News*

Don't expect anyone to pick up your dinner check in Foley, Alabama.

Nestled at the southern tip of the state served by Senators Tommy "I haven't actually read the Constitution" Tuberville and the now infamous Katie "My kitchen has no appliances" Britt, the city of 22,000-plus was recently named by Travel + Leisure magazine as "Best Place to Retire with No Savings."

That's right, zero, zip, nada. If you don't have an IRA, still don't understand cryptocurrency, had the misfortune of knowing Bernie Madoff, or thought the Mega Millions jackpot in that Vegas casino was "bound to hit eventually," come to Foley.

If you're "runnin' on empty," "chasing chips," "rummaging for rubles" or "trawling for treasure," or have "less dough than a Pizza Hut," head to Foley.

I may soon be joining you.

Mind you, I do have a nest egg, but one that has shrunk significantly due to a, um, how do I say this politely, "life change." Instagram hasn't gotten that message, as my feed is still dotted with ads from investment firms featuring distinguished-looking, gray-haired gentlemen standing outside horse stables (because rich guys own horses, apparently). Accompanying their mugs are thought bubbles with questions like, "I'm 60 with \$1.2 million in an IRA. Should I convert \$120,000 per year to a Roth to avoid required minimum distributions?"

I want to smack these guys so hard they'll need to make hefty withdrawals to cover their dental bills.

Foley, I learned from its website, was incorporated in 1915, some 13 years after John Foley, a Chicago boy like me, began buying land to expand railroad service in the area. Today, Foley contains a "historic downtown business district" and "world class attractions," the website boasts.

All of which certainly require money to enjoy. I mean, how can one shop downtown with a savings account ledger that says zero? Is there a side door in the Foley Railroad Museum, allowing one to sneak in and avoid the \$4 entrance fee? That money could easily go to rent!

Luckily, Foley housing seems fairly affordable, with rents averaging \$840 per month between 2017 and 2021 and the median value of homes around \$205,000, according to the website.

Also, there are plenty of free activities. Just ask Guy Busby, the city's marketing and communication manager, and a Foley-area resident for more than 30 years.

"We're only about 11 miles from Gulf Shores," he said, referring to the Alabama resort town where, I assume, it's free to throw a towel on the sand and spend all day staring at the Gulf of Mexico, while contemplating your bad financial decisions. If I packed my own lunch and commandeered an abandoned beach chair, I could probably return to my Foley domicile even, or just slightly in the red.

Busby also recommended the 500-acre Graham Creek Nature Reserve, Foley's springtime concert and movie series, and the recently renovated, \$1.2 million Sara Thompson Kids Park, True, nearly half the park's cost was offset by grants but the price tag shows that somebody in Foley has bucks.

He also mentioned the Tropic Falls at OWA water park, but I don't think that's going to happen. I took my kids to loads of water parks in their youth and, at day's end, the only thing dry was my wallet's interior.

Corn dogs, greasy pizza, and beer (Dad's treat for suffering through a day at a water park) aren't getting any cheaper.

Maybe I'll move to Foley and take on a side hustle for extra income. There's something enticing about driving for Uber, as I doubt I would encounter the traffic congestion in Foley that one finds in Chicago. Plenty of snowbirds and tourists visit the city, Busby said, and they'll certainly need transportation, as well as recommendations from a "local" like me. I will welcome them into my (hopefully) paid-off vehicle, introduce myself, and tell them there is only one rule they must abide by.

Cash up front.

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



Imagine a future without local news

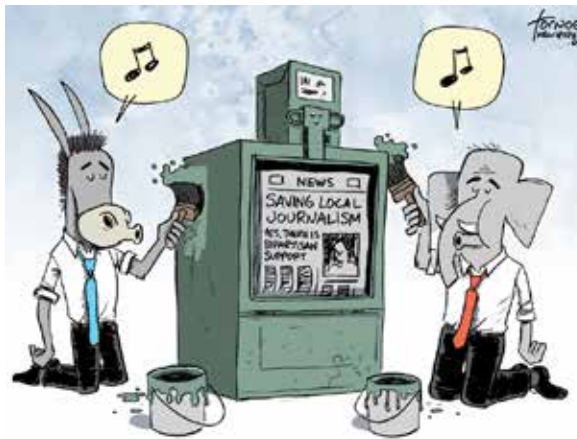
As objective and independent news writers and editors, we have an imperative to cover the issues most important to the people of New York. Every day, our team is on the ground questioning elected officials, uplifting the stories of community change-makers, and uncovering truths that some would rather keep hidden. But, amidst industry challenges, it is no longer unfathomable to picture a future when New York State is completely without local newspapers and other local news outlets.

According to the Medill School of Journalism at Northwestern University, two-and-a-half newspapers now close each week in the U.S. More than 3,000 newspapers have shuttered across the country since 2004, and New York has been particularly hard hit. In 2004, New York boasted 501 newspapers; today, it's only 260. In 2022 alone, 30 newspapers closed across the state. A quarter of New York's counties are news deserts—down to their last newspaper. Orleans County recently became the first in the state to have none. These closures have also resulted in thousands of lost journalism and newsroom-supporting jobs.

Local news matters. Studies show that when a community loses its source of local news, it experiences decreased voter turnout and civic engagement; increased municipal borrowing costs that lead to higher taxes; and decreased transparency among government and business officials, leading

to increased waste, fraud, and abuse. As newspapers shutter, communities become more polarized, leaving us stuck in a never-ending doom loop where we lose sight of our shared values. During this era of intense national partisanship, local news offers a path forward.

The time to act is now. That is why Campus News has joined with over 150 other New York local newspapers to launch the Empire State Local News Coalition.



The Empire State Local News Coalition, comprising both print and online local newspapers, is advocating for sound public policy that ensures the important work of local news organizations can continue in our state. Through our independent journalism, we aim to serve, inform, uplift, and protect New Yorkers. Our coalition cares

deeply about our local communities as well as the future of New York's free press. However, market forces are making it nearly impossible for us to survive. So, together, we are sounding the alarm bell for our leaders in Albany to hear.

At the heart of our advocacy is the Local Journalism Sustainability Act. Sponsored by NYS Senator Brad Hoylman-Sigal and Assemblymember Carrie Woerner, with the bipartisan support of 55 co-sponsors, this bill provides tax credits to local news outlets for the employment of local news journalists. News organizations are incentivized to actually add jobs, returning reporters to many of the state's newsrooms, which are becoming increasingly desolate. Importantly, the bill is also content neutral, meaning that any legitimate local news outlet – left, right, or in between – can benefit from this bill. The objectivity of the bill's eligibility requirements means the legislation cannot be weaponized to penalize news organizations critical of government officials.

As New York loses talented journalists, lawmakers must act to ensure the industry is allowed not only to survive but also to thrive. Only local news outlets--with boots-on-the-ground journalists--can deliver the hyperlocal updates and investigations necessary to sustain a community's civic and financial well-being. Imagine no stories about the village board meeting or the school budget debate. No pictures of your granddaughter's first soccer goal. No obituary of your friendly (and eccentric) neighbor. No investigative reporting to hold public officials to account. And no trusted institution to convene the community around a family in need.

We need your help to save local news in New York. To get the Local Journalism Sustainability Act across the finish line, lawmakers need to hear from you about why our newspaper matters and why this bill is important to you. If you would like to help, reach out to Governor Hochul and your local representatives to let them know you stand with local news.

16 students from Cameroon

SUNY Canton has a record number of international students on campus from PKFokam Institute of Excellence in the city of Yaounde, located in Cameroon, Africa.

Sixteen students opted to complete the final year of their college education in St. Lawrence County after fulfilling requirements at their home institution.

Erin Lassial, SUNY Canton's director of International Programs, said the college makes a holistic approach to ensure international student success.

"They come to us only knowing each other," Lassial said. "I'm really proud of the way the entire campus steps up to welcome our students."

Loan forgiveness through public service

Jeffrey Roth

Special to Campus News

The moment I wrote the final check to clear my student loans after completing my master's program is one I'll never forget. It took nearly nine years of strict budgeting to eliminate over \$100,000 in student debt while working as a public servant. While I felt relieved to be debt-free, I couldn't shake the unease caused by the exorbitant cost of tuition. Despite being my choice, the staggering expenses of higher education in the United States pose significant challenges for those of us who are self-reliant. Fortunately, my master's program constituted my sole student debt. During my undergraduate years, I relied on part-time jobs and ROTC support to cover most expenses. Back then, the cost of a state university education was far more reasonable than it is today. Since my graduate studies however my military service has entitled me to post-9/11 GI Bill benefits, covering tuition, housing, and book costs for future academic pursuits. Given these experiences, I believe the United States should seriously consider implementing a student loan debt forgiveness program modeled after the post-9/11 GI Bill for those students who work in the public sector following their academic studies.

According to Forbes, the average amount of student loan debt carried by more than half of American students is almost \$30,000. This figure reflects the broader challenge many Americans face in managing education-related debt.

Education is undeniably a public good, yet as states have shifted resources away from funding higher education, the burden of cost has increasingly fallen on individuals. This trend overlooks a fundamental principle: an educated populace is vital for ensuring America's competitiveness in an ever-evolving global landscape. As Marc Tucker aptly notes, "We now have the worst-educated workforce in the industrialized world." This raises serious con-

cerns about America's ability to compete effectively over the long term. Despite relatively higher wages in the U.S., sustained competitiveness hinges on more substantial investment in our workforce. Without adequate support for education and skills development, America risks falling behind in key areas crucial for economic growth and innovation.

While recent changes to student loan debt forgiveness programs are commendable, they represent only a partial solution. It's imperative that we not only expand these programs but also integrate them with opportunities for public service. Any comprehensive expansion of student loan forgiveness should include full forgiveness for individuals pursuing careers in public service. If a borrower commits to serving in the Armed Forces, AmeriCorps, Peace Corps, or other professions aimed at enhancing the public good (teachers, nurses, medical care workers, police officers, fire

'An educated populace ensures America's competitiveness in a global landscape.'

fighters, etc.), they should be eligible for complete debt forgiveness, and not by making payments over ten years. This requirement is unduly burdensome, especially for those dedicated to public service. It's crucial to streamline this process and ensure that individuals can embark on meaningful public service without being encumbered by student loan debt for an unreasonably long period.

Following a model akin to the post-9/11 GI Bill, we could implement a system where individuals with existing student loan debt receive varying levels of forgiveness based on their commitment to qualifying public

service. This approach would acknowledge and reward individuals who choose to serve their communities or country while also grappling with the financial burden of student loans. For example, someone who commits to a certain period of service in a recognized public service profession, could become eligible for incremental levels of loan forgiveness. Like the GI Bill's structure, the degree of forgiveness could be tied to the duration of service. Those who fulfill longer service obligations would receive greater levels of debt relief. This approach not only addresses the pressing issue of student loan debt but also incentivizes civic engagement and public service, fostering a culture of giving back to society.

The intertwining of student loan forgiveness with public service presents a promising avenue for addressing the dual challenges of educational debt and societal needs. By adopting a model akin to the post-9/11 GI Bill, we can incentivize individuals to pursue careers in public service while alleviating the financial burdens associated with higher education. Such an approach not only empowers individuals to contribute meaningfully to their communities and country but also fosters a sense of duty and civic engagement. As we navigate the complexities of student loan debt and strive for a more equitable society, integrating loan forgiveness with public service represents a tangible step towards realizing these aspirations. Through collective action and thoughtful policy design, we can forge a path towards a brighter future where education is accessible, service is valued, and opportunity is within reach for all.

*Jeffrey Roth is the best-selling author of **Fires, Floods, and Taxicabs**, and a long-serving member of the Army National Guard.*



Ulster spring events

SUNY Ulster celebrates the start of spring with two annual cultural events.

The Elizabeth Gross Lecture Series, sponsored by the Ulster Garden Club, presents *Growing with Nature: Native Plants & Ecological Horticulture*. This Lecture will take place on April 16 at 2 p.m. in the College Lounge, Vanderlyn Hall. The talk will explore ecologically conscious horticulture concepts, assumptions, and challenges.

Uli Lorimer is the Director of Horticulture for Native Plant Trust. He oversees the facilities and operations at Garden in the Woods and Nasami Farm in Western Massachusetts. He brings 20 years of experience working with native plants in public gardens with previous positions at the Brooklyn Botanic Garden, Wave Hill Garden, and the U.S. National Arboretum.

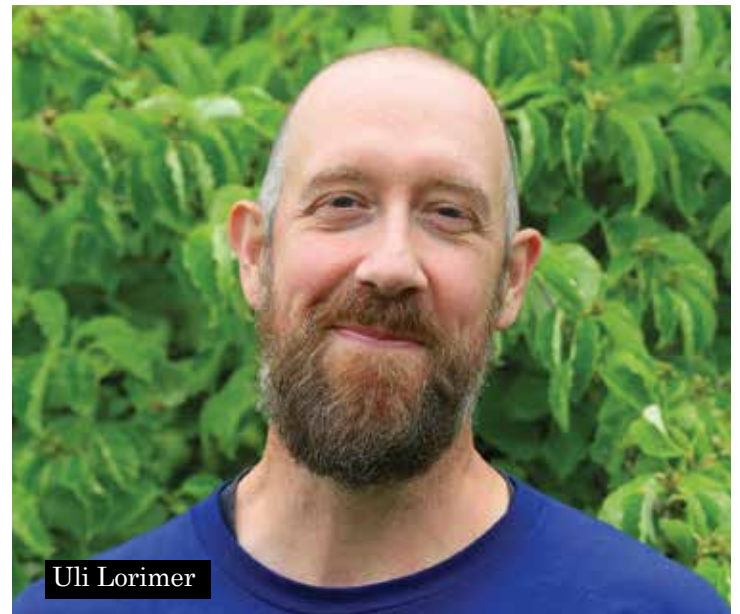
The Elizabeth Gross Lecture Series is made possible by a bequest from long-standing Ulster Garden Club member Elizabeth Gross. The Ulster Garden Club was founded in 1914 and is dedicated to community improvement through horticulture and conservation.

The Sofia & Herbert Reuner Library Writers Series and Ellen Robbins Poetry Forum present Mark Doty, a distinguished poet and essayist, N.Y. Times best-selling Memoirist, and Na-

tional Book Award Winner. Join us in the College Lounge in Vanderlyn Hall on Thursday, April 18 at 10:15 a.m. for this poetry reading, Interview, Q&A, and book signing.

Ellen Robbins Poetry Forum is an annual event that brings well-known and award-winning poets to SUNY Ulster for intimate question-and-answer sessions.

These events are sponsored by the Ulster Community College Foundation and are free and open to the public. No registration is required.



How is a newspaper made? Hear the podcast.

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

You can find it on your favorite podcast app or go to WeeklyNewspaperPodcast.com.

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

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



STEM Exploration Summer Program

St. Thomas Aquinas College announced the continuation of its highly acclaimed STEM Exploration Summer Program, made possible by the generous grant renewal and support from Veolia. This annual program, now in its third year, promises an exhilarating one-week residential experience designed to ignite passion for STEM in rising junior and senior high school students.

Under the guidance of esteemed fac-

ulty and industry experts, participants will delve into diverse STEM disciplines, earning three transferable college credits through the College's "SCI 100: STEM Exploration" course. Beyond the classroom, students will embark on captivating off-site STEM excursions, interact with members of the esteemed STEM@STAC Advisory Board, and gain valuable insights into potential STEM career paths.

Dr. Bianca Wentzell, Dean of the School of STEM at St. Thomas Aquinas College, expressed her enthusiasm, stating, "In past years, students have noted that this immersive experience has inspired them to embark on career paths in STEM fields such as Computer Science, Biology, and more."

Applications will be accepted through May 1. For further details and to apply, visit stac.edu/STEMexplore.

Be the hero of your workplace story

Dr. Daneen Skube
Tribune Content Agency
Special to Campus News

Q: *At the start of the year, I discovered some tough challenges I have to resolve at work this year. I feel demoralized before I begin because I don't know if I can overcome these issues. Is there a way to think about these problems that doesn't make me want to give up?*

A: Yes, pretend that you're a hero or heroine in a fiction book. Wouldn't you expect your main character to meet dragons, adversaries, and adversities? Perhaps you could take a page from the literal book of your favorite character and ask yourself, "What would my protagonist do if this was a story."

You'll also find it helps to have people in your life who have faith in you. Other people often see our strengths when our self-confidence is low. Even the fictional Harry Potter has a close group of friends that encourage him against impossible odds.

When I couldn't figure out how to do my dissertation research, it was someone else's faith that kept me going. My Ph.D. committee shrugged and said, "You know more about this topic than anyone so if you can't figure it out — no degree." My mentor said, "You've got this." I believed her, kept trying, and got my degree.

As a writer, I like to learn about different styles of writing. In reading a book entitled, *The Fantasy Fiction Formula*, the author,

Deborah Chester, summarizes the core problem in all fiction books.

Chester notes, "The test begins in the story opening, when your protagonist is faced with a substantial problem that can't be ignored. The test continues throughout the course of the story, as the protagonist tries, fails, tries harder, fails again, tries really hard, almost succeeds but then fails." Chester points out that it is the trials themselves that create a fascinating story and makes the triumph sweeter.

Notice that we don't have to write or read fiction to recognize these elements in our own workplaces. The difference mainly between a fiction character and ourselves is that as a reader, I'd bet you're cheering for your main character.

Are you giving yourself this same level of support? Are you seeing your workplace trials as part of your "interesting" story?

There are three steps to get you over the finish line when you're facing down corporate dragons:

- 1) Show up and stay the course. Don't minimize the power of continuing to try.
- 2) Pretend you're a fictional character. What might you try that requires courage?
- 3) Seek out cheerleaders when you're feeling low. They bolster your self-confidence.

Surprisingly, fiction writers discuss the problem of their imaginary characters going rouge. Effective fiction writers do a lot of planning on where they want their char-

acters to end up at the end.

Have you taken this much care to think about where you want to end up at the end of this year?

It's ironic that even in an imaginary story there are chaotic elements that can take over and wreck a story. It would seem that the real world and the imaginary world have a lot in common. Take the time to pretend will you overcome all obstacles, and then watch the video tape of where you will end up in 2025.

A merry band of companions, a clear vision of your goal, and the expectation that there will be dragons, keep us moving down any road.

Try using a new frame of you on your own noble journey of discovery, along with every other hero or heroine you've ever admired. Now, what might you accomplish today?

The last word(s)

Q: *My boss has dumped a huge amount of new projects on our team. I'm trying not to get overwhelmed. Is there a good starting point to think about this year?*

A: Yes, as Abraham Lincoln, the 16th president of the United States (who was no stranger to an overwhelming agenda) said, "The best thing about the future is that it comes one day at a time."

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." You can contact Dr. Skube at www.interpersonaledge.com or 1420 NW Gilman Blvd., #2845, Issaquah, WA 98027.



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Bicentennial of a strange election

Lance Allen Wang
Journal & Press

Things are a tad strange in America, as we plummet untethered into an election season which seems to satisfy few, where the discussion is less about issues and more about character and caricatures. It is scant consolation to someone who remembers a time when we held the President, or at least the office, in the esteem that the institution demands, to know that 200 years ago there was an equal level of dissatisfaction in the process and its outcomes. The 1824 presidential election, America's tenth, was the first and still the only one to be tipped to the House of Representatives for a decision.

A ONE-PARTY COUNTRY

By 1824, America was essentially a one-party country, as the Federalists were no longer active nationally. President James Monroe had presided over national unity during what was called the "Era of Good Feelings" for two terms, even running unopposed in 1820. Despite this relative stability, a financial downturn in 1819 was the first major economic downturn for the United States, and the Missouri Crisis of 1820 began foreshadowing trouble yet to come in

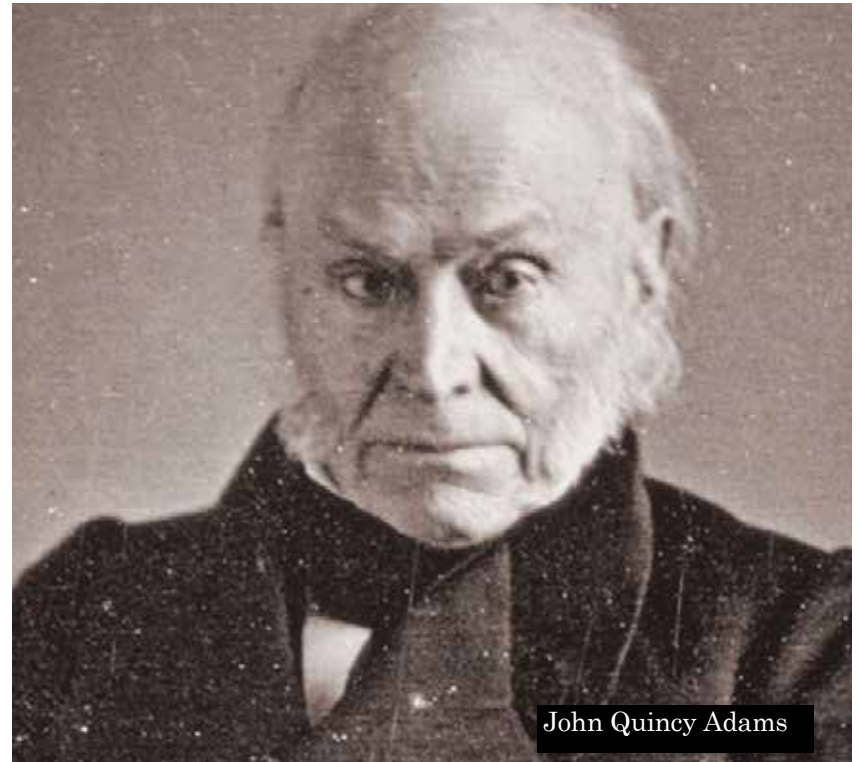


the balance of slave versus free states. Without competition from without the party, the Democratic-Republicans showed indiscipline within. Only a little over a quarter of the 240 Democratic-Republican members of Congress bothered to show up for the Congressional caucus to nominate candidates. Meanwhile, at the same time, state legislatures also nominated candidates.

In the end, there were four Presidential candidates on the ballot, all Democratic-Republicans. Instead of battle lines being drawn politically, they were drawn geographically. Secretary of State John Quincy Adams, son of the former President, was popular in New England. House Speaker Henry Clay dominated in Kentucky and nearby states. Secretary of the Treasury William H. Crawford won in the mid-Atlantic overwhelmingly. Senator Andrew Jackson, nominated by the Tennessee legislature, had broad support fueled by his reputation from the War of 1812 and won decisively in Pennsylvania and Tennessee.

THE VOTE GOES TO THE HOUSE

When the final votes were tallied, Senator Andrew Jackson had the highest percentage of the popular vote with 41.4%. Secretary Adams had second most with 30.9%. Within the Electoral College, Jackson had 99 votes, Adams had 84 votes, Crawford had 41, and Clay had 37. Although Jackson had a plurality, he did not have an absolute majority. 131 electoral votes were required to win. By constitutional law, the next step was to move the election to the House of Representatives for a decision.



John Quincy Adams

On February 9, 1825 an unprecedented vote took place in the House of Representatives. The legislators had to choose among three candidates – Speaker Clay was dropped under the provisions of the 12th Amendment, which stipulated that only the top three were to be considered. Clay, who detested Andrew Jackson, may have been out of the running, but he was not out of the picture. He carried tremendous influence within the House of Representatives, and he put his support behind John Quincy Adams, leading to charges that he was cutting a deal with the former President's son. As Adams promptly won the vote for President, 13 states to Jackson's seven and Crawford's four, there was already rumblings of a "corrupt bargain" among Jackson's supporters.

Those rumblings became brazen shouting within two weeks, when Adams announced that Speaker Clay was going to be his Secretary of State. Perception is reality, and the "corrupt bargain" charges hung like a cloud over the Adams administration, also

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(cont.)

spurring Jackson partisans to begin his 1828 campaign for President. In a fresh refrain, long before “elites” became a tired cliché, Jacksonians accused the “corrupt aristocrats of the East” of robbing Jackson,

An 1824 tally sheet

States.	Andrew Jackson of Tennessee	John Quincy Adams of Massachusetts	William H. Crawford of Georgia	Henry Clay of Kentucky
Maine		9.		
New Hampshire		8.		
Massachusetts		15.		
Rhode Island		4.		
Connecticut		8.		
Vermont		7.		
New York	1.	26.	5.	4.
New Jersey	8.			
Pennsylvania	28.			
Delaware		1.	2.	
Maryland	7.	3.	1.	
Virginia			24.	

a “man of the people” of a Presidency which was rightly his. John Quincy Adams’ Presidency also became a four-year long campaign for Andrew Jackson.

POSTSCRIPT

In 1828, President John Quincy Adams and Andrew Jackson fought a rematch. The Adams wing of the Democratic-Republicans reflagged themselves as “National Republicans,” later to become the short-lived Whig party. Jackson supporters called themselves “Democrats,” which was the beginning of the Democratic Party. It was an ugly campaign – the Jacksonians called Adams a corrupt aristocrat, and Jackson was labeled a violent, bloodthirsty, budding tyrant. However, Jackson’s popular support, evidenced in 1824, was undeniable, and he cruised to a popular vote win and a crushing electoral college victory. This was despite the fact that Adams received more votes in 1828 than he did when he won in 1824.

Interesting trivia: The next time an incumbent received more votes for President than he did the first time and still lost was 2020. This was also the first of three times an elected president lost the popular vote twice – Benjamin Harrison did in 1888 and

1892, and Donald Trump in 2016 and 2020.

The 1828 Jackson win would also introduce New Yorker Martin Van Buren to national politics, as he became Andrew Jackson’s chief supporter in the Empire State. Van Buren was leader of the “Albany Regency,” a strong group of New York politicians. Van Buren, of Kinderhook in Columbia County, would become Jackson’s Secretary of State in 1828, his Vice President when re-elected in 1832, and would eventually succeed him after winning the 1836 election.

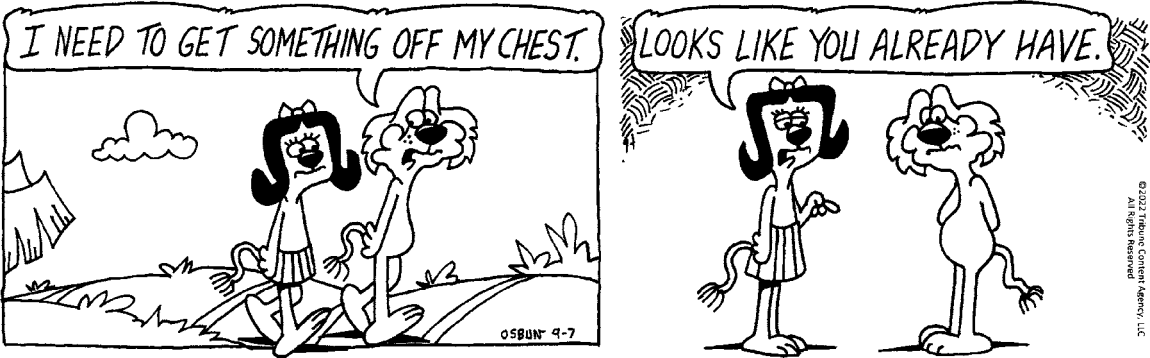
The point of this story? Not all of our elections are tame, and some of them get downright ugly. But the nation continues, so long as there are those who understand that there must be a balance between the democratic aspects of the voice of the people - and the republic’s actual survival, hinging on the continuance of lawful, constitutional government.

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

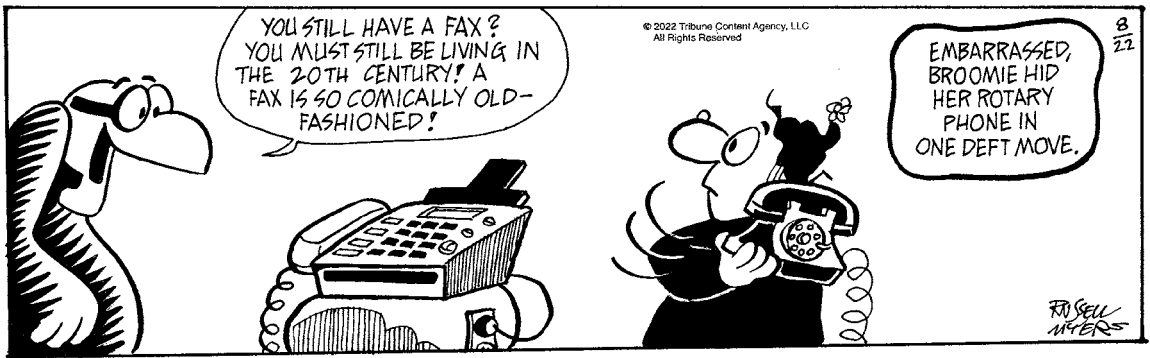


FUN & GAMES

Animal Crackers by Fred Wagner



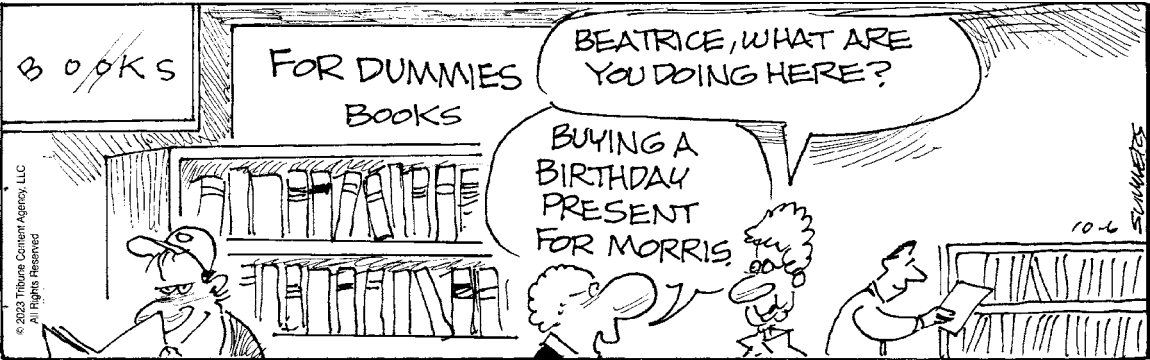
Broom Hilda by Russell Myers



Gasoline Alley by Jim Scancarelli



The Middletons by Dana Summers



9 to 5 by Harley Schwadron



Word Play Answers Page 30

JUMBLE

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

WATHE	□	□	□	□	□
EIFNK	□	□	□	□	□
AWLRYE	□	□	□	□	□
SUUTNJ	□	□	□	□	□

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Answer here:

□	□	□	□	□	□	□	□	□	□
---	---	---	---	---	---	---	---	---	---

THAT SCRAMBLED WORD GAME

By David L. Hoyt and Jeff Knurek



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

Boggle BrainBusters!

By David L. Hoyt and Jeff Knurek

M	L	E	K	A
T	A	S	N	C
W	R	U	O	Y
O	H	U	M	O
H	T	A	L	E

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	21-30 = Rookie
8 letters = 10 points	11-20 = Amateur
9 letters = 15 points	0-10 = Try again

Boggle BrainBusters Bonus

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

Find AT LEAST EIGHT ANIMALS ENDING WITH "E" in the grid of letters.

FUN & GAMES

More Word Play Answers Page 30

SCRABBLE

G2R1A1M3S1

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I1

O1

H4

M3

L1

S1

W4

Double Word Score

RACK 1

A1

I1

M3

R1

G2

R1

T1

1st Letter Triple

RACK 2

A1

E1

I1

Z10

T1

N1

C3

1st Letter Triple

RACK 3

E1

E1

I1

U1

L1

V4

N1

1st Letter Triple

RACK 4

I1

I1

U1

V4

L1

C3

N1

1st Letter Triple

RACK 5

PAR SCORE 270-280

BEST SCORE 350

FIVE RACK TOTAL

TIME LIMIT: 25 MIN

Filbert by LA Bonté



Political Cartoon of the Month by Joel Pett



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.

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

Word Find By Frank J. D'Agostino

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

Blanket

Blustery

Boots

Chill

Cold

Fireplace

Fleece

Freeze

Frosty

Gust
- Harsh

Mugs

Overcoat

Parka

Plow

Polar

Scarf

Season

Sled

Sleet
- Sniffles

Socks

Stove

Sweater

Winds

Wintry

Woolen



Campus Crossword

- Across

1 Symbol in the center of Cameroon's flag

5 Sentence server

11 Retro-hip beers, for short

15 Quaint sigh

16 "Mad About You" co-star

17 Baseball analyst Hersher

18 Nana who deciphers coded messages?

20 Finger food, in Zaragoza

21 Colleague of Amy and Elena

22 Novelist Jaffe

23 Showbiz grand slam

24 Skirmish between rival hives?

28 Used a rocker

29 Black Sea resort

30 Functions

34 ESPNU topic

37 Boot camp barker

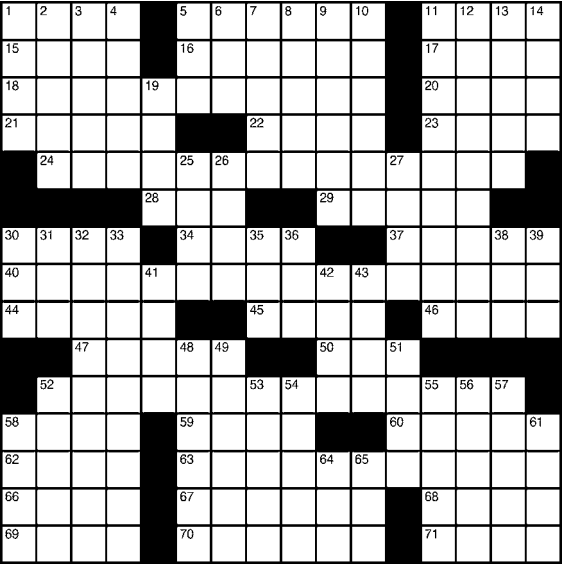
40 Serious business, and a hint to four answers in this puzzle

44 "The Masked Dancer" panelist Paula

45 Serious locks

46 Name in a Salinger title

47 The planets, e.g.



- 50 Masked caller

52 Horses now tame enough to ride?

58 Smack

59 Evian et Perrier

60 Like some Windows errors

62 Best Picture Oscar winner directed by Siân Heder

63 Speck of dust atop the Mat-

- 9 Smaller than small

10 Collected goofs

11 Sovereign

12 Self-promoters

13 Bank actions, briefly

14 Crate piece

19 Pets who may squeeze into

- terhorn?

66 Big name in skin care

67 Coffee cup insulator

68 Consequently

69 Snafu

70 Shadow canvas

71 Org. scheme
- Down

1 Gives a little

2 Pulsate strongly

3 Maker of the first refrigerator with a dry-erase door

4 Mail payment

5 Like some vbs.

6 PBS benefactor

7 Smaller than small

8 Request from
- shoeboxes

25 Lana of Smallville

26 Mark for good

27 "Casablanca" role

30 Telemundo article

31 Blubber

32 Cadillacs manufactured for 50 years

33 They often hang around kitchens

35 Point

36 Santa __ winds

38 Bit of finery

39 Palindrome in stanzas

41 Sephora rival

42 Veld grazers

43 __ pad

48 Relaxed

49 Pickup truck with four rear wheels

51 "Hah, right!"

52 Mulled wine spice

53 Karachi currency

54 Run out

55 Heckles

56 Like wool, for many

57 Lore

58 Grifter's game

61 Temporarily provided

64 Prefix for the birds?

65 Rare color?

Easier classes, blue Mondays

We at Campus News get A LOT of press releases from various companies trying to reach our audience. Our favorites are what we call “factoids.” These are mostly anecdotal surveys higher education companies do to attract attention. They often are interesting, though. Here are some recent ones we’ve gathered:

Classes Should Be Easier

In the wake of Intelligent.com’s 2022 survey, which found that 87% of college students considered their classes excessively difficult, they sought to explore shifts in student attitudes towards learning and the perceived impact of their education on future employment opportunities.

Partnering with Pollfish from March 8

to March 21, 2024, they engaged 576 four-year college students aged 18-25 in a study to capture their views on course difficulty and strategies for handling academic challenges. The results are quite telling:

- 90% of college students have had classes they felt should be easier
- Among those students, 66% say professor should be forced to make the class easier
- 70% students believe they put ‘a lot’ of effort into classes, but majority study less than 10 hours per week
- One-third of students have asked a professor to change their grade
- 65% express apprehension about transitioning into the workforce

- 39% do not plan to enter the workforce immediately post-graduation
- 25% of those intending to work expect a starting salary of \$70,000 or more

Dreading Mondays

Do you suffer from the Sunday Scaries? A new survey finds al-

most 70% of workers start to feel the dread of the work week ahead kick in Sunday night.

Solitaired asked Americans about their experience with workplace anxiety. Here’s what they found:

- 76% of New York residents report experiencing the Sunday Scaries
- Sunday Scaries are most prevalent in legal services, education, and real estate, and least prevalent in arts, non-profits, and retail
- 91.5% of workers who are “very unhappy” at work report experiencing the Sunday Scaries
- A majority of U.S. workers do passive activities like watch television or movies, listen to music, or browse social media to soothe the Sunday Scaries

Good Emailers

A new study finds that over half of Americans admit to letting messages pile up BUT people in New York are among the best at opening their emails. Key findings:

- People in New York are the #2 best at opening emails in the U.S. with a low average of 6.2 unopened a day.
- People in New York also see the importance in opening texts as they rank the #7 best at opening texts with a low average of 3.16 unopened a day.

Checkmate

Rockland Community College will host its 34th Annual Chess Event and Exhibition on April 18th at 12:30pm in the Student Union, Room 3214, on the main campus at 145 College Rd, Suffern, NY 10901 . All RCC students, staff, and community members are welcome, with each school district in Rockland County invited to send two students. The event is an opportunity to meet International Grandmaster Genadij Sagalchik and play a game of chess with him, making it the highlight of the year for RCC’s Chess Club.

FUN & GAMES SOLUTIONS

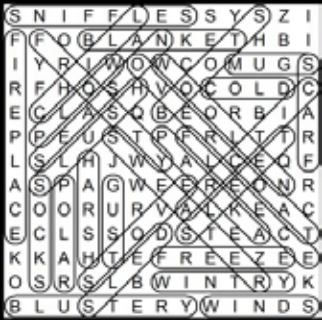
Boggle: MOLE MULE
WHALE SNAKE MOOSE
MOUSE HORSE TURTLE

Jumble: WHEAT KNIFE
LAWYER UNJUST

Final Jumble: SWEET
TALK

SCRABBLE GRAMS SOLUTION

W ₄	H ₄	O ₁	L ₁	I ₁	S ₁	M ₃	RACK 1 =	80
T ₁	R ₁	I ₁	G ₂	R ₁	A ₁	M ₃	RACK 2 =	60
Z ₁₀	I ₁	N ₁	C ₃	A ₁	T ₁	E ₁	RACK 3 =	88
V ₄	E ₁	I ₁	N ₁	U ₁	L ₁	E ₁	RACK 4 =	60
U ₁	N ₁	C ₃	I ₁	V ₄	I ₁	L ₁	RACK 5 =	62
PAR SCORE 270-280							TOTAL	350



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

STAR	INMATE	PBR	S
AHME	REISER	OREL	
GRAM	CRACKER	TAPA	
SONIA	RONA	EGOT	
BATTLE	OFSTINGS		
SAT	YALTA		
USES	NCAA	SARGE	
NOLAUGH	INGMATTER		
ABDUL	MANE	ESME	
OCTAD	UMP		
CREATURE	SOFBIT		
SLAP	EAUX	FATAL	
CODA	ALPPARTICLE		
AVON	SLEEVE	THEN	
MESS	EYELID	SYST	

Nassau CC radio station awarded

WHPC 90.3 radio, the Voice of Nassau Community College, received four national awards at the 2024 Intercollegiate Broadcasting System (IBS) conference on March 2, 2024, including Best Community College Radio Station in the Nation.

Additional awards include:

- Best Foreign Language Program: German Hit Parade with Community Volunteer Uwe Riggers
- Best Use of Video in the Radio Studio: WHPC Sports Talk on Facebook Live
- Best Promo Series: The Nassau Morning Madhouse Promos

"I am incredibly proud of the talented vol-

unteers and students who work tirelessly to produce original content, news and entertainment for the community," said WHPC Station Director Shawn Novatt. "Our mission is to provide professional broadcasting opportunities to Nassau Community College students, and these awards continue to demonstrate that we are accomplishing our strategic goals."

More than 40 NCC students, along with the station's director, attended the national awards ceremony at the Sheraton Times Square in New York City with support from the Nassau Community College Foundation. A non-profit organization dedicated to student success, the NCC Foundation provides more than \$500,000 in college-wide scholarships and program funding each year.

"I extend my warmest congratulations to the college students who represented Nassau at this prestigious awards ceremony," said NCC Foundation Chairman Michael McGinty, who is a 1973 graduate of the college and the mayor of the Village of Island Park on Long Island. "Your presence at the ceremony not only reflects your individual achievements but also highlights the collective excellence of the college radio station and its partnership with the NCC

Foundation."

"WHPC radio is an ambassador for Nassau Community College, both on Long Island and throughout the country," said NCC's chief administrative officer Dr. Maria P. Conzatti, who is a 1986 graduate of NCC. "The station serves as a hub for students of all majors to gain practical experience in media production, broadcasting and communications that is applicable to many fields and careers. Moreover, it amplifies the voices of our diverse campus community, offering a platform for expression and connection."

The Intercollegiate Broadcasting System (IBS) is an 84-year-old all-volunteer organization that supports the students, faculty and staff of college and high school media outlets.

Nassau Community College's radio station is home to approximately 120 volunteers, most of whom are NCC students. Its programming includes sports, entertainment and informational shows, including a variety of music shows featuring pop, rock, polka and Italian music. The station can be heard in Nassau County at 90.3 FM and worldwide on iHeartRadio, Audacy, the WHPC App as well as on Amazon Alexa and Google Home smart speaker devices. It is the only college radio station on Long Island to broadcast in high definition.

Stop DWI run

Mohawk Valley Community College's 27th annual Theodore "Ted" Moore Run/Walk, presented by the Oneida County STOP-DWI Program, will be held at 6 p.m. Thursday, April 25, at MVCC's Utica Campus. Register at mvcc.edu/tedmoore.

Registrations are now being accepted at mvcc.edu/tedmoore. For the general public, advanced registration (available until race day) is \$25, and race-day registration is \$30. Registration for students is \$10. Race-day registration begins at 4:30 p.m. in the Athletic and Event Center.

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^{*}Awards are applied after all federal grants, Post-9/11GI bill amounts, state grants, and state scholarships have been applied, not to exceed the remaining tuition amount. May be combined with the Berkeley College Grant or Berkeley TAP/TAG Grant. Cannot be combined with any other Berkeley College grants or scholarships. Berkeley College reserves the right to add, discontinue, or modify its programs and policies at any time. Modifications subsequent to the original publication of this document may not be reflected here. For up-to-date and detailed information, please visit BerkeleyCollege.edu and view our catalogs at BerkeleyCollege.edu/Publications.



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