

The Youngtown Edition

COUNTY COLLEGE OF MORRIS AWARD-WINNING STUDENT NEWSPAPER

Disability Services overhauled

New name, office hours

BY MARISA GOGLIA
Copy Editor

As an advocate for students at County College of Morris, the office of Disability Services is undergoing a name change to ensure that every student feels adequately represented.

"Disability Services will now be called Accessibility Services," said Maria Schiano, director of Disability Services. "Last semester, there was some concern over the name Disability Services from students and faculty, they didn't believe it was the most inclusive name."

Catherine Salvatore, a nursing major at CCM said a substitution of the name Disability Services will not only benefit the students who use the service, but it will also create unity while on campus.

"I think it is a nice thing to do for the students that are using Disability Services now," Salvatore said. "It's going to make it easier for them to say to their friends 'I'm going to Accessibility Services' because the name sounds more helpful... It's going to make it easier for everybody to coexist in the same place, the same school and being able to talk to the professors the same and not be worried about how they are going to be presented or judged."

CCM is now following a trend of other colleges and universities in choosing the title of their office to be more accessible to students, according to Schiano.

"The president and the vice presidents all discussed the name change and they brought the decision to me," Schiano said. "We all looked at how other colleges



PHOTO BY BRETT FRIEDENSOHN

Disability Services will get a makeover with the new name.

and universities are changing the name of their office. It is kind of a whole wide spread across the country. There is a lot of talk from the National Organization of Higher Education disability providers of making it a consistent message to change it more to Accessibility Services."

Some universities to make this shift include, Oregon State University, University of Michigan, University at Buffalo and University of Texas, according to the Association on Higher Education Disabilities website.

At CCM, Michelle Mardis, a biology major who utilizes and

had worked for Disability Services on a previous occasion said she is open to the new name, but hopes there is a concise mission statement.

"I can see how the name Disability Services can be offensive and hurtful to some," Mardis said. "I like the original name because it tells you exactly what their mission is and what they're for. With Accessibility Services, if they make sure that their mission gets across as to what their services are then I'm okay with the change."

Schiano said when Accessibility Services is approved, Disability Services will still be visible on CCM's website in order to be in agreement with the law.

"You have to be by law a searchable entity," Schiano said. "If a student can't find the service, then we're not complying with the law. We can't change the

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Tuition rises for second straight year

BY BRETT FRIEDENSOHN
Sports Editor

Students at the County College of Morris will pay more to attend the college due to a tuition and fee increase approved by CCM's Board of Trustees at its Wednesday, Jan. 18, meeting.

The cost of tuition per credit will rise from \$123 to \$125 for in-county students, and the college fee will rise from \$27 to \$29 per credit, effective summer 2017. The cost per credit will rise from \$246 to \$250 for out-of-county students, and from \$351 to \$357 for out-of-state students.

A hike in tuition costs has occurred at CCM now for the second consecutive year. At its Jan. 20, 2016 meeting, CCM's Board of Trustees approved of a tuition hike from \$121 to \$123 per credit for in-county students.

The cost to attend CCM is rising because of a lack of funding from both the state and county, according to John Young, director of budget and compliance at CCM.

For the 2017-18 school year, the Morris County Board of Chosen Freeholders agreed to give \$11.8 million to fund CCM, accounting for 21.1 percent of the college's necessary expenses, and the state of New Jersey agreed to give \$7,000,440 to fund the school, accounting for 12.5 per-

cent of the college's costs, according to Young. In contrast, for the 2007-08 school year, CCM received about \$13 million from the county and \$9 million from the state. The college expects that for the 2017-18 school year, the money coming from tuition and fees will account for 64.5 percent of CCM's expenses, and the money earned from tuition and fees will total \$36,062,820.

The state of New Jersey originally intended for funding of community colleges to be paid in equal share by three entities: the state, the county and the students, with each entity paying one third of its community college's necessary expenses, according to the New Jersey Council of Community Colleges, which states on its website that it "Has consistently endorsed this funding plan for community colleges." Young said that because of the lack of public support, this has not gone as planned.

"That was the idealistic theory back when the community colleges were created in the 1960s," Young said. "But in New Jersey, that never came to fruition, and if you were to see some of the data over the last 10, 20 years, in fact, the student share of the tuition is actually going up because it declines in public support."

CCM president Dr. Anthony,

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Cyber Security Club hosts digital protection seminar

BY DAN BRODHEAD
Contributor

The hum of computers was replaced with the buzz of conversation as students and residents learned how to safeguard their personal information at the Cyber Security Club seminar on Tuesday, Jan. 24.

"It is meant to give practical information on how to set up their settings so they are not giving out personal information," said Nancy Binowski, associate professor in the department of information technologies at County College of Morris.

Brian Seligson, president of the Cyber Security Club, opened the seminar with a startling fact. The majority of people age 18 and older do not care about what they post online. Today where everything is online, it makes it easier for thieves to steal private information.

A mistake people make is using open Wi-Fi in public areas, according to Seligson. People may think that putting in credit card information to buy something using the Starbucks Wi-Fi is safe when it is open to others' manipulation. The best solution is to avoid public Wi-Fi and if you are going to use it, make sure to install anti-virus software on the device to protect from malicious cyber-attacks.

Another problem the club addressed was passwords. According to The Telegraph, a newspaper out of the United Kingdom, a few of the easiest passwords people used in 2016 was "123456, password, 12345678 and football." Using passwords with no uppercase letters, numbers or symbols makes it easier for hackers to get the password. Club members recommend using at least eight characters with at least one uppercase letter, one number and one symbol. To check how strong your password is, go to <https://www.grc.com/haystack.htm>.

"Security is so important," Seligson said. "It is your identity. The more you protect it, the more you protect yourself."

Sometimes computer problems don't happen with people stealing information. Accidents happen and suddenly you lose important documents without backing them up. When saving documents on a computer, make sure to save them on either a USB or a cloud service (OneDrive for Windows, iCloud for Apple).

College students do everything on some form of device. Subscriptions to certain websites may email you saying that your "monthly bill has not been received, please sign in again." Do

not open! This is what is called a phishing email, which may seem like legitimate emails but are scams which rob you of your information. If people get this email, simply delete it.

To further protect people from cyber security problems, many companies require a two-factor authentication. This is an effective way to protect your information because if hackers get one part of the secure login, chances are they will not get the second or third login, which is usually in a form of a security question, pattern or password.

The simplest way to fight against attacks is to keep your computer updated. It may seem like a pain but older computers can be susceptible to breaches in security.

While there may be concerns about safety on the campus, Dr. Anthony Iacono, president of CCM said, "Even though we have an open WiFi, it is on a separate server and does not have important college information."

If someone you know has been scammed or tricked into something where personal information has been lost, contact the police. Cyber-attacks are no laughing matter and can destroy lives, so know the facts and protect yourself.

Titans basketball looks to build off loss to RCBC

BY ZACK MARTINO

Contributor

Struggles continued for the County College of Morris men's basketball team as they fell 106-93 to the Rowan College at Burlington County on Thursday, Jan. 26.

The Titans fought to the end, but couldn't wrangle a victory despite making a drive in the second half.

The score fluctuated as the game went on. The Titans were down big early, but brought the game to within eight points towards the end of the second half.

Head coach Anthony Obery, coaching in his third season at the helm of the CCM men's basketball team, identified what this game said about his team and what he thinks motivated them to not give up.

"We've got to be consistent,"



PHOTO BY ZACK MARTINO

Ranell Bell hits a free throw against RCBC.

Obery said. "I've tried to preach consistency the whole year. I told my guys to find something to play for. Whatever it is, find something to play for within and I think these guys have mental lapse sometimes and I try to get these guys

back on the same page because they're young guys. Most of them are freshmen. They come from decent programs. But I'm trying to get them in the mindset of a winning attitude. So I think what pushed them is that they've made

up in their minds that I'm going to fight until I have nothing left. That was our biggest process of getting the guys to understand that. Fight until you have nothing left in the tank."

Obery said that his team can learn lessons from the game despite losing it. He was impressed with their fight, but pointed out what went wrong.

"They showed poise," Obery said. "I was proud of them at the end of the game; they showed poise. A couple of mental mistakes defense-wise by fouling 94 feet, but besides that I can take away the attitude they came to play with in the second half. They showed a lot of heart and showed a lot of pride to be a Morris County Titan."

Jan. 26 is not the only time these two teams will be squaring off this season.

CCM will travel to RCBC

for another go at the Barons Saturday, Feb. 11. Obery expressed excitement in playing them again and has an idea of what may work to get the win this time around.

"I want to speed them up," Obery said. "I want to speed them up again. I think by speeding them up, they make a lot of turnovers. I think that if we can speed them up without fouling, that's the main thing. If we don't foul, we will be successful the next time we play those guys."

The Barons shot from the free throw line 41 times while hitting 28 free throws and turning the ball over 19 times.

If the Titans can avoid getting into foul trouble and keep the opposing players from the charity stripe this time, they will be in a much better position to get a victory.

TUITION

CONTINUED FROM PAGE 1

Iacono, who suggested the costs for the price hike, said that he wanted to keep tuition prices as low as possible, and he wanted to continue having price hikes in small increments.

"Schools who don't raise it minimally and incrementally, what happens - we don't want to be in this position - is they hold off on doing it; everyone's kind of happy, 'Wow, no increases this year. Hey, no increases again this year.' Then, they wake up, and all of a sudden, huge increase, and then, instead of 2 percent, you're talking 20 percent, 40 percent," Iacono said. "And that's a shock to people to do that kind of thing."

A similar situation to what Iacono described happened at Sussex County Community College (SCCC), according to NJ.com, the college increased its in-county tuition by 9.9 percent in February 2015. In December 2016, about 70 students at SCCC protested the lack of public funding in downtown Newton, New Jersey, the location of the Sussex County Freeholder Board, according to the New Jersey Herald. A CCM student who attended SCCC last semester said that she witnessed the protests but did not participate in them.

"I was more focused on the studies, but I was still like, 'Oh, it's crazy' because they kept bumping it up every semester," said Kristen Sferlazzo, a nursing major at CCM.

Sferlazzo, a Sussex County resident who pays at the out-of-county tuition rate, said that she transferred to CCM mainly because she considers herself likely to earn better nursing jobs with a nursing degree from CCM rather than SCCC. Despite her disappointment in the price hike, Sferlazzo said that she still intends to graduate from CCM and that she hopes to do so by spring 2018.

"If I was paying it for myself, I'd also be disappointed, but especially because it's my parents' money, and they want to, not go a

cheaper way, but they're paying a bit more for the better program," Sferlazzo said. "They might be more disappointed with the prices since we're out-of-county, not in-county, so it's double the price I think."

The out-of-county tuition rate for attending CCM is exactly double the in-county tuition rate.

Iacono said that he has a different view on funding public higher education than the Morris County Freeholders and New Jersey state legislators.

"A lot of times, many states look at it simply as an expense item, but a lot of us look at it as an investment item, and it's the best investment you can make," Iacono said. "It's the biggest investment in your future you can make. Provide public dollars; people get a good education, they go to work, everybody's lives get better. You have a well-educated, well-trained workforce, which means you have a better-educated citizenry, so on all levels, it benefits enormously. So, it's a difference in philosophy: Do you see education as an expense, or do you see it as an investment? I see it as the best investment you could possibly make."

Iacono said that he respects why the Morris County Board of Chosen Freeholders does not provide CCM with the funding that he would like.

"They have lots of priorities, and all those priorities are competing, so the same county government that funds us has to do with the quality of the roads, has to do with providing funding to things like your police departments, your fire departments," Iacono said. "All of these things are vital, so they've got a lot of competing priorities as well. As much as we want to say, 'We're it; just move the money over here,' we do appreciate that they're looking after the entire county."

Dr. Bette Simmons, vice president of student development and enrollment management, said that she and Iacono are organizing a student lobbying trip to the New Jersey State Capitol in Trenton, New Jersey, scheduled for Monday, March 6, and that any stu-

dents interested in attending this may email her at dsd@ccm.edu.

"Sometimes, when you listen to the constituent and the person who is the beneficiary of that funding and have them tell their story, you would go down, you would talk to the legislators, you would talk about why you chose a community college, you'd talk about where you think that you would get you and how that will then benefit the state and the county, that puts it into real perspective," Simmons said. "You're not just a number. You really are a person with a story to tell, and so, having an opportunity to talk to legislators, to have our legislators talk to our students about the value of that education and how you're thinking economically about why you came to County College of Morris and where it's going to get you later on that will then benefit the community. That's also important I think to have them continue to hear."

Simmons agreed with Iacono that it is better to keep the price hikes minimal instead of having a lull without them following a great spike.

"Because we've been very mindful about making it a minimal increase, it doesn't hit the pocket of students so dramatically as we would see with some of the other colleges that went up dramatically," Simmons said. "We try to stay very focused on what we hear from the students, share that with the business and finance side so that when we do make a decision regarding an increase, we're doing it thinking about the students the whole way around."

Tyler Thompson, a music recording major at CCM, said that he does not much mind the price hike, and said that he would like for the state to fund the school more.

"I guess it's not really that big of a deal as of right now because it's only a few dollars, but if it goes up \$15, \$20 [per credit] plus, then, I think it's starting to get a little bit much, so I guess state funding is probably a big thing we should probably go with if possible," Thompson said. "I'll see a \$20, \$25 raise [total], but I

don't think it'll be that big of a deal for me, personally."

Lusianna Romero, a fashion design major at CCM, said that CCM should explore alternative options to fund the school.

"I feel like they should create more events in school, which I feel there isn't as much of," Romero said. "Yeah, there's events, but the problem is that everything's basically almost free. They don't have events where students come and actually pay for stuff. Okay, fine, it costs a little bit more, but it's actually helping the school out, or for example, even having the community outside like Randolph, Denville, Dover, and all these different cities come out and actually even create this big event where everyone participates and comes and helps out. Maybe ... doing a car wash or any other things the school could do to actu-

ally raise that money."

Iacono said that the County College of Morris Foundation provides about \$200,000 annually to fund scholarships for CCM students by accepting donations from people in the community, thus making it easier for students to fund their education.


"We're fortunate to live in a county that's very generous, and we have a lot of good donors behind us," Iacono said. "It really makes a big difference."

Iacono said that CCM will probably reduce pricing in the unlikely event that the state increases funding to the school.

"If for some reason - we're not anticipating it - the state were to dramatically increase the funding, we'd probably back way off this," Iacono said. "But we're not anticipating that, unfortunately."

CCM Students Chat!

Let's



Come meet with the CCM president, Dr. Tony Iacono

February 8 at 12:30 p.m.

in the Learning Resource Center, LRC 121

or

February 14 at 5:30 p.m.

in the Student Community Center, Davidson Rooms B and C

President Iacono wants to hear from you as the college prepares its strategic plan.

- What do you like about CCM?
- How can the college do things better?

COLUMN: President's Corner

BY DR. ANTHONY IACONO
College President



PHOTO CREDIT CCM

Less than a month into the spring semester and already much is happening. Whether you are a new or returning student, I'd like to thank you for choosing County College of Morris. As a community college graduate, I can say firsthand that you've made a great choice. By working closely with your professors and the support staff at CCM, you can expect to receive a lifetime of rewards that come with a high quality education. I often reflect on my first two years of college as the time when I learned the most and, in some ways, worked harder than any other point of my college career. Like many of you, I found my classes academically challenging, but making the adjustment to college was even more rigorous. It was a new environment with new rules, a language of its own, and culture that took some time to understand. What I did grasp quickly is that my professors wanted me to work hard and be successful. They genuinely cared and worked alongside me to guide my progress and introduce me to new ideas, helped me to sharpen my critical thinking and communication skills and, in general, ensure I had opportunities to experience strong academic growth. I was also fortunate enough to have an exceptional adviser and to have made some really good friends along the way, one of whom is now my wife.

While it's difficult to know how important these years can be, the key to getting the most of your time at CCM is getting involved. If you're not accustomed to "Putting yourself out there," let me suggest some things you might consider. Take the time to visit your professors during office hours. Our faculty are exceptional and you are certain to discover they have rich backgrounds. Many are nationally recognized, continue to engage in research and publication, are active in their fields in many other ways, and belong to a world you are only now discovering. It is with great fondness that I recall spending time with my professors outside of the classroom. Often, they provided additional opportunities for me by recommending or sharing books, allowing me to work with them on research projects and helping me learn how to apply what I was learning. In addition to spending more time with your professors, get to know the staff at CCM. They are also extremely dedicated. Take the time to visit

the library, learn more about clubs and activities at Campus Life, find out how the Health Services office can support your well-being, learn more about the universe in the Longo Planetarium and more. Attend a play, concert or dance recital, enjoy an art exhibit by some of the most talented people in the country, or cheer the men and lady Titans at sporting events. There is almost always something happening at CCM on any given day including weekends and nights. At the very least, take the time to introduce yourself to your classmates. You never know who you might meet. My point, as you have probably surmised, is get involved. Join a club, participate in an activity, consider sharing your talents on one of our athletic teams, in theater, dance or music. Just get involved. Make this a year to broaden your horizons, learn more, work harder and have more fun!

To help get the ball rolling, I invite you to meet with me on February 8 at 12:30 p.m. in the Learning Resource Center LRC 121 and/or February 14 at 5:30 p.m. in the Student Community Center Davidson Rooms to learn about the development of CCM's next strategic plan. I encourage you to share your ideas and help shape the future of our great college where we're connecting learning and life! And, by the way, follow me on Twitter @ccmproud.

'The Little Mermaid' coming to CCM stage

BY KATIE COYNE
Contributor

"The Little Mermaid" is coming to County College of Morris this spring. A Hans Christian Andersen fairy tale, which is mystical and magical in essence, is much more than just a fairy tale, according to Professor Marielaine Mammon, the director of the play and chair of the performing arts department at CCM.

"It's a relationship between a father and a daughter; a father and a son," Mammon said. "It's about how you handle a family, and it's also about two different worlds and two different cultures; two different backgrounds, two different races. It's the culture under the sea, and the culture that's on land. It's the understanding, and it takes the diversity and the understanding of two different worlds and two different cultures. It's much more than a fairy tale."

There were 62 students that

auditioned, and there is a cast of 48. Mammon is double-casting some of the roles in order to give students a broader opportunity. The opportunity to participate allows performing arts students to put what they learned in their classes into a practical outlet. The orchestra, made up of both professors and students, also plays a huge part in the production.

The play will be held Wednesday through Saturday April 5-8, with a matinee on Saturday in the Dragonetti Auditorium, and it is open to the public, including children from ages five and above. This is a perfect opportunity for the campus community to come together. The subject of the musical draws an audience of broad ranges in age and interests.

"I try to do something for everyone, each show," Mammon said. "I wanted something light and magical, and what better than 'The Little Mermaid'."

LET'S CELEBRATE
ART ... MUSIC ... POETRY ...

The Black Student Union invites you to the
BLACK HISTORY CELEBRATION & ART SHOW
Student Community Center, Davidson Rooms
Thursday, February 23, 2017
11:00 a.m. - 2:00 p.m.

EDITORIAL: Join the Youngtown

President Donald Trump has been busy during this beginning of his term, signing seemingly non-stop Executive Orders. While both outrage and praise have come as a response to each, the most divisive at the time of writing this piece is the ban on travelers from seven mostly Muslim countries (Iraq, Iran, Syria, Yemen, Sudan, Somalia and Libya). The ban includes green card holders, barring documented residents of the United States a return to their homes. It also includes refugees, which comes at a time when Syria's civil war is the deadliest conflict thus far in the 21st century.

Saying nothing about the man behind the order, this ban is un-American. About as un-American as you can get, actually. For a nation built by men and women escaping religious persecution, who made sure to include a protection of religious freedom in the foundational documents, barring immigrants

and refugees based on religious affiliation is a slap in the face.

Further, the 1965 Immigration and Nationality Act bans religion as a basis for immigration. The acting Attorney General has issued a statement saying the Department of Justice will not enforce the Executive Order. These indicate a lack of communication and planning within the administration that creates confusion surrounding this Executive Order.

There is a reason we have three branches of government, each with specific powers designed to act as a series of checks and balances for the others. When one oversteps, another can step in. The Executive branch, which includes the office of president, is responsible for enforcing the law. The Legislative, A.K.A. Congress, is responsible for making the laws, while the Judicial (most powerfully the Supreme Court) is responsible for ensuring that those laws are not unconstitu-

tional. This is a bizarre stray from form, one which will need to be addressed by new legislation.

So in order to have your voice heard regarding the Muslim ban, contact your local Congressional representatives. And remember that an election is only a year and change away. Mid-term elections are historically under-attended, but your Congressional representatives are the best way to have your voice heard in the government. Find someone who supports the same causes as you, and give them your support. Our federal government is not built to be a top-down system wherein the highest office holds all the power, but rather a bottom-up system which allows citizens to speak up and instigate change.

Get involved and stay informed. And, on behalf of the Youngtown staff, know that we welcome you no matter who you are or where you are from.

THE YOUNGTOWN EDITION

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County College of Morris • Mail Station SCC 226
214 Center Grove Rd., Randolph, NJ 07869-2086
Phone #: (973) 328-5224 Fax #: (973) 361-4031
E-mail: youngtownedition@gmail.com

Editor-in-Chief..... Beth Peter
Managing Editor..... Amanda Aller
News Editor..... Tatiana Campiglia
Features Editor..... Open
Entertainment Editor..... Nick Sisti
Sports Editor..... Brett Friedensohn
Opinion Editor..... Open
Satire Editor..... Moe Rahmatullah
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Senior Layout Editor..... Open
Paginator..... Open
Technical Adviser..... Wilma Martin
Faculty Adviser..... Professor Russ Crespolini
Circulation..... Open

Staff: Jannat Sheikh, Laura Calderon, Rosemary Lombardi, Katie Coyne, Zack Martino, Dan Brodhead, Valentina Marmolejo

All students are welcome to contribute articles to The Youngtown Edition either in person or via e-mail. However, students cannot receive a byline if they belong to the organization on which they are reporting. The deadline for articles is the Monday prior to a production.

Time for Valentine's



PHOTO BY JANNAT SHEIKH

Left to right: Imran Fayazi, Tiam Zolfaghari embrace this holiday as a couple.

Couples celebrate casual Valentine's Day

BY ROSEMARY LOMBARDI
Contributor

Whether it is a holiday designed by greeting card companies to pump a profit or not, couples embrace Valentine's Day to bask in their love together. To unhappy singles, however, Valentine's Day can be a frustrating reminder of their current relationship status. At County College of Morris, the outlook on Valentine's Day, and love in general, is sweetly optimistic as this playful holiday approaches.

While the special day is right around the corner, couples who are in long term relationships aren't so concerned with their plans.

"We're probably just gonna get dinner and hang around my place for Valentine's Day," said Jesse Irving, a second year student at CCM. "Being in a longer relationship rather than a new one makes it a lot nicer because I feel that there's less pressure since we're already comfortable with each other and know how we want to go about celebrating the 'holiday'."

According to a survey by CNN in 2013, Americans will spend \$18.6 billion in total on Valentine's Day, including flowers, candy, and jewelry to show their sweetheart how much they care. Some students at CCM, however, don't believe in the traditional Valentine's Day love.

"I don't believe in fairytale love but I

believe in something like it," Irving said. "Everyone in the world loves differently, personally fairytale love is a little too cliché for me, and I'm happy with the weird and strange love that my boyfriend and I share."

With casual-minded college millennials becoming old enough for serious relationships and love, this offhand attitude transfers to their love lives.

"I don't have any plans," says Ian Warren, a student at CCM. "We'll probably just do something little, we don't really believe in it."

In a 2016 survey by Statistic Brain, 53 percent of women said they would end their relationship if they didn't receive something for Valentine's Day, but most students at CCM are not even planning on celebrating the holiday.

Conventional romance is not dead yet, though, despite what some students are planning.

"Yeah, a relationship always needs work," says Brian Lang, a student at CCM. "But if you meet the right person, I definitely believe in true, storybook love."

While most students are taking the laid back approach to Valentine's Day celebrations, love is still in the air at CCM, just a more casual kind. The traditionality of this thousand-year old holiday may be fading away, but the emotions behind it are still there as millennials put their own spin on it.

Single students smile on Valentine's Day

BY LAURA CALDERON
Contributor

As stores begin to stock their shelves with chocolate and teddy bears in preparation for Valentine's Day, students across County College of Morris without a significant other refuse to be saddened by the love inspired holiday.

Whether choosing to spend the day surrounded by friends, near family or simply ignoring festivities all together, students across campus refuse to spend the celebratory day alone.

According to CCM hospitality management major Shannon Dean, Valentine's Day is an opportunity to show appreciation and affection to another individual, not necessarily a significant other. Since graduating Jefferson High School in 2015, Dean has remained extremely close with a small group of friends who she constantly communicates and hangs out with on a weekly basis. The close-knit group chooses to spend Valentine's Day together every year, whether they're in relationships or not, to make sure no one feels excluded.

"For as long as I can remember I have spent Valentine's Day surrounded by my closest friends," said Dean. "We get each other candy, teddy bears, cards, and even the occasional bouquet of roses. It's like our own little tradition to do every year. It's a holiday before anything else, like Christmas, everyone should have fun."

Christina Ramos, a nursing major at CCM, has always spent Valentine's Day close to home and looks forward to the occasion every year. "Valentine's Day is a huge celebration in my household," Ramos said. "My sisters and I come together every year and spend the night watching our favorite romance movies and eating all the candy we could find. We make it a day for ourselves, not for other people."

According to Ramos, Valentine's Day should be considered a selfish day for all those who are single. A time to just have



PHOTO BY JANNAT SHEIKH

Katie Coyne celebrates her single status.

fun being yourself without the added pressures or expectancies relationships entail.

"The best advice I can give to someone celebrating the holiday alone is just don't," Ramos said. "Yeah, stores and movies commercialize it to seem like you have to be dating someone but that's so not the case. Go to the movies, go shopping, go have dinner. Do something instead of choosing to feel bad for yourself."

Without traditions with close friends and family, however, there may not be much to celebrate. Stephen Connors, a graphic design major at CCM, has chosen not to celebrate Valentine's Day and plans not to acknowledge the day at all.

"Valentine's Day is like celebrating a birthday," Connors said. "You know it's a holiday, and people try to make it special, but it feels like any other day. I'm single. I don't plan, and I'm not gonna stress it."

Whether spending the day with loved ones or enjoying the day alone, students across County College of Morris are choosing to Valentine's Day the same way – happy.

New Year's resolutions denied or applied: students attack, fall back

BY JANNAT SHEIKH
Contributor

Many people, including students at County College of Morris, decided what they want to enhance or change about themselves in 2017.

While some people stick with their New Year's resolutions, it's more common to throw in the towel, according to research by the University of Scranton which estimates that only 8 percent of people achieve their New Year's goals.

"I actually made a list," said Hope Motzenbecker, a communication major at CCM.

"Maybe I deleted it," Motzenbecker said, as she searched through her phone. "Yeah, I deleted it."

Motzenbecker recalled that one of the resolutions on her list was to practice the piano everyday. She explained that she did not go through with her resolutions because she had other things to do.

Approximately 40 percent of Americans take part in New Year's resolutions according to Forbes. The other 60 percent do not set goals for the upcoming year.

"I wanted to get more organized," said Miguel Romero, a criminal justice major at CCM. "I wanted to get a new job, to make more money."

Romero said that this year has been going very well for him. Romero said he is more organized and he recently got a raise at his current job, falling in line with his resolutions.

On the top of the most popu-

lar resolutions list is to get healthier according to NBC News. The data from Google shows that "Get healthy" was searched 62,776,640 times in 2016.

"I wanted to run more," said Valentina Marmolejo, a communication major at CCM. "But I haven't really been outside because it's been raining nonstop... It's also freezing, so it's kind of killing any motivation I had in me."

Many are in the same boat as Marmolejo. Although people are enthusiastic about their resolutions, different variables can slow down the process of accomplishing a certain goal, and, in the end, make walking away the easiest option. Only time will tell how well people do maintaining their resolutions this year.

OVERHAUL

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name so much that students won't know where to go. I encourage students to use us. Whatever they need to be successful is more important than any name."

With a new name, new office hours have been put into effect for the spring semester, which are now posted outside Disability Services door.

The new hours are Monday and Thursday 8:30 a.m. to 6:30 p.m., Tuesday to Wednesday 8:30 a.m. to 4:30 p.m. and Friday 8:30 a.m. to 3:30 p.m.

Schiano said she does not expect the new hours to affect future semesters at CCM.

"The hours, we're hoping, are only for the spring semester," Schiano said. "This is because Jane Rufino is retiring and I'm going to be short-

staffed and that's why we decided that we had to shorten them."

In an email to CCM professors from Schiano states that Disability Services will no longer administer exams at 7:30 a.m. Students who have accommodations must begin their tests when their class starts at 8:30 a.m.

"I liked their previous hours," Mardis said. "It was convenient for my 8 a.m. schedule because I would get to school early and have time to take the test before my 8 a.m. class. If there is a conflict, then I'll talk to my professor and we always tend to find a way to make it work."

With transformations occurring with Disability Services it is refreshing to see that CCM is always evolving to accommodate all students.