

The Youngtown Edition

COUNTY COLLEGE OF MORRIS AWARD-WINNING STUDENT NEWSPAPER

CCM’s Legacy Project brings ‘incredible’ Latin ballet to campus

BY **TATIANA CAMPIGLIA**
Contributor

On Thursday, Sept. 29 at County College of Morris, Ballet Hispanico Dos (BHdos) performed for students, staff and faculty, educating the audience on Latin culture through the power of dance.

“The Legacy Project is an interdisciplinary initiative here at the campus,” said Professor John Soltes, co-chair of the Legacy Project. “We put on events for the college and we’re trying to get our students and our faculty and the community interested in seeing connections in all of our departments.”

The Legacy Project has covered a wide range of topics, from the beat generation of writers to genocide. Throughout the next year or two, Soltes said they plan to look at Latin America.

“Ballet Hispanico kind of emerged as a good candidate because, first off it’s a great kick off event because it’s a celebration of many cultures and secondly, it’s tough to cover Latin America because it’s so diverse, there’s so many great countries and cultures,” Soltes said.

“Professor Soltes, Professor (Michelle) Altieri (Legacy Project co-chair) and I over the years now have been talking about how important it is for our students to understand how their classes and their areas of studies don’t exist in a vacuum,” said Professor Emily Birx, co-chair of the Legacy Project.

Students lined up before the show and crowded the auditorium along with CCM faculty and public viewers. The show was a mix of many Spanish dance styles.

“We’re part of the educational and

outreach brand in Ballet Hispanico,” said Nicole Nerup, a dancer with the BHdos company. “So we go around the tristate area and go to schools and try to share dance, especially with people who might not necessarily see dance on their own. We share dance, show and teach how to watch dance, what to look for, and we also share of course Spanish and Hispanic culture. We have pieces of flamenco influence. “We have Cuban mambo, salsa. So that’s a fusion of Latino dance with ballet, jazz, and contemporary movement,” Nerup said.

BHdos gave a total of six choreographed performances.

One student, Shyann Douglas with a double major in dance and social science, said, “My favorite performance was probably the duet where they portrayed the Roma and the Spanish gypsy culture,” said Douglas. “It was just something I’ve never seen before, and it just made my stomach flip. All around it was just beautiful.”

“My favorite piece that they did was when they were on the floor and then he [dancer Joshi Martina] was lifting her [dancer Stefanie Roper] up with his legs,” said Madison Speroni, a liberal arts major at CCM. “I thought that was really powerful and I was on the edge of my seat every time they did anything or moved at all... I don’t seek out to see dance, so this is kind of new for me. I love how calculated everything is, but still very passionate. You can definitely tell that they love what they are doing and they know it very well and I thought that was incredible.”



ALL PHOTOS BY ASH SUKUMAR

The Lost City of Havana: America’s first look at Cuba in over 50 years



BY **EMILY BETZ**
Contributor

August 31, 2016 marked a momentous day in United States history: it was the first time in about 53 years that a U.S. flight flew directly into Cuba.

After just a short 51 minute flight from Fort Lauderdale, Jet-Blue flight 387 landed in Santa Clara. U.S. Transportation Secretary Anthony Foxx, along with many Cuban-Americans visiting home for the first time in many years, disembarked to crowds of people holding both Cuban and American flags.

Cuba has always held an appeal to the people of the United States. In the 1950’s it was as the party spot filled with bars, strip

clubs and casinos. Now it holds a mysterious allure, a country frozen in time since October 19, 1960. It’s taken almost two years of work for relations between the two countries to be restored, but now anyone can take a direct flight to the long lost country. Well, as long as it falls under the 12 reasons for allowed travel listed by the U.S. Office of Foreign Assets control.

I flew out of John F. Kennedy Airport to Mexico City on Aug. 1, and after an eight hour layover, flew to Havana, Cuba. With relations on their way to being restored, I wanted to be among the few Americans to experience the country before it became changed by the influx of American tourists that are sure to come with the in-

creased accessibility of travel.

Tourism is not included among the 12 sanctioned reasons for travel to Cuba. I traveled on the basis of journalism.

Though there are fewer hoops to jump through to get there now with direct flights, there are still many complications Americans face upon arrival. As of now, the Cuban government does not accept American debit or credit cards, which means Americans have to travel with all the cash they need for the entirety of their trip. They also can expect to pay a 10 percent fee when exchanging American currency into CUC’s or convertible pesos.

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PHOTOS BY KEVIN GARCIA

How students unwind after a week of hard work

BY AMANDA ALLER
Managing Editor

Every semester there comes a time when schoolwork, jobs and extracurriculars need to be pushed aside in order to make room for simple and yet essential relaxation time. Studies from the American Institute of Stress have shown that in the workplace, stress is closely linked to lost hours due to absenteeism, worker’s compensation benefits and reduced productivity. County College of Morris students can stop the detrimental effects of stress by making time now for the things that they enjoy.

Megan Daniel, freshman at CCM said, “After school and work all week I like to hang out with my friends and boyfriend, and go out and do something fun!” Daniel said. “I also like to hang at home but definitely with the company of others because that’s the best way to get your mind off of all that schoolwork!”

Finding the right balance between school, work, peers and other activities can be very difficult which is why it’s so important to develop sharp time management skills. Managing time involves allowing yourself to take vacations, if only for a brief period. Susan Whitbourne from psychologytoday.com says, “Vacations have the potential to break into the stress cycle. We emerge from a successful vacation feeling ready to take on the world again.”

Andrea Doucette, sophomore at CCM said, “I do a few self-improving activities like practicing yoga at home, finding a healthy recipe and making a home cooked meal, reading a book, taking a walk at the nearest park, or writing in a journal to reflect on all of my experiences throughout the week,” Doucette said. “After working diligently all week, I have learned that it is extremely important to take care of my mind and body by unwinding at the end of every week.”

Though methods of relaxation may differ, the effect is the same.

Chris Cuervo, sophomore at CCM said, “One of the main things I do is sleep because that’s something I seem to never get enough of,” Cuervo said. “Other ways to help me relax include watching my favorite TV show called “Shameless”, sitting by the pool, or even editing some videos which is something I love to do in my free time.”

According to Lissa Rankin, M.D. and author of “Mind Over Medicine: Scientific evidence that you can heal yourself,” while diet and exercise are important, they’re not at the top of the list when it comes to de stressors,” Rankin said. Instead, things like spending time with close friends, healthy relationships, laughter and engaging in activities that genuinely excite and fulfill you are the most essential to leading a long, healthy life.



PHOTO COURTESY OF FACEBOOK

CCM students’ tips and tricks for dealing with stress



PHOTOCOURTESY OF FACEBOOK

BY KELLY DZIALO
Contributor

County College of Morris professors dedicate time outside the classroom setting for one-on-one dialogue with students. Three hours of each professor’s week is allocated for office hours or online office hours. However, students often do not realize the many advantages of meeting with professors beyond the time allotted for class.

“I think office hours are absolutely valuable, not only for the instructor but also for the student,” said Samantha Gigliotti, a biology instructor at CCM. “It’s an opportunity where your door is open, that students can just come in as they feel free.”

Office hours allow students to engage in conversation, get to know their professors, ask questions and receive advice on class and beyond.

Professors typically teach five classes, even multiple sections of the same class. Consequently, they stand in front of many students each week. The relationship with most students does not go beyond names.

“In class you can only get to know a student on a certain level, especially the ones that talk,” said David Pallant, an assistant professor of communication at CCM. “They can dominate, and the rest that don’t, you never get to meet.”

The importance of getting to know professors, despite how active students are in class, is stressed by

faculty.

Moreover, office hours are helping hands to students and an opportunity not to be missed.

“I feel like a lot of students who are struggling don’t utilize all the resources available to them, and office hours are one,” said Ian Colquhoun, an assistant professor of engineering technologies at CCM. “I can explain something in class one way that just didn’t click; however, I can approach things using personal life experience to help. You can’t do that if they don’t visit you during office hours.”

Professors can only help students if they know where the struggle or confusion exists. Evelyn Emma, an assistant professor of English at CCM, said she appreciates the ease of conversing with a student one on one. When meeting outside the classroom setting, she is able to get to know students on a personal level.

Office hours can also be used for discussing material unrelated to class. “When students come...it could be about transfer, internships or course advising,” said Pallant.

All departments see the value of office hours and are eager to help students in any way possible. Whether students visit professors with general or class-related questions and concerns, each conversation allows the relationship to deepen. Professors’ office hours are announced at the beginning of each semester, printed in the class syllabus and posted on office doors.

The power of office hours: Vital link between students and faculty

BY LAURA CALDERON
Contributor

With jam packed schedules full of assignments, work and personal obligations, students across the County College of Morris campus find themselves dealing with daily stress.

While many have found methods to deal with the overwhelming pressure college life entails, others find it too much to bear and allow stress to take a toll on their personal lives.

“I don’t get much sleep at night,” said Brianna Affinto, an art major at CCM. “I’m a full time student and I work full time so sleep isn’t very high on my list of priorities. I go to school all morning, I work all night and any spare time in between is spent

studying or doing homework. I came to CCM to try and bring up my GPA up before I transferred to a 4-year school and I don’t intend to break that plan.”

Affinto focuses on finding an avenue for channeling the stress her goals put on her.

“Thank god I’m an art major and I get to draw everything out. When I’m stressed I challenge it into whatever assignment I have and the output is always pretty good,” Affinto said.

If art is not the escape to other students that it is to her, Affinto said her advice is to look at the big picture.

“Why do you come to campus every day? What do you want out of life? Or do you just get out of bed at 8 o’clock in the

morning for no good reason?”

Criminal justice major Catherine Brown said that the stress of classes is constantly on the back of her mind. “I’m taking three online classes this semester,” Brown said. “I thought it would make managing time easier but it seems like every day is a due date for something.”

Brown works full time as a waitress, and managing time is a top priority for her when things get busy.

“School is extremely important,” Brown said. “No matter what field you choose to go into in life, it requires some sort of education, but while you work towards the future you shouldn’t forget to have fun. We’re young, we want to do well but we can’t

forget to have some fun in between it all. My best advice is for every accomplishment, relax, and do one fun thing. Reward yourself.”

It takes different students different amounts of time to figure out their stress management plan.

Tyler Bishop, chemistry major at CCM, said he allowed stress to let him believe he wasn’t cut out school and was in over his head when he made the decision to attend college.

“This is my second year in college,” Bishop said. “My first semester was extremely stressful. It was a huge change from high school. Everyone seemed so prepared and I left like am I missing something.”

Taking only 3 classes this semester, Bishop learned that a

smaller workload allowed him to focus more on his studies and decreased the level of responsibility that was expected of him.

“I took 5 classes my first semester,” Bishop said. “I learned pretty fast being a full time student was too hard for me and was the reason my stressful level was through the roof. You get to college and you feel a strong sense of independence but that doesn’t mean you can’t ask for some help along the way. I needed help my first semester and advisement helped me realize I need more time to do work.”

There is no one right way to deal with stress. Taking time and learning how you best learn and grow is the best way to find a method that works for you.

Gluten-free health trend arrives to CCM

BY LAURA CALDERON
Contributor

Like many young adults today, students across County College of Morris have seemed to taken an interest in their physical well-being and have gone as far as denying their body certain substances. A growing trend among students is cutting out gluten - a protein found in wheat and grain related foods. Whether due to illness or perfecting their figures students seem to continuously join the ascending health movement.

Suffering from a severe gluten allergy, hospitality management major Shannon Dean is unable to go anywhere near the substance. “My skin reacts really bad to gluten,” said Dean, “I used to not care about my allergy and ate whatever I want, but as soon as my breakouts began to leave scars I had to stop.” Living gluten-free for the past three months, Dean confirms she's never looked and felt better.

“Right now I'm fully committed to the Paleo diet - gluten-free, dairy-free,” Dean said. “It’s amazing. If I knew life without gluten was this empowering I would've listened to doc-

tors years ago.” Learning that other young adults like herself were participating in the diet excited Dean and allowed her to bond more with close friends. “Dieting is always easier with friends, especially with one this challenging,” Dean said.

“To me,” said Kaylee Bockhorn, an early childhood education major, “A healthy diet is a colorful one. Incorporating all kinds of foods especially fruits and vegetables into your diet is very important.” Bockhorn is captain of Pretty Girls Sweat , a club that empowers individuals both male and female to stay active. She finds no need to participate in the trend sweeping across campus, however she does applaud those who chose to take such a momentous step towards healthy lifestyles.

“I think there are many benefits of completely cutting out something from your diet.” Bockhorn said. “Things like meat and dairy tend to cause more bloating, and cutting them out, while finding other ways to get protein and calcium, would help to significantly reduce that because they are harder to digest.”

Unlike Dean’s al-

lergies and Bockhorn’s health goals, Becca Robbs has joined the gluten free trend to be more sympathetic of friends. “My close friend, Rachel Affinto is gluten-free - she has celiac disease,” Robbs said. “I thought it was insane. Going out with her was ridiculous, she could never eat anything. She dared me to go experience it for a week and that was almost a month ago and I love it.”

Though the diet isn't easy, Robbs said she now has a new understanding for what Affinto goes through on a daily basis. “She’s my best friend, and if going through with a diet helps me healthier and closer to her I would do it in a heartbeat,” Robbs said.

Gluten is made of various proteins and is found many grain products, such as bread, beer, and pasta. Studies have shown there are many benefits to life without gluten, such as behavioral changes in young children or significant amount of weight loss in adults. Gluten-free is not only the latest health trend but also the cheapest form of medicine to improve the body and mind.

Vegan treats, eats in and around town



PHOTO BY: CECILIA MCGUINNESS

A close up of a slice of vegan pizza from Domino's

BY CECILIA MCGUINNESS
Senior Layout Editor

Upon walking into the Cohen Cafeteria, valued County College of Morris students are greeted with the smells and sights of cheesy chicken quesadillas, deli meat subs made fresh to order from Quizno’s, and of course, their famous fried chicken fingers.

As a vegan, this is a nightmare.

Fear not, fellow vegans! We mustn’t go hungry while commuting to CCM and enduring a possible three-hour break in between classes. Whether you feel like fast food, healthier fare, or a relaxing sit-down meal, there are several options surrounding our campus with fulfilling, delicious, cruelty-free foods!

On Route 10 across from the Ledgewood mall, stands tall the local Taco Bell, whose tall tables and stools have catered to many a broke teenager stocking up on the Fire Sauce to throw in their glove boxes. Who would have thought that Taco Bell would actually be quite the oasis for vegans? Not I, but when I found these tips and tricks, things became a little bit easier when it came to the accessibility of fast food:

- When ordering a Crunchwrap Supreme, simply ask for it to be fresco style (which replaces the cheese and sour cream with pico de gallo-- delicious!) and ask for beans instead of beef. Luckily, the refried beans at Taco Bell are vegan! This is great for when you’re really hungry on a shoestring budget!
- Alternatively, the 7 Layer Burrito has all the staples of a classic burrito while still being completely vegan! This is already meatless, so all you have to do is ask for it fresco style.
- If you’re just feeling a small, salty snack, opt for the chips and salsa or guacamole. All vegan, no problem.
- Sweet tooth gnawing away at your tastebuds? Surprisingly enough, the Cinnatwists are vegan! Anyone on a cruelty-free diet knows how hard it is to find something sweet without dairy or eggs, so this is truly a gift from the Vegan Gods.

Alternatively, if you’re prepared to spend a little extra money on some quality vegan fare, Chipotle at the Rockaway Mall is the place to go. The beans, rice, salsas, and guacamole are all, of course, vegan, so ask for the veggies or sofritas and you’ve got a meal! (Pro-tip: if you get veggies, guacamole comes free!)

If spice and flare aren’t your thing but you still need something on the go, try Subway! I know, I know, a vegetable sandwich sounds pretty lame, but many of the sauces offered are surprisingly vegan!

- Order a vegetable sandwich on either Hearty Italian, Italian, or Sourdough bread, then go crazy with veggies! If your local Subway claims any of the veggies are not vegan, turn around and run as fast as you can.
- As far as the sauces go, you can chose from yellow and deli brown mustard,

- oil, vinegar (not vinaigrette!), sweet onion sauce (which is my personal favorite) or the fat-free Italian dressing. One of the hardest things to give up after going vegan was pizza, but when I found out that Domino’s has options free of animal products, you’d better believe I put Pizza Maker Pete to work and had him fire up his virtual oven.
- The thin crust pizza is 100% vegan, as well as the regular sauce, so request extra sauce and you’ve got a good starting point for your veggie pizza.
- Go crazy with any of the vegetables! My personal favorite is to do extra onions, mushrooms, and pineapple, but other veggies include banana peppers, green peppers, spinach, black olives, jalapeno peppers, roasted red peppers, and diced tomatoes.

- Surprisingly, a lot of the dipping cups are vegan, so add flare to your thin crust veggie pizza with garlic and BBQ dipping sauces.

The best part is, you can order straight to campus!

However, if you don’t mind spending a little extra money and feel like sitting down to a nice dinner off campus after a long day of classes, my number one suggestion for vegan fare within the vicinity is the Loving Hut. Don’t get it confused with Pizza Hut--this vegan chain restaurant carries several options including classic veggie and tofu burgers, sandwiches, sushi, “fish” dishes, pizza, desserts, you name it! Because Loving Hut is strictly a vegan restaurant, there are no tips or tricks when it comes to ordering, but I will list a couple of my favorite appetizers and dishes.

- To start, the steamed dumplings are totally satisfying with a variety of flavors, and are perfect if you’re craving something really hearty. The California roll is also a great substitute if you’re missing that Americanized Japanese treat.
- As far as entrees go, I highly recommend the Sweet and Sour Joy, Sweet Potato Sandwich, and the BBQ Hot Pot. The best part about Loving Hut is its variety, so don’t be afraid to try something new. I guarantee you’ll be surprised.

- There are desserts aplenty, including decadent milkshakes (chocolate is my go-to!), cheesecakes, and varieties of other cakes and pies. Don’t expect your typical chocolate flavor, though-- Loving Hut uses raw chocolate for many of its recipes, so it’s very rich, and very delicious.

Vegans on campus are not restricted to curly fries and cut up fruit anymore. With sites like PETA giving helpful tips on vegan-friendly restaurants and the newfound accessibility to cruelty-free options, we no longer have to accept defeat! So eat on my fellow vegans, and omnivores, go outside of the box and enjoy food animal-free!

Fruits and vegetables: the millennial’s new fast food

BY MARISA GOGLIA
Copy Editor

A sizzling charcoal flavored burger, a side of crispy golden fries topped off with a cold refreshing drink is not the ideal happy meal for the millennial demographic at County College of Morris.

“I don’t eat a lot of fast foods,” said Daniella Peppe, a dance major. “Probably only once a month. As a dancer, I try to stay healthy and stay away from processed foods like McDonald’s and Burger King. I mainly eat salads because I’m concerned for myself, plus diabetes runs in my family.”

A bloomberg.com report found millennials, defined as between 20 and 36 years old, have an obesity rate of 20 percent compared to 32 percent of Generation Xers (37-51years old) and 33 percent of the baby boomer era (52-70 years old).

The decline in obesity rate is partly due to nutritional information becoming widely accessible, accessible, according to npr.org. In 2015 the Food and Drug Administration released new rules that requires fast food restaurants of 20 or more locations to provide calorie information on their menus and menu boards.

Nicole Gomes, a nursing major at CCM, is currently enrolled in a nutrition class. Gomes finds herself equipped with the knowledge on how to properly read a label. “The class teaches you how to read a nutrition label, and I now know what to look for,” Gomes said.

Gomes points out that consumers need to be wary when looking at the nutritional value and ingredients. “Sometimes what’s on the labels is not always what’s in the ingredients,” Gomes said. “If the ingredient is less than one gram, the company doesn’t have to put it on the nutrition label, they can just put zero. So, consumers need to look at the ingredients in written form to see what product goes in.”

Today 51 percent of millennials are

gravitating towards a fast casual type of restaurant such as Chipotle, based on freshness and quality of ingredients, according to Morgan Stanley Research.

“I like Chipotle and Qdoba,” said Sara Riker, a nursing major at CCM. “I feel like those types of fast food restaurants don’t use frozen and processed ingredients.”

Even farms and apple orchards are diversifying their retail business by offering a variety of farm to table foods.

Steve Pennings, owner of Pennings Farm in Warwick, N.Y. started the Harvest Cafe to incorporate the farm to table trend into his business.

“Pennings Farm was looking for more customers and we saw millennials as a target audience,” Pennings said. “With us being a farm, it made sense that we can offer a menu that had some local produce, plus the use of our own produce.”

Pennings said it was an opportune time for the farm to test out this type of cafe. As the issue of healthy eating was coming into focus, “It was a good time for us to experiment the farm to table menu,” Pennings said. “I think healthy eating has finally become a major component to people’s diet.”

Holly Tighe, director of dining services for Chartwells is noticing the opposite choices being made at both cafeterias at County College of Morris.

“Since I’ve been here for the last five years, students are trending towards chicken tenders and french fries,” Tighe said. “We do offer grab-and-go salads. Students can customize salads at our Quizno’s location. There is also a full salad bar along with a fruit parfait bar...Students can purchase fruit cups as well as carrot and celery sticks, which has been going really well for us this semester.”

Fresher food options and advanced nutritional information will guide this generation into a healthier lifestyle.

Fall athletes settling into season



PHOTO BY BRETT FRIEDENSOHN

Shot from CCM women’s soccer player Amanda Lawrence passes Rowan College at Gloucester County Saturday, Sept. 17.

BRETT FRIEDENSOHN
Sports Editor

The fall sports teams at County College of Morris are settling into the Fall 2016 season as men’s soccer, and women’s soccer and volleyball teams have all begun region play as of Saturday, Oct. 1. Volleyball started 0-1 in the region and 0-5 overall while losing 13-25, 4-25, 16-25 in its first region game of the season against Brookdale Community College Saturday, Oct. 1. Men’s soccer began its regular season Thursday, Sept. 8 with a 5-4 win over Passaic County Community College before achieving a record of 4-4 both in the region and overall with a 3-0 win against Raritan Valley Community College Tuesday, Oct. 4. Women’s soccer acquired a record of 0-1 in the region and 5-1 overall with a 4-2 win against Rowan College at Gloucester County Saturday, Sept. 17, and dropped to 0-3 in the region and 6-4 overall with a 3-2 overtime loss against Middlesex County College Thursday, Sept. 29., according to the National Junior College Athletic Association’s region 19.org.

Because the former athletic trainer at CCM resigned over the summer, the college has not had a full-time athletic trainer all season and has needed to outsource to a company that comes to every home game and to rehabilitation on campus every Wednesday, according to athletic director Jack Sullivan. “We have qualified people here, but it’s a lot better for our student athletes to have the full-time person here because then, there’s more access to the rehabilitation they need and the injury prevention, impact testing, concussion, baseline testing, stuff like that,” Sullivan said. “A lot of the things that we are accustomed to, and they’ve all been delayed.”

Sullivan said that he is in the process of interviewing perspective athletic trainers. “We have three qualified candidates that we’ve interviewed,” Sullivan said. “We’ll see if any more apply, and then we’ll have a second round of interviews with the candidates that meet the qualifications and the experience that we’re looking for. Experience is everything in this business, so we’ll see. We’ll have a quality person in place hopefully by the next board meeting for approval.”

Volleyball played its first game with only six players, the minimum amount of players on a court without any substitutes, losing 23-25, 25-15, 25-13, 25-15. After losing its second game 25-13, 25-14, 25-22 to Bergen Community College Thursday, Sept. 15, head coach Amy Berry expressed talent and potential in her team, but said that the lack of players has held them back. “We could have won the first one, but it’s been a tough time recruiting people this year,” Berry said. “They have the biggest hearts, and they also have a really great work ethic. Those are like the two qualities that you could just only pray for out of a team, and they have them both like ten-fold.”

Before its 25-18, 25-13, 25-10 loss to Montgomery Community College Saturday, Sept. 24, the team had acquired

two more players to give itself a roster of eight, and the team is still searching for players, according to Berry. Berry said that her players cooperate well with each other. “They have a really great chemistry between each other,” Berry said. “They all get along very well, and they work really hard together.”

After the team’s season opener, volleyball player and exercise science major Sarah Lynch cited the lack of players for the loss. “We were all pretty tired and worn out by the end of it,” Lynch said. “So once we get more people in, I feel like we could do a lot better.”

Lynch expressed some positive impressions of her team, which she classified as rebuilding. “We seem to be really good,” Lynch said. “Everyone on the team is basically new. We’re kind of restarting the program, I guess. Like, the coaches are all new, but we’re doing really well so far, and I feel like we could do really well this season.”

After men’s soccer dropped to 1-3 with a loss to Rowan College at Gloucester County Saturday, Sept. 17, head coach Dan Moylan cited playing teams of high grade as a cause of the record, and he expressed potential in his team.

“The record is not where we want to be, but two of the losses are to the defending regional champs and the runner-up so real high-quality teams, so I think, as I told the kids after the game, there’s a lot of the season ahead of us,” Moylan said. “Most importantly, we just need to find a break or two, and then we’ll get on a good streak. The kids have been working hard in practice, and as long as they keep doing that, I think we’ll be successful.”

Moylan said that his team should improve after injured players return. “We’ve had a lot of injuries early on,” Moylan said. “And we’re kind of starting to get guys healthy, so I think as we get our full team healthy, we’re gonna have a lot more success.”

Allen Maldonado, men’s soccer player and sociology major, said that after losing to Rowan College at Gloucester County, his team needs to focus on its future. “[The game] didn’t go our way,” Maldonado said. “[We] hope for the best for the future, but for now, we’ve just got to work on what’s important for next game.”

Volleyball played its first game with only six players, the minimum amount of players on a court without any substitutes, losing 23-25, 25-15, 25-13, 25-15. After losing its second game 25-13, 25-14, 25-22 to Bergen Community College Thursday, Sept. 15, head coach Amy Berry expressed talent and potential in her team, but said that the lack of players has held them back.

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CCM baseball swings for the fences with new renovations

BRETT FRIEDENSOHN
Sports Editor

The County College of Morris baseball field is getting a facelift. Renovations began as the first phase in a three-year capital plan to renovate the field. Fence construction began in late August and, as of Thursday, Sept. 29, finished save for a three-foot portion of the fence, according to Karen VanDerhoof, Vice President of Business and Finance. The job cost \$66,628 that the college received from capital renovation funds from Morris County, according to VanDerhoof.

The college added new fencing around the entire field except for the backstop, according to VanDerhoof, who said that Business and Finance decided on applying the renovations after reviewing a request from athletic director Jack Sullivan. “The fence was really, quite old,” VanDerhoof said. “We reviewed [Sullivan’s] request; we went down to the field; we saw that it was rusted and in bad shape, deteriorating, leaning, so it was justified that we needed to be replacing it.”

Sullivan cited safety concerns as reasoning for the new fencing, and said that the dugouts have acquired fencing when they did not have it before. “First of all, you want it to be safe,” Sullivan said. “And it’s a little bit safer than the other situation was because now there’s fencing in front of the dugouts, so the line drives, any straight line drives won’t automatically go into the dugout and possibly hit a student athlete sitting on the bench, so it’s a safer environment and a safer playing field right now. And that’s first and foremost. Safety is first.”

Chris Pezzuti, an exercise science major who plans to play his second season with CCM baseball in the spring, said that the new fencing looks better than the old one. “I think it looks really good because our bullpens were on the field, but now they’re off the field behind the fence,” Pezzuti said. “And a lot of the field was open, but now with the fully enclosed ballpark, I think it looks much better than it used to.”

Pezzuti said that the new fencing should help with gameplay. “It was really rusty,” Pezzuti said. “If you ran into it or something, you could cut yourself, and especially in front of the dugouts, there wasn’t a fence in front of the dugout before this year. So now, obviously, foul balls could hit somebody in the dugout, but now with the fence, everybody’s fully enclosed; so I like it a lot better.”

Baseball head coach Brian Eberly said that the new fencing should make the field safer. “It’ll be nice to have the right side of the field inclosed, from a safety standpoint,” Eberly said. “Among the necessary upgrades out there was the fact that that right field corner kind of when into a swamp, so from a safety standpoint, it’ll protect that end of the field. It also results in some enclosed bullpens, which’ll increase safety in those areas as well. And the dugouts are protected now.”

Eberly said that the new home run fence might result in less home runs hit. “The new fence is actually slightly taller, so it could even result in slightly fewer home runs,” Eberly said. “Although, it’s not a drastic change. The distance to the fence remained unchanged.”

The college will continue with its three-year capital plan to make renovations on parts of the field including the turf, scoreboard and bleachers, and will most likely continue construction for the capital plan in the summer of 2017, according to VanDerhoof, who said that these renovations will cost an estimated \$650,000.

“Down the road, the baseball field is slotted for additional renovations because the turf is in bad shape, so we will be skinning the field of the existing turf in the infield, putting down new topsoil and new seed, different infield,” VanDerhoof said. “The infield is a little gravelly and hard ... The scoreboard is a little small for center field ... So we’ll be replacing the scoreboard as well. It’s old. Remote controller for changing the score, et cetera, so down the road we’ll do that. We also need to look at the bleachers on that field as well because they’re not easily accessible.”

The team is set to unveil their new fencing during their home opener of the 2017 season against Rowan College at Burlington County Saturday, April 8.



PHOTO BY BRETT FRIEDENSOHN

Politics runs interference on the football field

BY MARISA GOGLIA
Copy Editor

Is our country sitting down or standing tall? In sports there is a camaraderie amongst teammates. Players who come together, work toward the common goal of winning the game for thousands of adoring fans. However, recent events have caused a divide in the locker room.

San Francisco 49ers quarterback Colin Kaepernick knelt during the national anthem in protest. Kaepernick cites a misconduct against African Americans and minorities within the United States, according to NFL.com. This is no longer becoming a trend, but a movement. It is gaining momentum and igniting debatable conversations from the basketball court to the Cohen Cafeteria at County College of Morris.

Kaepernick later defended his decision to protest with a statement on NFL.com. “I am not going to stand up to show pride

in a flag for a country that oppresses black people and people of color,” Kaepernick said. “To me this is bigger than football and it would be selfish on my part to look the other way.”

Jack Sullivan, athletic director of CCM, points out this type of protest is not something new, noting the 1968 Olympics. According to TIME, two African American sprinters Tommie Smith and John Carlos stood on top of the medal podium with their heads bowed, and raised black gloved fists. Both men who were track and field hall of famers, were suspended from the U.S. team. Unfortunately, their protest was not as well received as Kaepernick’s.

“Politics is very difficult,” Sullivan said. “There’s been many unfortunate incidents that have happened in our country that is causing a divide. It’s sad to think in 2016 we would be going in different directions, as opposed to coming closer together.”

For CCM’s home basketball games, the national anthem is

played. If a student were to kneel, Sullivan said he would like to know the reason behind it.

“Students have the right, and I’m not the person that’s going to deny a student’s right to do what they want,” Sullivan said. “I would like to find out what their rationale is, the message they’re trying to send is. I would like to educate myself. I wouldn’t hazardedly say this will not happen, it’s not a dictatorship. I have my opinions and everyone has their own opinions, and that’s under the flag we have and fly under.”

“We have that right, it’s not easy, you can disagree, that’s what America is. People have that right of freedom of speech. I’m not going to debate that,” Sullivan said.

In recent weeks athletes have stood in solidarity with Kaepernick from the Miami Dolphins to U.S. national women’s soccer player Megan Rapinoe. Rapinoe knelt during the United States national anthem, but stood for Thailand because the country offers no First Amendment protections



PHOTO COURTESY OF FACEBOOK

to its people, according to Breitbart.com.

“I don’t want to kneel forever,” Kaepernick said, according to USA today. “I want these things to change. I do know it will be a process, and it is not something that will change overnight. But, I think there are some major changes that we can make that are reasonable.”

The first change Kaepernick made was to donate to his own cause. Kaepernick is donating his first \$1 million this season to organizations who are combating against the issues he cares deeply about. The next day Kaepernick stepped up his offer saying he will donate \$1 million of all his jersey sales to this cause.

THE COUNTY COLLEGE OF MORRIS

HISTORY AND POLITICAL SCIENCE DEPARTMENT

PRESENTS

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Representatives of the Clinton and Trump campaigns will discuss their candidates and answer your questions.

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Editorial: Iacono starts semester strong

Fall is officially in swing - pumpkin spice lattes have returned to Starbucks and leaves have begun to change color. Students have settled into their routines and some are already preparing for the inevitable rush of work approaching midterms.

Dr. Anthony Iacono is also embracing the fall. He is taking strides to fully understand and engage the County College of Morris community in these first few months of presidency. Iacono has hosted three open houses, inviting staff, faculty and students to meet with him in an atmosphere that encourages discussion and openness to questions. He is continuing to engage with the campus community through new “Conversation and Coffee (CandC) with the President” available to faculty and staff.

He also has taken to sitting in on club meetings to understand what the students are doing - he even visited The Youngtown’s previous production meeting.

This endeavor for participation in campus life shows a real desire to understand what

makes CCM “tick” before making any big changes. It’s refreshing to see him sticking to a position he established pre-presidency.

Iacono has a history of taking staff and student feedback and making changes based on that feedback. As vice president of academic affairs at his Indian River State College in Florida Iacono taught a class to better understand what instructors go through.

The attention to understanding the realities of his faculty is one of the reasons he is not planning on making any changes this first semester.

While this plan is sound and responsible, we need to be sure we do not use it to excuse future lack of action once Iacono is sufficiently embroiled in the community.

We hope he stays true to his word as he has done so far. Iacono has kept to his plan of getting to know the community in a day to day environment that hopefully will carry over into real action that has real benefits.

College campus safety an interdepartmental effort

BY DANIELLE FRANCISCO
Contributor

Campus safety varies from campus to campus depending on the size and mutual service arrangements that exist in their home communities.

Some colleges, like Rutgers, Rowan and The College of New Jersey, have their own fully-formed police departments. Campuses like County College of Morris (CCM) and Sussex County College (SCCC) leverage the resources of local cops to keep their campus safe.

CCM contacts the Randolph Police Department (RPD) when crimes occur on campus, according to Detective Lieutenant Christopher Giuliani, who is a Public Information Officer with the RPD.

“Most are minor thefts, some domestic violence,” Giuliani said. “We also respond to public assistance calls, such as accidents, people in crisis, and EMS calls.”

The Newton Police Department Chief Michael Richards said he had similar calls from the SCCC, which is in Newton.

“There really isn’t much criminal activity on campus,” Richards said. “However, we oc-

asionally will have thefts and/or burglaries and parking complaints. Most of our responses are probably due to medical related calls for service or minor motor vehicle accidents.”

The influx of commuter students can be a boon for local businesses in a host community, but the increased number of people can also bring the potential for increased crime and first responder calls.

“The only negative impact the campus population has on the Township of Randolph would be traffic volume during peak school hours,” said Assistant Director of Public Safety at the County College of Morris John Fichter.

The Public Safety Department, according to Fichter, is part of the County College Business and Finance Division. The department is responsible for keeping the CCM president aware of all emergency responses and crime related incidents on campus. They also report all criminal and hazardous conditions on campus to the Randolph Police and local emergency first responders.

While CCM has its own department strictly for keeping the campus safe, SCCC depends on the town police to look after the

campus.

“The Newton Police Department is the main law enforcement entity for the campus of the Sussex County Community College,” Richards said. “However, they also employ people to oversee their security operations and emergency planning. Newton Police Officers regularly perform vehicular and foot patrols on campus and maintain relationships with students and staff.”

Some of CCM public safety personnel also come from the force.

“Two of them, including the assistant director, were police officers in this agency,” Richards said.

There is no written memorandum of understanding between the administration of CCM and the Randolph Police Department, but that doesn’t stop them from working together on cases. A memorandum of understanding is a formal agreement organizations. Companies and organiza-



PHOTO BY MOE RAHMATULLAH

tions can use them to establish partnerships but they are not legally binding.

“The college is always a pleasure to work with,” said Giuliani. “They are pretty self-sufficient, but when we need to work together on something, it always runs smooth.”

The Newton Police Department, however, does have an understanding when it comes to working with SCCC.

“We have a Memorandum of Understanding with the college, which memorializes our relationship as it pertains to public safety,” Richards said.

While neither Giuliani nor Richards say crime has increased due to the college being in the town, they do both agree that the volume of students, staff and visitors bring into the community has the potential to increase the likelihood that a theft or a car accident might occur.

SpaceX outlines ambitious plan to colonize Mars

BY KEVIN GARCIA
Contributor

SpaceX founder and CEO Elon Musk delivered his well thought-out plan to colonize Mars at the 67th annual International Astronautical Congress this past week. His ambitious plan involves a new wave of technology: reusable rockets, fuel tanks and high-powered engine spaceships that could blast off from Earth and begin colonizing Mars within the next decade. But such plans will take a lot of money and a lot more luck.

Musk’s plan is to become a “multi planetary species” via his Interplanetary Transport System (ITS). The 254 foot-tall rocket booster will be primarily made of carbon fiber and feature 42 Raptor engines that will contain methane and oxygen for the control thrusters. The spaceship that sits on top of the rocket booster will be 162 feet tall and 56 feet wide and have 9 Raptor engines of its own respectively. This spaceship will be capable of transporting 100 to 200 passengers per trip. Together, the rocket booster and the spaceship will be roughly 416 feet in height, making it the tallest spaceflight system ever built.

The architectural system of ITS can be explained in seven stages. First, the booster along with the spaceship, will launch into orbit reaching maximum velocity of 5,375 miles per hour at separation. When the booster successfully separates from the spaceship, the booster will then return to its landing site using seven percent of total booster prop load for its booster burning and precise landing back on Earth. Once the booster arrives back on the launch pad, the booster will then be topped with a fuel tanker and sent off into orbit to refuel the spaceship’s fuel tank. Then, when timing is right, the spaceship will turn on its engines and start its 140 million mile journey that could take six to nine months to the red planet. On arrival from interplanetary space, the spaceship made of advanced heat shield material will then enter the atmosphere either capturing into orbit or proceeding directly into landing. After successfully landing on Mars, In-Situ Propellant Production will begin, which



PHOTO COURTESY OF FACEBOOK

involves manufacturing rocket fuel using local Martian resources and launching it back to Earth.

According to Musk, with the today’s current technology, it would cost \$10 billion to send one person to Mars but Musk’s plan will cut that down to roughly \$200,000 per person. The source of funding will include private sectors, government collaboration, profits from launching satellites for private entities and of course, Musk’s own money. Ultimately, estimates have ranged from \$200 billion to \$1.5 trillion to fulfill a human Mars mission. SpaceX expects to send an unmanned capsule to Mars by 2018, but has no plans to send humans until 2024.

Why should humans colonize Mars? Putting humans on another planet can assure that the human race continues to evolve in the future. By the end of this century, scientists predict that 20 to 50 percent of total living species on earth could be lost forever. Earth is on the brink of extinction and it’s us humans who are to blame. As we know it now, the world isn’t perfect but what was once there protecting us is failing. Settling Mars could be the most difficult challenge humans will encounter but this could also represent the pinnacle of human achievement and a glimmer of hope for humanity’s perseverance in the years to come. Elon Musk believes in this future for the human species and with a lot of money and a little bit of luck, he just might succeed in saving us all and making humans a multi-planetary species.

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CCM student prepares for last semester for the third time

BY MOE RAHMATULLAH
Satire Editor

County College of Morris veteran Lydia Simon filed papers to graduate this spring, marking the third time she has had to endure the grueling process. Simon, 22, is preparing for her last semester at CCM, after several mishaps, various goofs and the occasional flub prevented previous graduation attempts.

“I’m just so excited to move on to the next chapter of my life,” said Simon last fall. “I feel like so many adventures await me at the four-year [school] I go to.”

Getting involved with heavy partying and letting academics go by the wayside, Simon withdrew from several key courses to prevent failing, holding her back from her academic plans.

“I’ve had some missteps that have kept me from graduating on time but navigating those challenges have definitely helped me to grow as a person,” said Simon in February. “But with any luck, I’ll be out by the end of spring.”

As Simon fails to graduate semester after semester, concerns continue to grow

among fellow classmates and close friends. Some people question why she has not graduated despite her rigorous study ethic.

“I just don’t know why Lydia hasn’t graduated yet,” said Beckie Jacobs, a friend of Simon’s. “I mean, we study like all the time, like we’ll turn on the music, get a couple of beers, then totally tear into some notes or dance or something.”

A new semester presents Simon with a fresh opportunity to make another run at graduation. Now with the clock ticking and a chance at redemption, Simon is more determined than ever to graduate.

“I’ll probably graduate this semester. I don’t know; the odds are pretty good,” said Simon with a steely air of bitter indifference while rifling through course drop forms. “I place the chances I’ll graduate at like 50-50 or so.”

As the semesters drag on, Simon has begun to question whether she’s stuck in a cruel purgatory or a Groundhog Day-esque time loop.

The Youngtown Edition reached out to Bill Murray for comment but did not receive an immediate response.

The storied past of CCM

BY KELLY BROWN
Contributor

In 1963, James Henderson led an eight-member committee appointed by the Morris County Freeholders to establish a college for the community. By 1967, the 218 acre site south of Route 10 was chosen and construction began for what we now call Henderson Hall. The following September, nearly 1,300 students were enrolled at the County College of Morris with 221 receiving degrees two years later.

In the fall of 1968, the college offered 13 majors, with 40 different courses and 20 different sections. Today, CCM offers 77 majors, with 942 different courses and 1,344 sections. With that being said, since its establishment nearly 50 years ago, growth of the once small-scale community college has been exponential.

“The number of programs we offer now is really very comprehensive,” said professor of English and Chairperson of the English and philosophy department, Dr. Janet Eber.

“We respond to student’s interests and make those interests academically sound,” Eber said. “Every time this college does something it tries to move forward.”

Fresh out of graduate school, Dr. Eber began her teaching career at CCM as a second year faculty member in the fall of 1969.

“It was so exciting a time because so many of us were brand new,” Dr. Eber said. “I didn’t care what they paid me because it gave me a chance to teach. That’s what this place did in the early years, it took a bunch of young people and gave us a chance to grow.”

In the beginning, growth was rapid for both CCM faculty and the campus itself. By the fall semester of 1970, five more buildings were added to the school including a service building, Sheffield Hall, the Health & Physical Education Building, the Student Community Center, and the Masten Library.

“I remember when there was no library,” Dr. Eber said. “We would go and sit in our cars in between classes to grade papers because there was nowhere else to go.”

In 1973, both Cohen and DeMare Hall were added to campus, to accommodate the rapidly growing enrollment rate. Eber remembers one year in particular where campus population grew immensely due to the influx of Vietnam veterans returning home from combat.

“I wanted to further my education,” said George Johnson, who attended CCM following his time in the Air Force during the Vietnam war.

After returning home from his service, Johnson was interested in a job that required him to take a couple of business courses in order to secure the position. CCM’s \$13 per credit hour tuition rate and flexible scheduling attracted veterans, like Johnson, who were slightly older than the college’s traditional 18-20 year old demographic.

“I liked everything about CCM,” Johnson said. “If you had any problems at any time you could always call your instructor. They were all very good and dedicated to helping students.”

As a part-time student, Johnson found that the courses he took at CCM allowed for him to expand his knowledge while assimilating back into civilian life. The night courses and close proximity to his home allowed him to maintain a full time job, take care of his family and still be able to earn a degree.

“It was a nice small campus and everybody was very friendly and helpful,” Johnson said. “Now it’s about three times the size.”

In the Fall 1982, 12,012 stu-



dents were enrolled for courses at CCM, the highest amount of students to date. By 1989, Emeriti Hall was completed, meeting the demand for more room for students.

“There were so many students and so many different classes and so many majors,” said Kristi Malone, one of the students who enrolled in Fall of 1982. “When you look at the yearbook you don’t know anybody in your graduating class.”

Malone remembers never being able to find parking during the day, with there seemingly being more students than available spaces.

“It was always busy during the day,” Malone said. “But it was still a very small campus.”

As CCM has grown in both size and population, its core principles as a credible learning institution has not changed.

“I’m very encouraged by the students that I see,” Dr. Eber said. “I’ve never regretted not being at a four-year college. On its worst day this is the best place to be. I’ve felt that way for 47 years.”



FENWICK’S PUZZLE

IT’S GOOD FOR YOU

Each of the following clues leads to a phrase including the name of a fruit or vegetable.

- 1) NYC
- 2) John Steinbeck wrote about these vengeful fruits.
- 3) The star of a vaudeville act.
- 4) This pair was made to be together.
- 5) Deep in trouble.
- 6) The laziest of the vegetables.
- 7) A red-haired comedian.
- 8) Let the secret out.

ANSWERS

4) Two Peas in a Pod	1) Big Apple
3) Top Banana	2) The Grapes of Wrath
7) Carrot Top	5) In a pickle
6) Couch Potato	
8) Spill the beans	

Courtesy of Chris Fenwick

Practicum provides real world experience for music recording majors

BY AMANDA ALLER
Managing Editor

Music recording majors at County College of Morris all must take practicum, the last audio class in their program which combines everything they have previously learned into producing a three song record.

Located in the \$8.5 million Music Technology Center, this class is essential to graduating as a recording major and provides the individual with ample knowledge in their field.

The goal of practicum is to find a reliable artist, who is already working and has a good idea of the sound they want for their music, and then create quality recordings for the artist. They also collaborate with the student film association and music business students who will come up with art for the album, along with an interview to further promote the artist.

“Practicum helps give the student a better idea of what real life situations are like between musicians and engineers and how they collaborate to get their work done,” said Ashley May, music recording major at CCM.

Students cannot record themselves for the assignment. Their job is to be the engineer and producer, although they can perform as an artist for another practicum student.

“It can get difficult being an artist in that mix,” said Tom Collins, professor of music at CCM. “You wrote the song, which is why you need another set of ears.”

Many students come in with experience in Pro Tools, the industry standard software for mixing music, because there are a few prerequisites for the Practicum class. One prerequisite is called Hard Disc Recording. It is all about Pro Tools, among other

editing softwares. It also provides students with some skills to help prepare for Practicum and to work with the HD equipment in the Music Technology Center.

“Classes like Hard Disc Recording and Audio Production prepared me for Practicum by teaching me how to use Pro Tools for both editing and recording,” said Emily Skinner, music production major at CCM. “They taught me how to listen closer to music in preparation for creating my own mixes, not to mention keeping up with deadlines and making sure I stay on task with songs I’m working on.”

“For the three song EP, the artist submits what song they want to do and records a rough demo,” Collins said. “They’re thinking about what artist they’re going to record first but they have to fill 11 deadlines before they even start the project. It’s a minimum of 10 hours for tracking and

10 for mixing, although students do a lot more time than that. I want them to have professional, quality recordings that they can use as a reference in order to create a professional recording of their own.”

“[Practicum] provided me with an opportunity to get a hands on experience in a real studio environment,” said Kevin Guillorn, music recording major at CCM. “The school offers a wide variety of gear for us students to use including everything from outboard preamps, compressors and FX units, to a selection of microphones that many professional studios would envy.”

The grade of the final albums brings together many aspects of recording.

“I listen for the quality of the mix so I look at the levels,” Collins said. “Is everything balanced? What are the frequencies? Are there contrasting things going

on? If there’s a distorted guitar, is there a clean guitar? Thinking in those terms will help perfect the balance and texture of the mix.”

In the beginning of the semester, the class meets once a week as a group, but after the first couple of weeks, Collins meets with each student individually in 30 minute sessions.

“I’m very much involved in the process,” Collins said. “I’m pushing them hard, but at the same time I’m their biggest fan. I’m also staying objective because I want them to get the best possible sound.”

Collins said he wants his students to be able to take the piece with them and use it professionally.

“It’s not just about doing a project or completing something, that’s the wrong mindset. It’s about the quality of the work they do. It’s much bigger than a project.”

SPORTS:

Fall season update

CONTINUED FROM PAGE 4

“We could have won the first one, but it’s been a tough time recruiting people this year,” Berry said. “They have the biggest hearts, and they also have a really great work ethic. Those are like the two qualities that you could just only pray for out of a team, and they have them both like ten-fold.”

Before its 25-18, 25-13, 25-10 loss to Montgomery Community College Saturday, Sept. 24, the team had acquired two more players to give itself a roster of eight, and the team is still searching for players, according to Berry.

Berry said that her players cooperate well with each other.

“They have a really great chemistry between each other,” Berry said. “They all get along very well, and they work really hard together.”

After the team’s season opener, volleyball player and exercise science major Sarah Lynch cited the lack of players for the loss.

“We were all pretty tired and worn out by the end of it,” Lynch said. “So once we get more people in, I feel like we could do a lot better.”

Lynch expressed some positive impressions of her team, which she classified as rebuilding.

“We seem to be really good,” Lynch said. “Everyone on the team is basically new. We’re kind of restarting the program, I guess. Like, the coaches are all new, but we’re doing really well so far, and I feel like we could do really well this season.”

After men’s soccer dropped to 1-3 with a loss to Rowan College at Gloucester County Saturday, Sept. 17, head coach Dan Moylan cited playing teams of high grade as a cause of the record, and he expressed potential in his team.

“The record is not where we want to be, but two of the losses are to the defending regional champs and the runner-up so real high-quality teams, so I think, as I told the kids after the game, there’s a lot of the season ahead of us,” Moylan said. “Most importantly, we just need to find a break or two, and then we’ll get on a good streak. The kids have been working hard in practice, and as long as they keep doing that, I think we’ll be successful.”

Moylan said that his team should improve after injured players return.

“We’ve had a lot of injuries early on,” Moylan said. “And we’re kind of starting to get guys healthy, so I think as we get our full team healthy, we’re gonna have a lot more success.”

Allen Maldonado, men’s soccer player and sociology major, said that after losing to Rowan College at Gloucester County, his team needs to focus on its future.

“[The game] didn’t go our way,” Maldonado said. “[We] hope for the best for the future, but for now, we’ve just got to work on what’s important for next game.”

Volleyball played its first game with only six players, the minimum amount of players on a court

without any substitutes, losing 23-25, 25-15, 25-13, 25-15.

After losing its second game 25-13, 25-14, 25-22 to Bergen Community College Thursday, Sept. 15, head coach Amy Berry expressed talent and potential in her team, but said that the lack of players has held them back.

“We could have won the first one, but it’s been a tough time recruiting people this year,” Berry said. “They have the biggest hearts, and they also have a really great work ethic. Those are like the two qualities that you could just only pray for out of a team, and they have them both like ten-fold.”

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Women’s soccer head coach Roger Stevens said that his team’s season-opening shutouts indicated quality in its defense.

“The first three games were all shutouts which was good,” Stevens said. “They should have been considering the teams we were playing, and that’s always a good indicator because that means that we’re doing the things when we don’t have the ball that we should do.”

Stevens, who has coached the team for 24 seasons, said that the lack of an athletic trainer has brought about a hampering void.

“It makes it difficult to do the day-to-day rehab that we’d be getting from somebody working here,” Stevens said. “It’s harder for the players to recover as quickly in between games without, you know , like if you had a trainer here, you can do stem with them, you can ice them. A lot of this stuff they’ve been doing on their own.”

Stevens cited the decline of his team’s record partially to them playing better teams than they did in the beginning of the season, and said that they need consistency.

“Some of it is that we’re playing better teams than we played in the beginning of the season,” Stevens said. “We won the games that we should have early on. Now, we’re starting to go up against the competition, but part of it is just playing consistently throughout 90 minutes, if it’s overtime, 110 minutes if it’s overtime.”

Stevens said that his team also needs to work on seizing opportunities.

“But the other issue is that we’ve got to finish our opportunities and work on finishing and striking the ball , attacking,” Stevens said. “I mean, we’re getting plenty of opportunities in the games, but we’re just not putting them away at times ... And better teams aren’t going to give as many opportunities, so when we do have that one or two, we’ve got to be able to put them away.”

Reanna Cope, women’s soccer player and nursing major said that her team has worked well and should continue to focus on unity.

“We’ve been doing really well,” Cope said. “We’ve been working together. We just need to stay focused ... We just need to stay as a team and not get mad at each other.”

Students interested in joining the volleyball team may email Berry at volleyball@ccm.edu.



PHOTO BY KEVIN GARCIA

CUBA:

Lost City of Havana

CONTINUED FROM PAGE 1

As for cell phone service, you won’t find any for your U.S. phone and if you want a wifi card you can expect to wait for hours online, and \$5 only gets you an hour of service in the few designated wifi spots. Car rentals need to be booked months in advance as quantities are limited, and transportation is unreliable at best as I found out stranded on the side of Route 1 for hours when our taxi stopped to cool down its engine and pick up more tourists. But all of this is to be expected, and will hopefully improve over time as the country adjusts to the increase in tourism, which from the United States alone rose 77% this last year.

In his first presidential speech on Cuban soil, President Barack Obama said “Cuba, you should take ideas, steal ideas from wherever you see something working. There are some economic models that just don’t work and that’s not an ideological opinion on my part. That’s just the objective reality.”

Over the years, the United States has tried many forceful tactics to help Cubans overturn the Castro regime. However, restoring relations and attempting to seduce Cubans to want to fight for their own freedom and entrepreneurship is a first. Obama looks to be hoping to use the United States as something of a big brother leading Cubans away from the Castro regime on their own accord.

In my travels I had the opportunity to talk to many locals and ask how they felt about the changes in their government, and about the opening of flights sure to bring American tourists. Though many were careful not to say too much, due to laws preventing speaking badly about the government, those who spoke expressed excitement and hope about the changes to come. One of the hosts I stayed with at a Casa Particulares proudly exclaimed that we were his “first Americans. First of many I hope.”

This is the first time in decades Cubans have been allowed to own their own business, or even hold currency, giving them more control over a previously government-decided income. Most of the cab drivers I met were previously employed as everything from doctors to teachers, but quit their professions to work in the tourism industry—where I was told they make as much as five times what the government pays doctors. And though the government still does take heavy cuts out of Cubans’ profit, tourism is allowing them opportunities they didn’t have before.

Cuba is in for some big changes as they adjust to the increased tourism, changing government legislation, and an ended embargo. And I would encourage anyone up for a challenge to go see it first hand. Because although experiencing the real Cuba isn’t all pina coladas and pristine beaches, witnessing the country now feels like watching a child takes its first steps.

And it truly is everything that has been whispered about over the years, taking a walk down the malecon or a drive in a 1940’s Chevy convertible, dancing salsa in Casa de Musica—oh and drinking mojitos, of course.

But I wonder how much of it will survive the changes Cubans are so excited about, as the country begins to thaw and push forward towards a more government independent future. As the European couple I met in Trinidad said, “Let’s hope the Americans don’t ruin it.”



PHOTO BY KEVIN GARCIA

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