

# The Youngtown Edition

COUNTY COLLEGE OF MORRIS AWARD-WINNING STUDENT NEWSPAPER

## SGA shakeup: President out mid-semester

BY BETH PETER  
Editor-in-Chief

The president of the Student Government Association (SGA) was ousted mid-semester after he was found to be ineligible for the position.

Stanley White was elected to the post in May but graduated on Aug. 30. White neglected to inform the school of his status change, and the college neglected to verify his enrollment status.

“As we go through the semester we are always looking at the status of any of our officers,” said Janique Caffie, dean of enrollment management and student development. “In doing so, reaching the mid semester just to make sure everyone is doing well academically, it was discovered that Mr. [Stanley] White had graduated.”

Malik White, a digital media studies major at the County College of Morris (CCM), is now the president of the SGA.

“It’s tough to do a transition in the middle of the semester, so it’s been a challenge,” said SGA co-adviser, Don Phelps. “Malik was the only member of the executive board so he has lot’s of positions to fill.”

Malik White was the vice president prior to the change on Oct. 14. Since his appointment, Andrew Ginsberg, public and nonprofit administration major at CCM, has been named treasurer. Ginsberg was treasurer of the SGA last year as well.

According to Caffie, one of the stipulations for presidency is that the student be in a degree seeking program

Caffie said Stanley White

had been unable to attend the college council meetings, at which his role would have been to read the SGA meeting minutes. Malik White has been attending them in his place.

Malik White had undergone training with Stanley White during the summer months to prepare for the fall semester, but he had been focusing on his role as vice president. Now Caffie said the school is working to help him understand his new responsibilities.

“Everybody in SGA is fine with Malik coming in,” said Ginsberg. “They’re happier with him than with Stanley.”

The current SGA has had a rough semester thus far. Caffie said she felt they were struggling to work together, but she hoped that with Malik White as president, they would be able to work more cohesively together.

“The mood for this year was already set, which was unfortunately negative, but I’m trying to make sure there’s no bad blood,” said Malik White. “People need to come together and realize that we have problems and we need to start working together.”

Malik White was chosen as president due to his previous position as vice president.

“It’s like what would happen in the case, any time the president of the United States has to go under the knife,” Caffie said. “When that happens then the vice president just steps into the role until such time that the president is back on his or her feet.”

Caffie said they plan on keeping Malik White as the president through the entire academic year.

“He would be president for

the remainder of the academic year if he so chooses,” Caffie said. “If he chooses to step down then the next step for the institution is to hold new elections, and that’s what we would do. Until he tells us otherwise, he is the SGA president.”

Malik White is not planning, as of now, to step down during the year. It has been a challenging transition for him, but he has the support of his adviser and he said he would like to see the position through.

“I only had one day of training,” said Malik White. “Don has been very helpful. If it gets too overwhelming, Don and Dr. Simmons said I can step down to vice president until I’m ready to run for president again.”

Caffie said the school would ultimately support him if he chose to make that decision.

“It is hard to step into a position that you didn’t originally want to have,” Caffie said. “He ran for vice president, that’s what he felt he was capable of contributing at this level of his academic career, his leadership career here at CCM. He’s expressed his own concern about his ability to be the president, so it’s a learning experience for himself.”

While according to Phelps this is not the first time a transition has been made mid-semester, Caffie said she believes this is the first time in her tenure here that it has happened. She further said that, it may be a rare situation at CCM, but this is not an unusual experience in a professional environment. This could be a learning experience for members of the SGA.

“It’s not easy to work with



PHOTO BY BETH PETER

Pictured is new SGA president Malik White.

people who are like yourself as well as different from yourself, so hopefully this experience will have been a learning lesson for everyone involved,” Caffie said. “There’s a lot to be learned from this whole process.”

While there may be things to be learned from this, Phelps said he doesn’t want the SGA to dwell on the change and let it affect the

remainder of their year.

“As adviser, I want people to take this experience and look forward,” Phelps said. “I’m looking forward to SGA moving on and looking forward to a fresh start.”

Dr. Bette Simmons, vice president of student development and enrollment was unable to be reached for comment.

## Advisement woes can delay student graduation

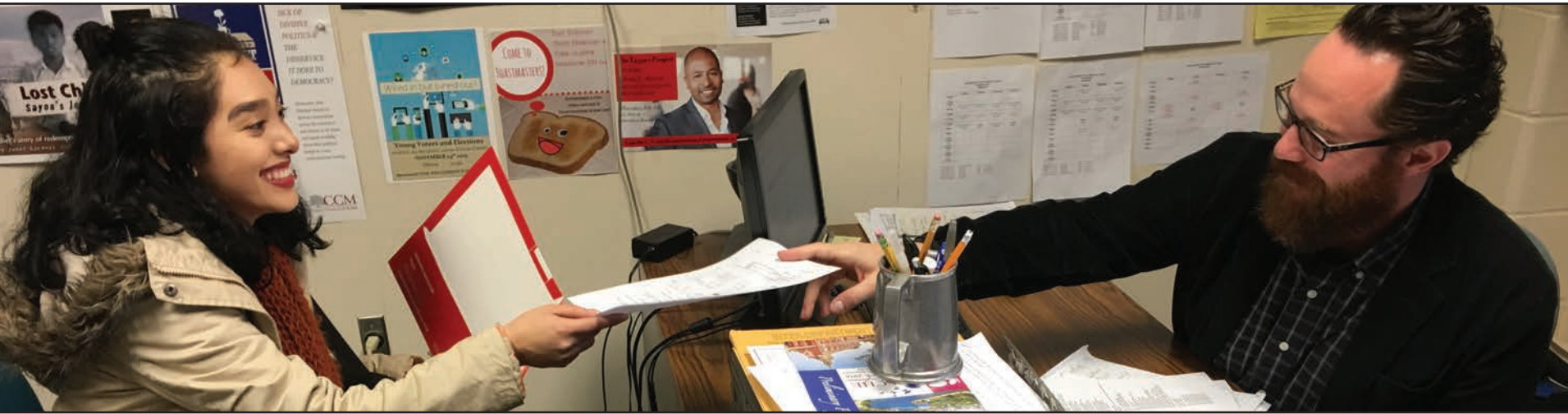


PHOTO BY BETH PETER

BY TIFFANI HAMMAN  
Contributor

Students attending County College of Morris (CCM) to save money and get their prerequisites done before heading off to a four-year college may find a roadblock in the CCM advisement system.

The recommended number of classes to take per semester is roughly four to five in order to achieve a degree in two years, but often it takes students significantly longer to reach commencement.

For some, their jobs have time requirements that prevent them from taking a full course load.

“I was working at my job around my school schedule, so I wasn’t able to be there full time,” said Ronnie Hamman, recent CCM graduate who spent three and a half years at CCM. “As I was putting in for graduation, one of my advisers told me I wasn’t able to graduate because I was missing a class so I had to stay an extra semester. I wasn’t happy because no one brought up the issue until I was ready to leave.”

Christina Yanas, a current CCM student, agreed.

“I have a job and that takes up a lot of my time. I go to work between my classes, so I can only take three, sometimes four classes,” Yanas said. “I just don’t have time because I have bills to pay. But I think it’s a little lengthy.”

The problem with the duration of a student’s experience at CCM may be tied to advisement. When registering at CCM, declaring your major, and coming to a campus tour, students are usually given an itinerary of which classes they should take per semester. As previously stated, some advisers suggest four and some suggest five. In turn, it is the student’s responsibility to make sure they are staying on top of their studies and taking the classes when they need to in order to graduate “on time.” This can be difficult to track as sometimes course availability can change.

Another potential issue with advisement is that the actual advisers are full-time faculty members, meaning they are not only worrying about taking care of advisement, but they are also teaching classes during the day, grading work, and attending meetings. This puts a lot of pressure on the advisers who need to maintain their occupational requirements, while simultaneously advising students.

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# CCM men’s, women’s soccer teams make playoff runs

BY BRETT FRIEDENSOHN  
*Sports Editor*

After making runs in the National Junior College Athletic Association’s Region XIX playoffs, the men’s and women’s soccer teams at County College of Morris have finished their fall 2016 seasons.

Women’s soccer advanced to the NJCAA Region XIX semifinals where they lost 1-0 to Sussex County Community College (SCCC) Wednesday, Oct. 26, ending its season with a record of 1-5 in the region and 9-7 overall. Men’s soccer was eliminated in the first round of the playoffs with a 1-0 loss to Union County College (UCC) Saturday, Oct. 22, ending its season with a record of 6-6 in the region and 7-6 overall.

Athletic director Jack Sullivan expressed pride in both teams.

“Both teams worked very hard,” Sullivan said. “And both of those games were 1-0. They were great games. I was at both of them. Very hard-fought, did the school very proud, played hard, played clean. They just represented the school very, very well. I couldn’t be happier. Obviously, you could be happier if you won, but losing 1-0, it shows that you were not in over your head; you’re where you should be, and if a break goes here or there, you very easily could have been playing in the next round.”

Sullivan said that John Simone, athletic director at Mercer County Community College, whose women’s soccer team lost Wednesday, Oct. 26 to Harcum College in the other Region XIX semifinal game, complemented CCM’s women’s soccer team on the phone with him.

“I just got off the phone with the Mercer athletic director, and he said he thought our women’s team was the best in the region, and he was surprised at the results,” Sullivan said. “We lost in a close one in the semis as well. We thought it was gonna be Mercer and Morris, but you never know. That’s why we play these games.”

The only goal of the women’s soccer region semifinal game between CCM and Sussex was scored by Sussex in the first five minutes of the game.

“In big games, you can’t give up a goal in the first five or six minutes, especially in a tournament game because it’s so much tougher to get it back,” said women’s soccer head coach Roger Stevens. “And we missed a couple great opportunities, one open net in particular that should have tied it up in the second half. I mean in the second half, we definitely took the game more to them at times, but with respect to Sussex, I’ve got to say they do have a pretty

solid team, particularly up the spine of the field, which is between our goalkeeper, centerman and forward.”

Stevens said that this season, his team’s players and coaches have make for a quality program.

“We made some strides,” Stevens said. “We had a good backbone of returning players that did a fantastic job all season long, and we had a good group of first-year players that was a good group to build on for sure. And myself and our staff have been out to an awful lot of games recruiting and seeing games, both county tournament and high school games as well as the regular seasons that are still in play for the few that are. Hopefully, if we can reload like we did last year, we can get back in it.”

Before the women’s soccer game between CCM and Sussex, CCM women’s soccer player and exercise science major Taylor Fehnel said that the game would bring a challenge that her team could overcome.

“It’s gonna be a hard game,” Fehnel said. “We’re pretty much the underdog in our bracket as far as our record, but as for playing with these teams, we could easily beat them ... It’s all depending on the day with our team, honestly. Really, it is. I know we changed up our formation a little bit, but we’re hoping that helps.”

Mark Lalo, men’s soccer player and business major, said his team worked hard against its playoff game against Union CC.

“I think it was a fair game that we played,” Lalo said. “It was only 1-0,



CCM women’s soccer in the 2016 Region XIX semifinals

PHOTO BY OREST PYNDUS

and we fought hard. It was just a tight game, and sometimes, the ball just doesn’t bounce your way, and that’s what happened that day. It’s upsetting, but that’s what happened.”

Lalo said that his team can rebuild by next season.

There’s always places to improve,” Lalo said. “And there are a lot of new players to the team this year, and I think with time, we’ll get more chemistry, and we’ll be better off next season.”

Sullivan said that he considered the defense on the men’s soccer team this season impressive.

“I was very impressed with the defense on the men’s team,” Sullivan said. “I thought that a couple young men really stepped up and controlled the middle very well. They were strong; they were skilled. They really made it difficult for other teams to break through the middle.”

## MEN’S SOCCER RECORD

Regional: 6-6  
Overall: 7-6



PHOTO COURTESY OF FACEBOOK

## WOMEN’S SOCCER RECORD

Regional: 1-5  
Overall: 9-7

# Outdated fire certificates, no cause for concern

BY GINA N. FICO  
*Contributor*

Last month was Fire Safety Month, where vigilance against fire hazards is celebrated, but here at CCM some students may wonder why some of the inspection stickers appear to be so out of date.

The certificates are issued by the town of Randolph indicating that County College of Morris passed inspections but some contain expiration dates going back as the late 00’s. Expired certificates on campus may lead concerned students and staff to believe undetected fire hazards are present at CCM.

Some of the oldest certificates can be found in the academic halls.

However, Rich Briant, Randolph fire official said the new certificates have been issued but have not been posted. He added that the academic halls are inspected every two or three years, LRC and Cohen cafe are inspected annually and Dragonetti is inspected quarterly.

According to Harvey A. Jackson, director of the department of public safety and Dawn Latinesics, CSP security environmental health and safety coordinator of the department of public safety, CCM values fire safety.

Jackson said Briant is charge of checking all buildings in Randolph including CCM.

“We do it on a constant basis and he just comes to inspect,” Jackson said. Jackson added if a problem is found during inspection, CCM will resolve it. Public Safety also said Plant and Maintenance has a role in fire safety at CCM.

During inspection of the buildings at CCM, hazards such as misuse of surge protectors, blocked escapes and fire alarm systems are checked.”

“We look for any violation to the uniform fire codes of the state of New Jersey,” Briant said.

Anytime renovation is done, an inspection must be performed.

“He works with construction officials that are issuing permits,” Latinesics said. The Cohen cafe for example was recently redone and an inspection was required to make sure everything was ok before reopening

Briant also added that there are codes for adding a building to CCM.

“When they are built, they are built to a certain standard,” Briant said. Briant explained during that process, safety codes are always in mind.

Public Safety and Briant said they are on top of safety to support a good track record. They said they are always on the lookout for fire hazards at CCM.

## The CCM Chess Club



Wed. 12:30-3:45  
SCC Lobby

All Ages and Skill Levels Welcome

Contact [friedensohn.brett@student.ccm.edu](mailto:friedensohn.brett@student.ccm.edu)  
for more information



# Midterm fever sweeps through CCM

**BY KELLY DZIALO & MIRANDA SPEATACCINO**  
*Contributors*

Midterm exams are administered midway through each semester to test student comprehension on what they have learned thus far in the semester, and the campus collective is split on how to best prepare for this rite of literal passage.

“This week I have a French midterm,” said Devin Gribbon, a business administration major at County College of Morris (CCM). “I got a 100 on the last two French tests so I’m not really preparing for that, honestly.”

As for other classes she is studying for, Gribbon said she has an approach that works well.

“Instead of looking over my notes, I have a second section in my notebook where I go back on the slides and rewrite the notes from scratch,” Gribbon said.

Many students flock to the Sherman H. Masten Learning Resource Center to prepare for midterms. The library, crowded more than usual, hosts students with books strewn across tables taking notes at a furious pace and quizzing one another.

Emily Manella, a nursing major at CCM said that she prefers midterm papers to exams.

“I like papers just because you have more time to focus on it and write it,” Manella said. “Exams are just horrible. You walk in, and you know it’s gonna be a bad day.”

Manella added that although she begins studying about a week in advance, her stress level is “off the charts” during midterm preparation.

“I probably do the worst things ever [to deal with stress],” Manella said. “I drink a lot of coffee and eat super unhealthy.”

The 2015 College Health Assessment, an annual survey of health among college students, showed that stu-

dents reported stress as having a negative impact on their lives, according to a USA Today article.

“Thirty percent of students reported that stress had negatively affected their academic performance within the past year,” the article stated. “Over 85 percent had felt overwhelmed by everything they had to do at some point within the past year.”

Kelsey Rem, a business administration major at CCM, said that her stress level during exam preparation is also “very high,” and she doesn’t have a way of dealing with it. Rem went on to say she begins studying two days in advance and usually feels comfortable during exams.

“I use flash cards a lot for vocab, and word association helps, too,” Rem said “I try to study a lot, but sometimes I just don’t have the time.”

Rem also said she prefers to have a paper or project midterm because it puts less emphasis on studying.

In contrast, Mike Tanious, a business administration major, said that he is cool as a cucumber during midterms.

“I prefer exams because I’m a really good test taker, so I feel more comfortable with that,” Tanious said. “With projects I feel like I’ll keep working on it to try to perfect it and just end up messing it up.”

Tanious added that he doesn’t study at all.

“I’ll self-teach because I don’t learn in the classroom, but that’s about it,” Tanious said. “ It gets As.”

A midterm, along with the final, usually account for a majority of a student’s grade, so it is imperative students display their knowledge on midterm exams.

Alex Chura, a business administration major at CCM, has a history midterm. He said he has been reading the textbook to study. “The textbook covers everything in more detail than what we cover in class, so it allows me to learn and over-prepare for the test,” Chura said. “If there are any questions we haven’t discuss in class, I’ll be able

to cover it for the test.”

Reading the assigned text is a simple, yet effective, way to study for many students. Others find it monotonous as they easily get distracted. Those students chose to study in kinetic ways.

“I like doing flashcards,” said Maria Perina, a biology major. “I like to be in full silence. I usually go to the quiet study area, far in the library. Even though there’s no Wi-Fi there, it’s good so I can be more focused.”

Professors prepare students in various ways by providing a study guide, allowing open notes or dedicating an entire class to review.

“My math class lets us use a sheet of paper, front and back, so I literally put everything that’s on the review on to the paper,” said Melanie Rodriguez, a communication major.

On the other hand, some students are not concerned with midterms. Some classes may not have a midterm and focus on preparing for the final, or students are confident and choose not to study.

“I didn’t hear anything about midterms, so I think I can safely assume that I don’t have any,” said Patrick Narcise, an exercise science major.

Narcise said when he does have to study he know what works best for him.

“I can’t listen to music or do something else; I’ve tried that. It just goes in one ear and out the other. I need that silence,” Narcise said.

While many students prepare for midterms with their best study habits, others find attending class to be the only preparation they need.

“I’ve got an accounting midterm coming up,” said Moe Rahmatullah, a business major. “My strategy is that I’m going to wing it.”

## School stress takes a toll on health

**BY KAYLA CORBETT**  
*Contributor*

Many people consider college to be one of the most fun and exciting times in a person’s life, but the flipside of the college experience is usually the stress that accompanies the new levels of responsibility.

Looking past the celebrations and sporting events students will discover college can also be a stressful time.

According to NBC News, teens are more stressed than adults. NBC conducted a survey and found that teens reported their stress level was a 5.8 on a 10-point scale, compared to 5.1 for adults.

“It’s not even just school. We have to be able to balance school, work, a social life, sports, and other activities,” said Dante Tillman, a psychology major at County College of Morris (CCM). “During the school year, I feel like I’m always under pressure.”

When students don’t receive the outcome they desire, or feel pressured to certain academic results, stress occurs. Campusmindworks.org supports student’s mental health and suggests that stress can take a toll on students’ mental and physical health.

The Huffington Post states that, “common indicators that show stress is affecting your health include: headaches, changes in eating and sleeping

habits, short temper, tight muscles and tension.” If students experience any of these symptoms daily, the Huffington Post advises them to “take a break from schoolwork and do something that relaxes them.”

A team of UCLA researchers released a report on the mindset of the U.S college students. In the report, “200,000 students claimed their overall mental health and emotional stability is at an all time low.” This statement caused a lot of media coverage on this issue. ABC News ran footage of anxious-looking teenagers rushing around their college campuses.

“This is my first year in college, and it’s a huge transition from high school. The responsibilities, and expenses stressed me out to the maximum level,” said Cecilia, a liberal arts major at CCM who declined to give her last name. “On top of my stress, I’m also worried because we had three presidential debates and college tuition was rarely ever a topic of discussion.”

There are many ways to cope with stress, starting at school. If you find yourself worrying over health visit an adviser or a professor you trust in and talk about stress.

According to USA Today, “in order to reduce your stress it’s crucial that you manage your time, exercise daily, and get enough sleep.” Stressing about being stressed will only make the situation worse. Once students realize they are stressed, the next step is to figure out a way to rid of it.

“School used to stress me out to the point where I got sick over it; I realized how unhealthy that was, so now when I feel myself becoming stress, I write down everything I have to do in a journal and organize my time,” said R.J Barrow, a psychology major at CCM.

Stressing out over school is inevitable at times. There are quizzes, finals, midterms, homework and balancing a life outside of school. If students take care of themselves while being stressed, college would be a healthier and better place.

## Studying habits as diverse as the campus population



From left to right, Laura Aladete, Laura Gualdrón, and Valentina Becerra study at CCM.

**BY VALENTINA MARMOLEJO**  
*Contributor*

There are many ways to study for an important exam and some County College of Morris (CCM) students have come up with creative ways to retain information for tests.

Some people can memorize a stack of flashcards and understand the information, while others have to create acronyms and listen to videos in order to fully understand all that they are required to know.

“I do the study guides and then I transfer all of the answers onto notecards and then review all of the notecards,” said Reanna Cope, a nursing major at CCM. “A day or two before the test I go over everything all over again and make sure I can answer the questions without looking at any of my notes.”

Cope explained that seeing the information multiple times during the transferring process allows her to remember the information better because when she tries to recall the information for later use, she visualizes her notes.

Aside from visual learning, appealing to the auditory senses may be the way to go for some students.

“If I’m by myself, I’ll read my notes of my textbook really loudly so I can remember it,” said Shambavi Singh, a chemistry major. “I also like teaching people; I’ll go up to my friends and start teaching them, even if they don’t care at all because I like the idea of telling someone something. It really helps me better understand it.”

Reading notes aloud allows students to learn the information not only through visualization, but through the auditory senses as well.

Making a game out of studying can add some much needed fun into the studying process as well as take the monotony out of cramming for tests and trigger memory better.

“I’m not the kind of person that can study for hours because I’ll stop paying attention to it. I’ll go to the bar with my cousin and bring my flash cards so that she can quiz me and after, let’s say getting 10 correct, then she’d buy me a shot,” said Dayanara Gonzalez, communication major. “And if I got them wrong, then I’d have to buy her a shot.”

Psychological techniques like additional reinforcement and subtractive punishment are popular study methods that students can use to study through a reward and penalty process.

Regardless of study habits, midterms are here, and CCM will soon be filled with anxious students trying to cram in every last bit of information into their heads. Not everyone learns the same way, but some students around CCM have morphed traditional study habits to better suit their academic and retention needs.

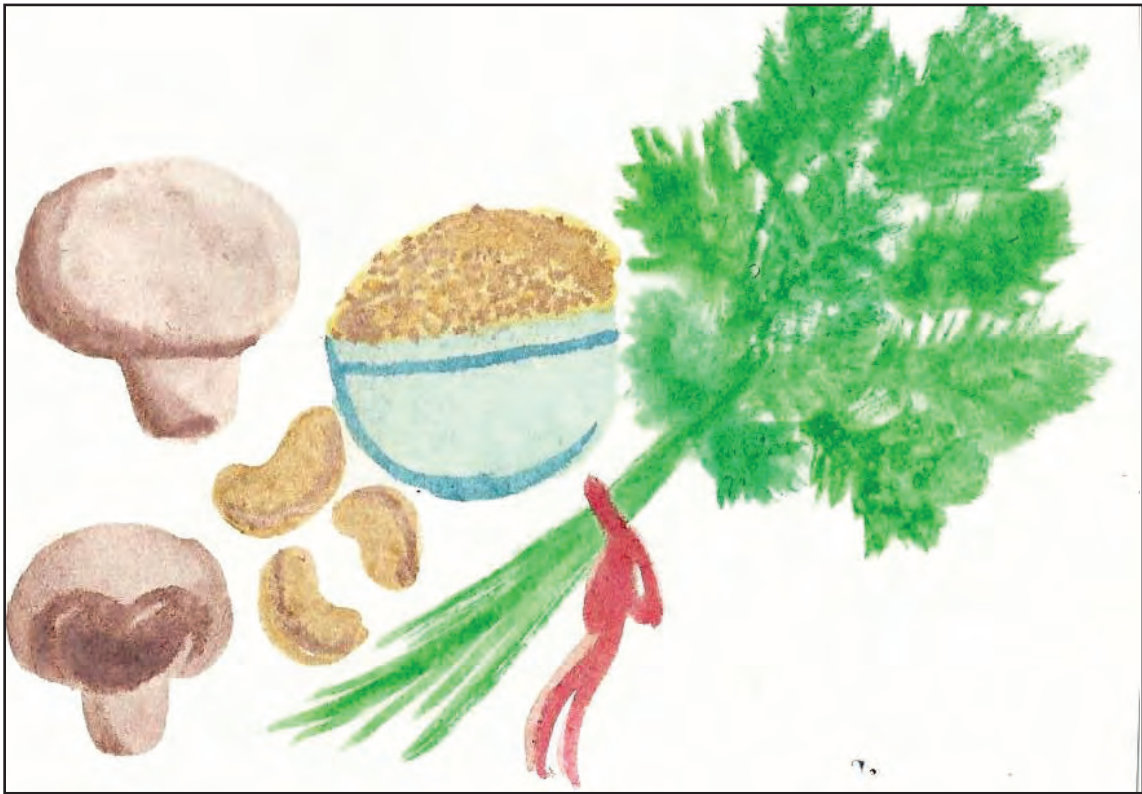


PHOTO COURTESY OF FACEBOOK



# Vegan Thanksgiving Recipes

## Stuffed Mushrooms



Serves 10 mushrooms

- 10 White mushrooms, stems removed
- 1 cup vegan breadcrumbs
- 1 clove of garlic
- 4 tbs minced parsley
- 2 tbs olive oil
- ¼ cup cashews
- ¼ cup nutritional yeast
- Salt and pepper to taste

Preheat oven to 400 degrees fahrenheit. Finely chop cashews and blend with nutritional yeast, then integrate breadcrumbs, minced garlic, parsley, salt, pepper, and olive oil. Prepare baking sheet with a drizzle of olive oil. Spoon stuffing mixture into mushrooms and coat with olive oil. HEat until mushrooms are firm, around 25-30 minutes. A fun addition would be vegan mozzarella cheese, which you could add on top of the mushrooms in the last 5 minutes of baking.

## Pot pie

1-2 servings

- Premade vegan pastry crust (Marie Callender’s, mini)
- 2 cups vegetable broth
- ¼ cup unbleached flour
- ¾ cup chopped white onion
- 1 large garlic clove, minced
- 2 cups frozen mixed veggies
- ¼ cup unsweetened almond milk (or unsweetened non-dairy milk)
- 2 bay leaves
- Salt and pepper to taste

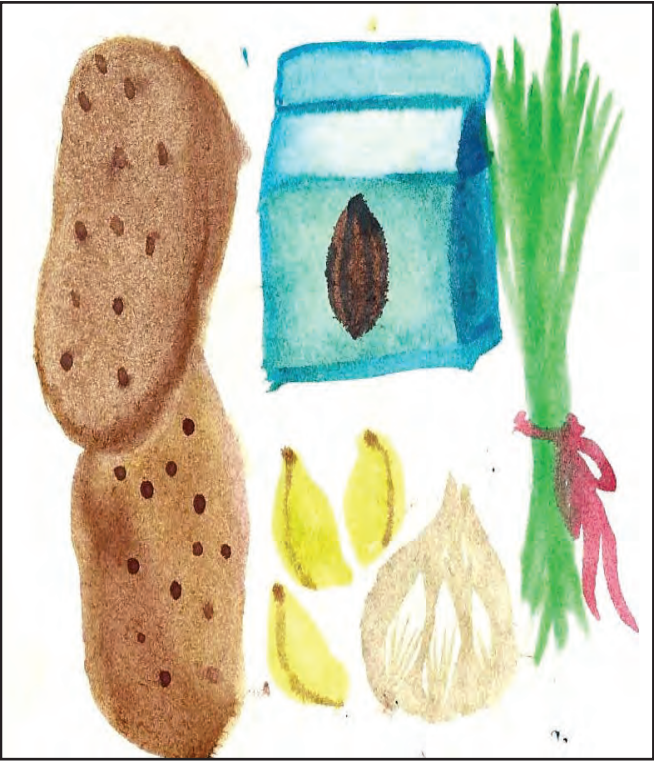


Preheat oven to 450 degrees fahrenheit. Saute garlic and onion over medium heat with olive oil. Once garlic and onion become opaque, add broth and flour and whisk. Add almond milk and bay leaves (optional) and simmer until thick. If you have not reached the thickness desired, add more flour. Add frozen veggies and let simmer for 4-5 minutes. Remove the bay leaves and add mixture to crust. Bake 14-15 minutes. In place of a butter, use margarine (like Country Crock) to coat the top of the crust.

## Mashed Potatoes

4-5 servings

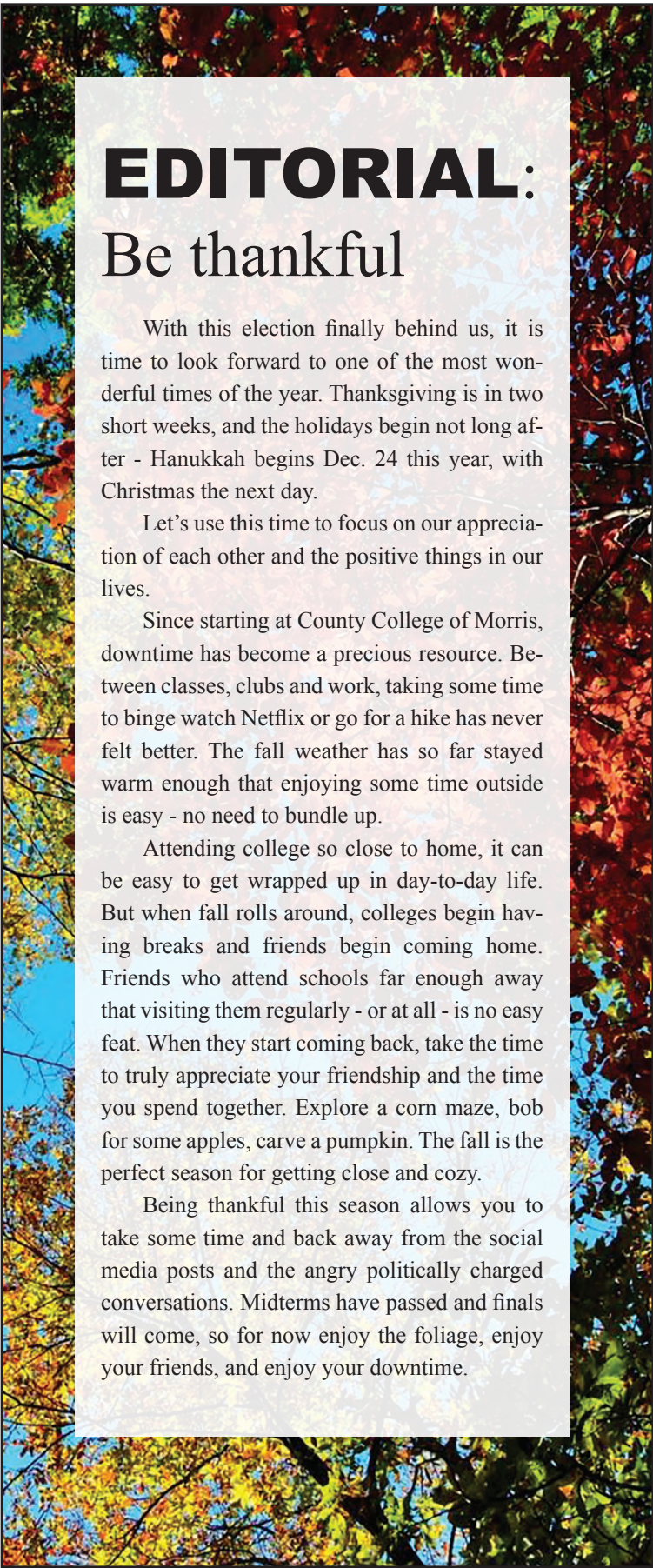
- 5 yukon gold potatoes
- 1 cup almond milk (or non-dairy of your choice)
- ½ cup vegan butter (Earth Balance, Country Crock, etc)
- 2 Tbs olive oil (optional)
- 3 Tbs minced garlic (optional)
- Chives (to taste)
- Salt and pepper (to taste)



Rinse potatoes and, if desired, peel. Boil potatoes in large pot for 20-30 minutes. Once potatoes can be punctured easily with fork, take off of heat and strain. Set aside. Saute garlic over medium heat with olive oil until opaque. Mash potatoes until it is mostly creamy, but leave some chunks if desired, add milk, butter, chives, and salt and pepper. If you are adding the garlic to the recipe, use less butter, about ¼ cup.

Original artwork and recipes by  
Cecilia McGuinness  
Senior Layout Editor





# EDITORIAL:

## Be thankful

With this election finally behind us, it is time to look forward to one of the most wonderful times of the year. Thanksgiving is in two short weeks, and the holidays begin not long after - Hanukkah begins Dec. 24 this year, with Christmas the next day.

Let's use this time to focus on our appreciation of each other and the positive things in our lives.

Since starting at County College of Morris, downtime has become a precious resource. Between classes, clubs and work, taking some time to binge watch Netflix or go for a hike has never felt better. The fall weather has so far stayed warm enough that enjoying some time outside is easy - no need to bundle up.

Attending college so close to home, it can be easy to get wrapped up in day-to-day life. But when fall rolls around, colleges begin having breaks and friends begin coming home. Friends who attend schools far enough away that visiting them regularly - or at all - is no easy feat. When they start coming back, take the time to truly appreciate your friendship and the time you spend together. Explore a corn maze, bob for some apples, carve a pumpkin. The fall is the perfect season for getting close and cozy.

Being thankful this season allows you to take some time and back away from the social media posts and the angry politically charged conversations. Midterms have passed and finals will come, so for now enjoy the foliage, enjoy your friends, and enjoy your downtime.

# Shopping smart on Black Friday

BY AMANDA ALLER  
*Managing Editor*

Shopping sprees can seem intimidating. Whether you're up to your neck in student loans, have a bank account that's still recovering from last holiday season, or simply want to be more frugal, there's always a way to indulge in retail therapy while still getting the best bang for your buck.

Everyone knows that Black Friday is the time to get the best deals, but it can seem intimidating to go out with the throngs of deal-seeking shoppers. With these simple steps, you'll be able to create a strategy for the most time and cost effective shopping experience yet.

First things first, make a list of the products that you need and stick to that list. If you're a student, chances are you're on a tight budget and you need to be strong in the face of great promotions for products you simply don't need.

"Before I go out, I like to drink a large cup of coffee, get all my coupons in order, and make sure my list is made of all the stores I want to go to," said Andrea Doucette, a computer science major at County College of Morris (CCM).

Make a time efficient plan that includes the stores you're going to and in what order. That way you're not going back and forth between malls and wasting your gas, time and energy. Remember, time is money after all.

Carefully plan what time you should leave in the morning. Many stores have special hours on Black Friday and if you show up late, the best deals may be gone. You should probably set a few alarms to be safe and if you're really dedicated, you can even camp out in the parking lot.

Always ask for the receipt or



PHOTO COURTESY OF FACEBOOK

gift receipt - you don't want to be stuck with an item you purchased on a whim. Check the retailer's return policy and keep in mind that some return policies may be specific to the Black Friday promotion.

You can sometimes get exclusive deals by "Liking" retailers on Facebook and following them on Twitter, not to mention keeping tabs on coupon apps like RetailMeNot, Fat Wallet or Deals Plus.

You can also do a Google search for the name of the site you're buying from with the words "promotion code." Then plug the product into a shopping search engine such as PriceGrabber.com to compare prices of other retailers and ensure you're getting the best bargain.

If you're shopping online and want to get a handle on which sites don't charge for shipping, go to freeshipping.org. You can also get Lightning Deals which are promotions in which a limited number of discounts are offered on an item for a brief period of time and are sold exclusively through amazon.com. If you're interested, make sure to sign up for the Amazon Prime 30 day free trial, because Prime members get a 30 minute head start.

"I'm a prime member so I get

the free two day shipping which is awesome," said Krista Campbell, a communication major at CCM. "Online shopping helps me monitor my spending because the exact deals and discounts I'm getting are shown right away, which makes my decision easier."

When getting the best deals, it's important to think outside the box. Most consumers are going to gravitate towards large retailers like Best Buy or Costco but your best bet may be to shop at the smaller stores because they attract a smaller crowd and less demand means more supply for you. That being said, large retailers like Walmart, CVS, Sears and Target usually do unveil holiday specials early, so make sure to check each store's website!

As Black Friday approaches, begin coming up with an idea of which online retailers you'll be shopping with, go on their websites and make accounts now. Set up your username, password and banking data. This is crucial because on Black Friday you'll want to be able to check out as fast as possible.

By following these easy steps and doing some research on promotions at the stores that are near and dear to you, you'll be amazed at how much time and money you will have saved!

# Former students hold CCM in their hearts

BY DANIELLE FRANCISCO  
*Contributor*

The mere mention of the word college is enough to bring back a rush of memories to those who attended, and those who studied at the County College of Morris (CCM) are no exception. Students who studied at the institution remembered their experiences, both the good and the bad.

Dave Evans, 67, who attended CCM from 1968 to 1970, almost 46 years later, said he returns to campus on a yearly basis to do audits for the college.

"I studied business while I was there," Evans said. "There was nothing to dislike about CCM at the time, the parking was fine and there was a caring faculty. I had a great experience."

As the years went on, issues with traffic and parking arose as the community at CCM grew larger with a greater student body attending the campus.

"There were not a lot of issues with parking when I went to CCM," said Erin Schwartz, 46,

who attended CCM from 1992-1994. "However, one of the issues I did come across was that there was sometimes traffic when I was on my way to campus for classes."

Between 1994 and 2016, the issue that has changed most drastically has been the parking on campus. Although there are 10 parking lots, a few are specifically for staff, while others, such as lot one, students try to steer clear of.

"The parking was not the greatest," said Matthew Cullen, 38, who attended CCM for a business degree from 1996 to 1998 and then came back to finish it up from 2000 to 2001. "If you did not have an early class, the parking was a mess. You would have to park all the way in the back, down 'cardiac hill', as we called it."

Since CCM is a commuter school and has such a large number of students who attend campus regularly, parking is something that will always be a tricky issue in any school that has a lot

of commuters and a small amount of space to use as parking.

In four-year universities, events are held every year for alumni to come back and see the campuses and spend time with other alumni of their graduating class and sometimes all graduating classes. CCM campus has a lot to offer its alumni, such as the tennis courts, the gym with a swimming pool, the library, and even the planetarium.

"Since my husband also graduated from CCM, we used to take our alumni cards and play tennis at the courts when we lived in Randolph," said Schwartz. "We have also used the library during the years when we were finishing up our bachelor's degrees at Kean University and we also brought our children to the Planetarium."

When thinking back to reasons why students decided to study at two-year schools versus going straight to a four-year college after high school graduation, some past students agreed on a similar reason as to why they had chosen to attend CCM.

"The classes were affordable and the instructors were great," said Cullen, who is now a Certified Public Accountant at Nisivoccia, a tax and financial services firm in Mt. Arlington. "Also, the location of the campus really worked out for me and how close it was to where I was living at the time I attended."

By going to a two-year school, students are able to get most of their core classes out of the way, so that they may focus on the specific degree classes they want to take once they attend a four-year university.

"Before I went to CCM, I did not have any thought as to my future plans," Schwartz said. "As I took courses, I found the ones that interested me and it ended up turning into a lifelong career. It is a great place to start, especially if you have doubts regarding your future career choices, and it is much more reasonably priced than four-year colleges."

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Meetings at 12:30 every other Thursday in EH-205

Contact us at [youngtownedition@gmail.com](mailto:youngtownedition@gmail.com)



# Buying or streaming: a modern dilemma in music

BY VICTORIA PIGNATELLI  
*Contributor*

In the modern music market, there are several ways of consuming music and consumers are faced with a decision on how to access their tunes of choice.

From the digital revolution with the introduction of Apple’s iPod in 2001 to today’s innovations in online streaming, the world of music is dynamic. Now, for students, access to music has changed drastically. In the early days of digital music, young people had access to sites like Napster and Limewire. Both sites have since disappeared, however, since the digital crack-down on music sharing. But, when the iPod and Apple’s iTunes came onto the market, everything changed.

The way modern society and today’s young people can receive and share music is completely different than the way it had been just five years ago. Along with the development of the iPod and a stronger digitization of music, came a wave of streaming. Streaming is a simplistic, foolproof and usually cost effective way of listening to and discovering new music. Many students and young people today use streaming services, such as Pandora, iHeartRadio, Spotify and Tidal to listen to their favorite artists on a budget.

“I used to listen to single songs on YouTube, but when my sister showed me Spotify, everything really changed. I could listen to whole albums and random songs that I hadn’t thought about or remembered from a while ago, and



PHOTO COURTESY OF FACEBOOK

save it to a playlist, for free. Now I pay for it, to get rid of the ads and listen in my car, but it’s worth the little price tag to get my music on the go,” said Bailey Thorssen, a nursing major at County College of Morris (CCM).

The price is low to obtain a larger crowd of people willing to purchase a subscription to the streaming services, which gives them larger subscription numbers. Now, there’s always a catch with these services. Each one does offer something different and unique, unlike Apple’s iTunes which in essence only allows its users to purchase and listen to previews of songs.

“When iTunes rose their prices per song, I stopped buying from there,” said Anthony Santodoro, a criminal justice major at CCM. “Now, that was a long time ago. I looked for alternatives, and found Pandora. I haven’t bought music since. Streaming from Pandora on my phone, laptop and on Chromecast, I have constant and different music every day. Logically, I never would go back to buying single tracks. I don’t mind their ads either, as long as I have a useful and free product, I’m fine.”

The appeal to streaming services should be obvious. They are free. Why would anyone want to pay for something they can already get for free? Exclusives. The streaming platform known as Tidal offers exclusives to its subscribers. Artists like Jay-Z, Beyonce and Kanye West have all released exclusive content directly to Tidal. Of course this alienates potential

subscribers from listening to the music, unless it appears on the radio. However, the exclusivity comes with a hefty price, which is sometimes not affordable for students and young people.

“I wanted to join Tidal, but for a \$20 price tag? No way. Sure, I work, but I buy Netflix for me and my sisters. I don’t need another \$20 to listen to Kanye. I can just get that on the radio, or buy it for a single price at Target,” said Krista Smolak, an english education major at CCM.

The digital revolution brought a lot of change to the music industry, particularly in the way students and young people obtain and listen to music. Streaming has become a giant, here to stay, and possibly change music even more as technology develops. Now, more so than before, students have a much easier time having music to listen to at all times of the day, for all moods. No longer are they carrying around separate devices to listen to, but they have it all on their phones. Streaming has definitely won in the battle against purchasing.

## CCM expands Performing Arts program

BY ANDREW LUMINELLO  
*Contributor*

The Edward J. Yaw Music Technology Center, named after County College of Morris’ retired president, is now open to students who are wishing to concentrate in the music industry.

The Music Technology Center provides many accommodations for students interested in the arts such as practice rooms, dressing rooms, set design rooms, and a recording studio. Students will be able to learn how to use many of these various positions in the performing arts. According to the CCM YouTube channel it was constructed with a \$5.3 million in funding from the Building our Future Bond Act and additional funding from the Morris County Board of Chosen Freeholders.

It took more than two years for the facility to invigorate.

Stephen Cavallo a liberal arts major at CCM, is currently taking classes in the Music Technology Center and has an interest in music.

“I absolutely believe that the new music technology center has given me a better glimpse of the music industry,” Cavallo said. “The professors are really well versed and help you out a lot when learning how to work the recording studio.”

The recording studio is Cavallo’s favorite part of the new building.

“The recording studios are state of the art and gorgeous and beautiful overall and the amount

of detail that was put into making them,” Cavallo said. “If you take a step into the control room, you’ll see a wall of preamps and consoles and just general equipment.”

Fernando Penagos, a music recording major, said the new technology has helped him understand what it takes to record music in a studio.

“It has introduced me to a new console, and I’m getting to know how to use it,” Penagos said. “I’ve been using it for couple of projects I’ve done so far such as burning the CD and working with the controls on the console have all helped me learn a lot more because of this facility.”

Brooke Arnott, a music technology with recording option major, said the new facility has given her a better glimpse of what the music industry is like.

“They have actual recording studios,” Arnott said. “They have the actual equipment that we’re going to use.”

Arnott said the sound booth is her favorite part of the building.

“It’s like a real sound board, so it’s pretty awesome because I never thought that I would be able to work with that,” Arnott said. “So it gives me a better glimpse of what I want to do.”

Practical learning gives students experience that they can take with them into a professional environment. The efficacy of the new building in regards to concrete skills learned has yet to be seen but so far the change has been received positively.

BY CECEILIA MCGUINNESS  
*Senior Layout Editor*

“Westworld” has re-opened its doors to viewers to experience the fantasies held within the western-themed futuristic amusement park. Everything seems to be picturesque until the artificial intelligence in town gain awareness, as seems common in any sci-fi where humanoid robots are involved.

Inspired by the 1973 film of the same name, HBO’s new series has breathed in new life to this concept, and although much time has passed and technology has advanced, this show set in the not too distant future still gives a chilling edge to the fear of sentience, and angry, artificial intelligence.

As HBO shows go, this show is projected to be a long-running and extremely successful in years to come, already ranking in an 88% on Rotten Tomatoes after only two episodes, while its predecessor ranked in at an 86%. “Westworld” proves to be amazingly original with its gun-slinging robots, diverse story lines, and the vacation of any filthy rich narcissist’s dreams.

With a star-studded cast, including Anthony Hopkins, Evan Rachel Wood and James Marsden, “Westworld” is taking example from many other HBO shows, where the cast is specifically and spectacularly hand-picked and catered to fulfill their roles, such as “Game of Thrones”, “Boardwalk Empire”, and “The Sopranos”.

The ambiguous series begins by introducing the viewer to several humanoid robots, and illustrating the daily life of their characters. We are able to catch brief glimpses into the mechanics and engineers responsible for “Westworld,” but not enough to



PHOTO COURTESY OF FACEBOOK

immediately put all of the pieces together. With the little information awarded to the viewer, “Westworld” started off tantalizingly interesting and leaving a desire for more.

Episode two and three follows the prediction of novice sci-fi connoisseurs, where sentience and consciousness is spreading throughout the town of bots, and the company who created the droids are left stumped on what this glitch might be. The amount of character development sets up the frame for a long-lasting series.

Part of the unexplained plot includes a homicidal human that the creators leave free to roam the different towns, scalping robots and killing families of others to find clues to figure out this “maze” and “bigger game,” as he puts it. It’s safe to say that many viewers are scratching their head in confusion, and maybe even a little convolution, however, the story is moving along enough for the audience to stick with it for answers. Hopefully, we will get enough answers soon enough to keep us on the Westworld train.

The 1973 “Westworld” written and directed by Michael Crichton depicted several different fantasy lands, including Medievalworld and Romanworld and included the plot wherein the robots started lashing out against the guests. While the new series hasn’t seemed to carry on many of the traditions of the original film thus far, it will hopefully take some cues when it comes to the different landscapes and characters, because, frankly, it would be pretty cool to see Pompeii with modern cinematography. If the series does, however, change pace and regress back to the model of its predecessor, we’re in for a wild theatrical ride of mechanical blood and guts.

So far, “Westworld” is something to look forward to watching every Sunday while we wait for the next season of “Game of Thrones.” The open-endedness of the story so far reeks of potential, and as far as twists go, we’re in for a real labyrinth of confusion and several Reddit forums to answer our questions on Monday morning.



## Students react to gas tax bump



PHOTO COURTESY OF FACEBOOK

**BY ARMANDO ZERE**  
Contributor

Governor Chris Christie and other New Jersey officials announced that they had reached an agreement on the New Jersey road funding crisis. The sales tax on gas prices will increase 23 cents per gallon in order to raise money for transportation funding and will be effective as soon as Gov. Christie signs the bill according to new reports. This will be the first time since 1988 that the gas tax has been increased in the state of New Jersey.

The governor reached a deal with lawmakers to cut a series of other taxes in order to counterbalance the gas tax hike. The tax cuts include lowering taxes on retirement income, eliminating estate tax, raising the Earned Income Tax Credit for the working poor and also a tax deduction for veterans. The sales tax will also be lowered from 7 percent to 6.625 by 2018.

More than 900 road, bridge and rail projects have been put on hold by Christie in order to save the last bit of money left in the transportation fund. The tax increase is the governor's solution to this problem. It will finance a \$16 billion project that will benefit the economy and recover the infrastructure of New Jersey.

Although the gas tax is going toward fixing roads and bridges in New Jersey, it is something that can affect people of younger ages and students who already struggle to afford gas.

"I drive back and forth to school every day, and only working a part-time job is going to

make it real tough to afford high gas prices," said Mathew Rabe, an accounting major at County College of Morris (CCM).

There are 62 colleges and universities in the state of New Jersey, and a large number of students who attend them commute. Students already struggle to pay loans, and a tax hike on gas is only going to make it worse.

"I think what the governor is doing is fine. A little extra money on gas isn't going to kill us, but a faulty bridge will," said Joe Weir, an engineering science major. "Just a few years ago we were paying almost \$4 a gallon so 23 cents won't be nearly as bad."

On the other hand, there are also people who believe that New Jersey's infrastructure is a problem and is something that requires attention.

"I'm ok with what they're doing. I'm tired of all the potholes that seem to never be fixed anywhere around here. I'm not too excited about there being construction everywhere I drive, but either way there's nothing I can do but suck it up and pay the extra money," said Kyle Costa, a business administration major.

Although the bill hasn't been signed yet, New Jersey residents are preparing for the likelihood that gas prices will yet again be on the rise. Like any major decisions made by government officials, there will always be people strongly against them or in favor of them.

## Cost, not quality, keeps students from CCM café



PHOTO CREDIT: BETH PETER

A variety of options are present on the grab-and-go shelves, including smoothies and yogurt parfaits.

**BY PASCALE ANGLADE**  
Contributor

The Student Community Center Café serves breakfast, lunch and dinner to County College of Morris students, but many are balking at the prices.

The café offers basic Italian or American cuisine, but many students can't afford to buy a full meal there. Usually a pizza, a fried chicken patty sandwich or hamburger is the only affordable option.

According to assistant manager Amy Lopez, the café has a rich and delicious menu that includes, among other items, "Healthy soups, prepared sandwiches and wraps, pasta bar, fresh

fruits and salad bar rotated with fresh stuff every day, pizzas and burgers," Lopez said.

They also have plenty of pastries, yogurts, and healthy snacks.

Yet, the price is an issue for many students.

"Price is a bit high," student Pierre Paul said. "The soda is expensive and it's not even good for you, they could add more healthy stuff to the lunch menu. The only thing I get here is the pizza and it's tasty, but they do not have any fresh squeezed juices to choose from."

A bottle of water is \$1.99, milk \$2.19, Naked smoothie \$3.99.

Andrew Carpenter, a member of CCM's Asian Student Associa-

tion, said he was rather cautious about the food on the shelves, especially the pre-wrapped sandwiches

"I just don't know how long it's been there," Carpenter said. It was not mentioned on the menu whether the meats served were organic or if the fruits and vegetables were "farmer" fresh.

Besides, the school is known to have a multicultural population. Many students may be vegetarian or may want meals with rice at the center stage. These students buy takeouts from local restaurants off campus or bring their own.

"I buy my lunch outside," said student Connie Chen.

## County College of Morris seen through fresh(man) eyes

**BY ARIANNA PARKS**  
Contributor

Every semester a flood of new faces washes over the campus of County College of Morris as students of all ages and backgrounds embark on a journey of higher education.

With midterms on the horizon, and the end of the fall semester hot on its trail, first-year students of CCM have insight on their college experience halfway through their first semester.

Business administration major and undergraduate at CCM, 18-year-old Rebekah Aguilar, said she doesn't have much free time since beginning her first semester. In comparison to the amount of free time she had in high school, secondary education has proved to be more taxing an experience.

"Once I took my first test, I was like 'wow, I did not spend nearly as much time [studying] as I should have,'" said Aguilar. "Now a lot of my time when I'm home, I'm studying. It's not as much free time as I thought."

In a 2014 study conducted by the Pew Research Center, 9 in 10 college students said that their education was worth the investment. Aguilar is one of those students. She is gaining her tuition's worth and values the challenge of her courses. That same study found 73 percent of college students achieve a career in the occupation they want. This may provide some incentive to power through the challenges of mid-semester. In order to detach herself

from these challenges, Aguilar Facetimes her friends or goes for a run.

The National Center for Education Statistics found in a 2015 study that 89 percent of college students with an associate degree find a career upon graduating. 18-year-old computer science major and first-year student at CCM, Liam Shamhart, already owns a business in technology consulting with schools. Shamhart views college as a valuable investment in spite of his already established success.

"College to me has always been something where I'm going to get my money out of it," Shamhart said. "Take full advantage of it."

Shamhart said that it's important to take advantage of not only the education, but the resources available as a student at CCM. According to Shamhart the professors of each class are a resource to achieve goals and network and reach a desired career path.

If Shamhart could give one piece of information to incoming students, it would be about college hour. From 12:30 p.m. to 1:45 p.m. every Tuesday and Thursday, college hour is a time allotted for clubs and organizations at CCM to gather.

Not all CCM first-year eyes are new to the experience of college. According to collegeatlas.org, 30 percent of college students drop out after their first year. In spite of that, it's not impossible to return after leaving university for

a time.

"My expectations were, 'oh, this is going to be easy' because everyone always says it [college] is so much fun...But it's so much more than that," said 20 year-old criminal justice major Amanda Pitttigher. "But it actually hit me, which is why I dropped out at first."

Through her second go at a first semester, Pitttigher said she feels much more motivated to succeed in her goal to become a state trooper. In fact, Pitttigher said that her time away from college has encouraged her to be even more task oriented in completing her education and catching up.

One note Pitttigher has from her experience with college versus her experience with high school, is that the latter was much more geared toward getting high grades on tests. Pitttigher said that college is actually preparing a student for a career and providing tools to achieve that. High school was about making the grade.

CCM students have achieved the halfway mark in their first semester. Even as a senior in college, there are many responsibilities to be juggled and late night study cram sessions to be had. Though a senior has in essence gone through it all and seen a lot of the college experience, a fresh(man) perspective is a valuable thing to have.

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# Instant decision streamlines transfer options for CCM students

BY TATIANA CAMPIGLIA  
News Editor

Instant decision day provides students at County College of Morris (CCM) an alternative, quick option to applying to four-year universities the traditional way.

Instant decision day allows students to meet with a representative from a four-year school. They will receive the school's decision regarding their application that same day. Further, there is no application fee or required essay.

To qualify for instant decision day, students must have applied for graduation. In the student's final semester, they can speak with the transfer coordinator, Kari Hawkins, or the transfer counselors, Kaitlin Najjar and Nancy Branca for information and guidance.

"Nancy Branca helped me sign up for my appointment and she was extremely helpful," said Cecilia McGuinness, a liberal arts major at CCM. "I was only planning to sign up for Montclair's instant decision day, but she listed off the whole register of schools that have instant decision day with CCM, which was really nice and gave me the opportunity to explore schools I hadn't thought of before."

The student must have the desired GPA for the school they wish to attend. The appointments must be scheduled ahead of time and can last no longer than 15 minutes.

"I think this is an amazing alternative for students because it completely omits the anxiety of a rejection or acceptance letter," McGuinness said. "This program literally brings the entirety of the application process to your front door."

The appointments to meet up with a transfer adviser fill up rapidly. There is no deadline for students to be able to sign up for instant decision day, but the schools usually visit CCM around midterms.

Students graduating in May 2017 started making their appointments this semester.

"We participate with close to a dozen different schools and they are scattered throughout the whole semester," Najjar said. "It's not just one day that they come in. Popular schools like William Paterson University have up to four different days when they come during the semester."

Because students can only meet with the representative during their scheduled appointment, students have been booking times since September. Najjar recom-



PHOTO COURTESY OF FACEBOOK

mends booking appointments early. Before students meet with a transfer administrator, they must first fill out an application to the school so the fee and essay is waived from most schools.

"You literally just have to show up to your appointment," Najjar said. "I would recommend this to students. If the school is of interest, it makes the transfer process even easier than it usually is. If students have not done

anything it's not too late to figure things out. Some schools are flexible with the deadlines for transfer students. It's just about coming in and asking about any information that we have."

Instant decision day, otherwise known as D-day in the academic world, gives students the opportunity to be accepted without an agonizing wait to receive an answer to their application through the mail and no stress-

ful essay to worry about. There is also no application fee.

"I know so many people who have spent a lot of money paying for the application fee for schools they might not even go to, so this just forgoes that process, which saves a lot of money, which is, in essence, what community college is partially about," McGuinness said. "There's absolutely nothing to lose to make an appointment."

## Advisement woes

CONTINUED FROM PAGE ONE

At times, many students end up attending meetings with whomever is free rather than their assigned adviser.

Dr. Matthew Jones, chair of the communication department, said he preferred students hear

only one voice when it comes to advisement.

"I'm a big proponent of one student, one adviser," said Jones. "I think we should be assigned students and those students stay with us two years, three years,

four years, however long it takes for them to get out of the college."

With this, it gives the student a better knowledge on not only how long they will be at CCM, but also what they should be doing to help with their degree.

CCM President Anthony Iacono spoke briefly about this issue during a town hall meeting on Sept. 14. Iacono said he wants advisers to meet with students on a more personal level to evaluate the necessary path through the school.

Iacono said any student should be able to get through CCM in two years if they have the level of commitment and work ethic necessary. Iacono said that if there are extenuating circumstances, a closer relationship between student and adviser al-

lows the adviser to provide more aid to tailor to the student's needs.

Jill Wells, head of academic advising, said that ultimately it the student responsibility to make sure that they are staying on top of their advisement and what they should be looking into. Advisers are there to advise you on classes to take and even help you with possible career goals.

Wells said that CCM uses "developmental and prescriptive advisement."

The developmental aspect covers the basis of academic advisement and the prescriptive advisement is everything that comes after that. Wells mentioned that there is always room for improvement and that they are constantly looking for new ways to help students.

According to Wells, many students have their goals and focus change over time.

"Everybody comes out different than when they started," Wells said.

Students who want to graduate as quickly as possible are advised to stay on top of their schedule, what classes they need to take taking and plan out which ones to take every semester. Another key factor is keeping in touch with their adviser and ask questions as they come up instead of waiting until the last minute.

And as Wells said, it is important to always know and be aware of what is needed for the next step of success because as much as the advisers can help, it comes down to the student.



PHOTO BY: DEREK ALLEN

### THE YOUNGTOWN EDITION

The Student Newspaper of the County College of Morris

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](mailto:youngtownedition@gmail.com)

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

Staff: Tiffani Hamman, Bree Stopper, Gina Fico, Armando Zere, Pascale Anglade, Victoria Pignatelli, Danielle Francisco, Jannat Sheikh, Arianna Parks, Kayla Corbett, Valentina Marmolejo, Kelly Brown, Andrew Luminello, Kelly Dzialo, Miranda Speataccino, Kaitlin McGuire, Sydney Schoener, Dan Brodhead, Leonela Mora

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.

32nd Annual

CAREER WEEK 2016

November 14 – November 18

Career Seminars

**Biology / Chemistry**  
Michael Crocker, Executive from Bayer Pharmaceuticals  
"The journey to optimizing career success." Mr. Crocker has held diversified positions in Finance, Sales, Marketing, Operations, Project Management, Business Management and Managed Markets.  
**Thursday, 12:30 p.m. – 1:45 p.m., CH 100**

**Broadcasting**  
Speakers and CCM Alumni from Grey Sky Films, NBC, MLB, FOX and Independent Film Maker – Mark Serreo, Chris Vaglia, Dana Rizzo, Lisa Martone & Michael Mazur  
Broadcasting – "How to Go from There to Here," including courses and programs that helped these alumni the most.  
**Tuesday, 11:00 a.m. – 12:15 p.m., LRC 217**

**Business Administration-Management**  
Amanda Zega, Property Manager, Mack-Cali Realty Corporation  
A Career in Property Management: Consider. Prepare. Begin. Succeed!  
**Tuesday, 11:00 a.m. – 12:15 p.m., CH 102**

**Business Administration-Marketing**  
Jennifer Santiago, Talent Acquisition Manager, Enterprise Holdings  
Branding: Creating a Company's Market Identity  
**Thursday, 11:00 a.m. – 12:15 p.m., CH 256**

**Criminal Justice**  
William Schiavella, Undersheriff for the Morris County Sheriff's Office and Jayme La Jeunesse, System Analyst for the Morris County Communications Center  
**Thursday, 12:30 p.m. – 1:45 p.m., SCC Davidson B**

**Early Childhood Education**  
Melissa Gavlick, Recruitment Coordinator, Bright Horizons Family Solutions  
Explore career options and opportunities with a leading provider of early education and preschools, employer-sponsored child care, back-up care, educational advisory services and other work/life solutions.  
**Monday, 2:00 p.m. – 3:15 p.m., CH 153**

**Journalism**  
Tim LeCras, Tapinto.net Journalist  
"How to Succeed in Freelance Journalism."  
**Tuesday, 9:30 a.m. – 10:45 a.m., CH 156**

**Landscape and Horticultural Technology**  
Association of Professional Landscape Designers  
Panel discussion focusing on business models and best practices.  
**Thursday, 5:00 p.m. – 7:00 p.m., LHT 109 & 110**

**Public Administration**  
Tara Wuorinen, Public & Nonprofit Administration Degree/Rutgers at CCM  
Presentation on degree completion and the CCM/Rutgers partnership.  
**Wednesday, 5:00 p.m. – 6:15 p.m., CH 157**

**Public Health**  
James Breiten, Environmental Health Specialist, Rockaway Township, and CCM Alumnus  
A Career in Public Health – Making the Connections.  
**Monday, 8:00 a.m. – 9:15 a.m., HPE 216**

**General Career Interest**  
**Career Choices**  
Lisa Volante, Counselor, Counseling and Student Success, will offer tools to help you make the career decisions that dramatically impact your life.  
**Monday, 11:00 a.m. – 12:15 a.m., DH 204**  
**Stress Management 101**  
Sometimes it is difficult to know what to do when life leaves you feeling overwhelmed and frustrated, and these feelings can turn into stress and/or anxiety. Counseling and Student Success will present this workshop to assist you in learning a variety of techniques to help reduce stress and anxiety in your everyday life.  
**Wednesday, 12:30 p.m. – 1:45 p.m., CH 161**  
**"What Can I Do With This Major?"**  
Discover what paths and fields are open to you within the major of your choice. Learn about typical career areas and the type of employers interested in YOU as well as strategies to make you more marketable!  
**Tuesday, 3:30 p.m. – 4:45 p.m., CH 156**

Coordinated by the Office of Career Services and Cooperative Education

[www.ccm.edu/studentlife/careerservices](http://www.ccm.edu/studentlife/careerservices)

Division of Student Development and Enrollment Management