

The Youngtown Edition

COUNTY COLLEGE OF MORRIS AWARD-WINNING STUDENT NEWSPAPER

New president installed by the fall

BY BETH PETER
Editor-in-Chief

Leaving the sunny beaches and palm trees of Indian River State College in Florida for the rolling hills and limited parking of County College of Morris, Dr. Anthony Iacono said he is excited to begin his presidency this fall.

“What I won’t miss in Florida is the never ending heat,” Iacono said. “[My family] is very excited to see snow.”

Iacono’s presidency begins on Wednesday, Aug. 15, though Dr. Edward Yaw doesn’t leave until Thursday, Sept. 1.

“The overlap will be helpful,” Iacono said. “I appreciate Dr. Yaw’s support in the transition.”

Iacono is leaving his position as Vice President of Academic Affairs at IRSC where he left a lasting impression. Dr. Jodi Robson is the director for the Institute of Academic Excellence at IRSC and was hired by Iacono.

“He has commitment to not only the students and their suc-

cess, but also to the faculty,” Robson said. “He went back into the classroom as a VP so he would have a better understanding of not only the students, but the faculty as well. He taught an entire class for a semester.”

This dedication to the well-being of the school is a trait Iacono plans to bring with him to CCM. His first semester will not be spent making changes to the college, but getting to know it on a more personal level.

“I’ll be spending the first semester getting to know the institution, meeting and talking to students, faculty and staff,” Iacono said. He wants to focus on “being a part of the community, meeting residents and business people in the county and the state. Then I will take a look at what the spring looks like based on that. It will be a lot about visibility.”

This attention to the betterment of others is not one he hopes to apply just to him. Iacono recommends heavily to all students starting CCM with him in the fall (and to those who have been at CCM for perhaps an ex-



PHOTO CREDIT: MITCH KLOORFAIN

tended period of time) that they get involved, on campus or off.

“It’s your life and you have to be involved. CCM has a lot of things going on so every student should pick at least one,” Iacono said. “Meet a lot of interesting people, learn a lot of new things.”

“He will care deeply about all of you,” Robson said of Iacono. “You’re very lucky to have him.”

Iacono hopes to create an atmosphere where students feel they can visit his office whenever they like.

“I got a very clear sense that whether we’re talking about the Board of Trustees or the staff and faculty, they love the students,” Iacono said. “I am very excited to be a part of the community.”

What I would tell my freshman self

BY SANDRA RIANO
Senior Opinion Editor

One of the most difficult transitions from high school to college is the shift in responsibility. Three years ago I learned it is no longer a teacher’s job to force you to sit in a classroom; the professors have other students and they don’t have time to be running around after you. Show up or don’t - it only affects you. It becomes your decision very quickly on how you want to approach college. Are you going to take on this responsibility and take this seriously? Are you going to take advantage of a lax attendance policy and go out for Taco Bell instead? Personally, I did both.

The secret is to take college seriously, because it’s your future that depends on it. However, you also should be aware of when you need to take mental health days. I learned very quickly that being overwhelmed and underfunded is the quickest way to develop negative feelings towards a college experience. I had to step back for a semester even though I knew it would extend my time at the County College of Morris by at least a year. One semester I only took the two courses I could afford, worked some extra hours and used some of my free time to join clubs. It was also at this point that I had to begin mastering time management, which has allowed me to take on additional classes, jobs, internships and clubs. This turning point in my CCM career made all the difference. The transition from student, to club member, to student leader was fulfilling, and it completely changed how I approached college.

I wish I knew when I started CCM that college was more than just going to class, work and then home. CCM has so much to offer and I still meet students who didn’t



PHOTO BY JEFF MILLER

know we had access to a gym and a swimming pool, students who don’t know what an articulation agreement is, and students who didn’t know career services would help them build a resume. These are all things I had to find out for myself because there are no morning announcements and no letters sent home. It’s up to you to make the most of this and take all the opportunities that arise.

I understand it’s difficult to be happy here at first; all of your friends are off at four year schools, but resenting your time at CCM will only hold you back in the long run. Whether you are here for financial reasons or academic ones, the faster you realize that you are getting a valuable education, the faster you start enjoying the time you spend here. The rumors you’ve heard and the pity filled looks from peers in high school are not indicative of CCM.

I wish I knew that college would provide me with more opportunities than one person can handle. You can’t take on every job, every internship and every club, and that’s okay.

I wish I knew that stigmas are more easily erased through accomplishments than through Facebook comments.

I wish I knew earlier that student leadership came with perks like free food!

I wish I knew earlier about the scholarships CCM offers, because they would’ve really helped me out when I first started and I was struggling to pay tuition.

I wish I knew that the easiest way to get the schedule you want is to really learn how to advise yourself. You know what you can handle better than any professor does. Be sure to mix together courses that vary in interest to you so you don’t end up with a hellishly boring semester, and try to line up some courses that may even go together, such as American Government and the History of U.S Minorities. Some of the content in related courses overlaps, which can help you gain better understanding from different perspectives.

I wish I went on more field trips and dabbled in clubs outside of my comfort zone, but I didn’t, and that’s okay. The point is, we all had different experiences here and I wish I had known earlier about all the things I mentioned. But in a way, learning the hard way made my experiences that much more valuable.

I am indebted to my time at CCM, but not to a financial institution. Instead, I owe my accomplishments to all the faculty, staff and student leaders who made CCM an unforgettable place. So, if I could tell my freshman self one thing, it would be to just pick a club and join it, because it makes creating friendships so much easier, and it makes college more manageable having a support system of likeminded students to help you when you need it. Stop fretting about not having friends and thinking no one talks to each other and start the conversation. You never know what kind of background stories you will get to hear, and you will make some great friends along the way.

Crisis centers offer help

BY AMANDA ALLER
Managing Editor

A confluence of despair, desperation and sadness can be enough to drive anyone to a dangerous mental state and here at The County College of Morris and beyond there are services being offered around the clock for those who are in crisis.

Mental health continues to be a pressing issue for young and old people alike and at CCM the Counseling Services Office, located in Room 118 of the Student Community Center, provides support for students year round.

“In the event that a student is in crisis on campus... one of us would be the one to address that crisis,” said John Urgola, a counselor at the Counseling Services Office. “The objective is not to treat someone for a long period of time. If someone needs additional long-term care we have a lot of community resources available for them.”

The office can refer students to therapists for additional help outside of CCM, since the counseling available here is meant to be short term.

“Everything is confidential,” Urgola said. “We are bound by the ethics of our profession and the law to maintain confidentiality with the exception of a few rare instances. Primarily, those instances are if that person presents a risk to others or themselves.”

But for the times when the campus services are unavailable there are a slew of local and non-local numbers that offer assistance 24 hours a day across all seven days a week.

St. Clare’s Hospital in Dover has a Psychiatric Emergency Service

Assessment, crisis intervention, and referrals for people in crisis, available 24 hours a day at (973) 625-0280. Morristown Memorial Hospital offers Psychiatric Emergency Services at (973) 540-0100 as does Newton Medical Center at (973) 383-0100.

Nationally, for those who are at their breaking point there is The National Suicide Prevention Lifeline at 1(800) 273-8255. While many of these support lines offer gateways to further help, all provide an ear to those who need it most.

CCM graduate Laura Jacobson volunteered at a suicide prevention lifeline, giving her insight and advice in helping people who are struggling with mental illness.

“I think knowing that you helped somebody through some kind of crisis or even knowing

Continued in ‘Crisis’ on page 2

Spring sports set records

BY BRETT FRIEDENSOHN
Sports Editor

The 2016 spring seasons of County College of Morris’ softball, baseball and golf teams have ended. Softball won the National Junior College Athletic Association Region XIX Division II championship, its first region title since 1991, against Delaware Technical Community College Thursday, May 5; three of CCM’s golfers advanced to the Garden State Athletic Conference tournament Monday, May 9 and Tuesday, May 10 with one golfer winning the tournament; baseball set a team record for wins with 35 and finished second place in the NJCAA Region XIX Division II championship, losing to Mercer Community College Sunday, May 15.

While losing 4-3 in the bottom of the 7th inning of the region championship final, CCM’s softball team singled and scored a two run home run for a walk-off win.

“It was very exciting the way it happened,” said head coach Greg Wardlow. “Obviously, it’s something we have as a goal every year. This is my 12th year, so it’s been a long time coming ... Such a dramatic fashion makes it even more exciting.”

CCM athletic director Jack Sullivan praised the team’s coaches and athletes for their season.

“Coaches did a great job, first of all,” Sullivan said. “The student athletes ... they brought it in from day one. They brought in a very nice recruiting class, had some sophomores returning and they studied hard. They were all here second semester grade-wise. They put the hard work in in the winter, and the spring co-operated with them weather-wise. And that helped them get a rhythm, and once they got their stride, they really did some great things.”

Wardlow credited for much of the team’s success this season to starting pitcher Mary Mastriani, who pitched 22-6, and the team’s batters, ten of whom hit over-the-fence home runs.

“[Mastriani] was a big part of it,” Wardlow said. “We had a chance to win every time she was on the mound, and we hit very well ... We had a lot of power, more than ever before, one through nine in our lineup, so that was certainly a strength.”

Wardlow said that his team’s attitude may have helped them throughout the season.

“I can tell you that as far as that bench attitude and emotion, we never had a better team than this,” Wardlow said. “Everybody was always into the games. They had their chants ... And I don’t know how much that helps, but it certainly makes you feel good.”

Three of CCM’s golfers advanced to the GSAC championship for individual golfers at Black Bear Golf Club May 9 and 10. One golfer, Alex Pedersen, won the tournament, and another, Liam Corbett, finished second team all-conference.

Head coach Jim Chegwiddden praised his team for making sacrifices to attend matches. He said that while players sometimes needed to miss matches, he had a complete team every match.

“These guys, they made sacrifices; they missed classes,” Chegwiddden said. “If they have three classes, they’re missing three classes, so I couldn’t ask them to miss three classes every Monday ... We always had a full team every match which is our goal.”

Team captain Alex Pedersen found



PHOTO CREDIT: FACEBOOK

Softball at CCM won the 2016 NJCAA Region XIX championship.

surprise with his tournament win.

“It was a nice surprise,” Pedersen said. “I think a lot of people had bad days, and I just happened to have a decent day.”

Assistant coach Mike Mergafa cited the fact that no players but Pedersen played golf for CCM before this season as a hindrance, but also said that the team improved.

“It was rough just getting guys playing in that environment,” Mergafa said. “A lot of nerves were involved, but beyond that, the kids, they got better as the year went on. They showed improvement from the first match to the last match.”

Chegwiddden said that the NJCAA permitting players to only play for two seasons makes achieving continuity a challenge.

“If I had the same kids for four years, I’d probably have some good programs, right?” Chegwiddden said. “I only get these kids for two years at the most, but usually, it’s just one year.”

Chegwiddden said that none of his players cheated this season, and that they all recorded their scores and placed their balls honestly.

“There’s some characters on some other teams that are sketchy, so I know that my guys were playing with honesty and integrity,” Chegwiddden said. “That’s important, especially in the game of golf.”

Pedersen said that playing honestly in golf helped his team’s mentality.

“It takes the edge out,” Pedersen said. “You’re worried about, ‘Oh, what’s he gonna score,’ not, ‘Is he gonna come in disqualified.’ It’s just one of things that you need to keep an eye on with certain people.”

Pedersen expressed confidence in his team’s players who will return next season.

“We got a good mix of goofballs and shy guys, and I think that’s good to have,” Pedersen said. “I think they’ll do fine. They have the real captain [Chegwiddden] to watch over them.”

Baseball, finishing 35-19, set a record high among CCM baseball teams in single-season wins, ranked 19th nationally in the final 2016 NJCAA Division II Baseball Rankings and finished second in the regional championship tournament.

“It would have been nice to win the region championship, obviously, but I think it was a successful season,” said head coach Brian Eberly. “We got good pitching all year long. We had a lot of kids who had positive attitudes and worked hard and committed to getting better.”

The team lost the NJCAA Region XIX Division II Championship final 7-6 after pitching a no-hitter entering the 6th inning with a 5-0 lead before giving up five home runs in two innings against Mercer Community College.

“I don’t know how much we could have done differently,” Eberly said. “It’s just one of those things where it’s not like we played badly or made errors or anything like that. It just wasn’t meant to be, I guess.”

Sullivan said that he believed softball can win nationals next season.

“When you have experience like they’ve gained experience, next year I really think that – boy – they can do something special,” Sullivan said. “They did something special this year, but I think they can take the next step next year. We want to go to nationals, and we want to win it.”

Being vegan: a public apology

BY CECILIA MCGUINNESS
Contributor

On behalf of all vegans everywhere, I apologize. I apologize for taking longer to order at non-vegan friendly restaurants; I apologize for making you uncomfortable because I chose not to consume animals or animal byproducts; and I especially regret that you view me and others who have made the same lifestyle choice as utterly offensive.

I can’t stress enough how absolutely annoying it must be for you to sit by while I order my veggie burger without mayo, or my salad without cheese. Why can’t I just eat like everyone else and deal with it? I know I could just consume hormone-infused beef with puss-filled, over-processed cheese, but I think I’d rather pass on that one, thank you.

With all of the vegetables I eat, aren’t I taking food away from animals? Not quite!The industry makes a lot more money growing vegetables to feed cattle for slaughter than they do to grow vegetables for those who cannot afford to eat anything else, so why bother! Growing vegetables for animals facing inevitable death is much more profitable than feeding those whose life is in the hands of industrialization.

Since we’re on the topic of mass production of livestock, why don’t we talk about global warming? What’s that you say? Animals are an important part of the environment? Well, you would be right in many cases, however, the factory farming industry is detrimental to the environment. Not only does the methane produced by cattle attribute to 18 percent of greenhouse gasses according to a Cambridge University study conducted in 2009, but this mass production is the cause of nearly 90 percent of deforestation in the Amazon rain forest.

Crisis

Continued from front page

you’re the one person that they can talk to,” Jacobson said. “They don’t have family or friends, so they just need somebody to talk to when it comes to everyday things and it feels really good knowing that you’re just, there.”

According to Jacobson, there was also frustration at not being able to help more.

“Knowing that you can’t truly help [is the worst part],” Jacobson said. “You’re not allowed to give advice and we have to remain neutral because we’re a listening hotline and we’re not therapists. We don’t know if they’re telling the truth so we don’t want to give them advice without really knowing what’s going on. But we can be there to help them figure it out.”

Jacobson works in a call center at an undisclosed location, which usually has two people volunteering at a time to speak with callers.

The range of callers is vast, Jacobson said and she has fielded calls from people as young as 11 and as old a 70. She’s talked to veterans and people with significant hearing loss.

“Typically for veterans we refer them to a separate hotline specifically for them where the listeners usually are veterans so they’re better suited for the callers needs,” Jacobson said. “We also have a texting hotline so I think people who are having hearing problems or are just shy usually do that.”

But adapting to the variety in patrons as well as handling the delicate situations takes tact and training. In order to become qualified to volunteer for the lifeline, there’s an initial application that needs to be sent in following extensive training that’s 50-70 hours a week and involves learning about different kinds of mental disorders, the effects that drugs have on the brain, and how to talk to someone who’s on drugs.

“And that’s not even getting to the suicide part yet,” Jacobson said. “Then we go through a weekend which is 16 hours, 8 a.m. to 5 p.m. on Saturday and Sunday.

But I’m missing something, aren’t I? Meat is good right? We need it for our health and for protein and to grow big and strong! As it turns out, the average American is actually consuming 1.5 times the daily recommended value of protein, according to a John’s Hopkins University study. This over-consumption also contributes to heart disease, type two diabetes, obesity, and even cancer.

Most of these processed proteins people are consuming contain antibiotics. That’s a good thing though, isn’t it? Doctors give us antibiotics! In reality, these antibiotics found in our factory-farmed meats are actually very damaging to our health. Let’s say, after a big ol’ juicy steak, I come down with salmonella. The easy fix would be to go to the doctor, get an antibiotic, and be done with it. However, the bacteria presumably “treated” by these antibiotics have mutated so that the livestock can no longer fight off these common infections, according to a report published by the American Academy of Pediatrics, and will spread with a vengeance to other cattle, and even through our consumption. I suggest thinking about that the next time you cut into your chicken dinner.

Please, continue to apply a stigma to us vegans. A lifestyle based on peace, love, and the well-being of animals can only equate to angry, dirty, preachy hippies who are only doing this for bragging rights. Sign me up!

Finally, my biggest apology is to those who have not gathered the proper education on the vegan lifestyle. I’m sorry that plant-based proteins are not easily accessible, and I’m sorry that people who still eat meat cannot conceptualize that what they are consuming once had life, sentience, and the right to live.

That involves learning how to talk somebody out of committing suicide and you get a license at the end.”

After all of that work, the payoff is sometimes dampened by the disrespect of a vocal minority.

“We get a lot of prank phone calls and that really upsets me because these are people who don’t get paid to do what they do and I think to take advantage of a really good thing like that is really messed up,” Jacobson said. “That’s taking time away from people who really need it.”

Ultimately, Jacobson said the reward is worth it.

“It’s really nice to go home at the end of the day and feel like you saved someone’s life or you made someone smile, who desperately needed that. I had someone say to me ‘I don’t know what I would’ve done if you hadn’t picked up the phone.’” Jacobson said. “There’s no better cure for sadness or feeling like you’re unworthy than that. It’s an incredible feeling.”

The misconception about her work, Jacobson said, is people’s belief that to help someone who is suffering, you need to understand exactly how they’re feeling and what they’re going through. “We all understand what it’s like to feel lonely, to feel like nobody cares. We all understand what it’s like to feel like we don’t have any worth. We all understand what those feelings are like and that’s what we need to relate to. If you can understand how that felt to you, you can understand what that person is feeling,” Jacobson said. “Just convey to them that you get it.”

Through her time working for the suicide prevention hotline, Jacobson said she learned some solid advice when it comes to mental health.

“There’s always someone out there that cares. I care. Everybody that works there cares,” Jacobson said. “There’s always help out there and people volunteering at the lifeline aren’t going to judge you for feeling a certain way.”

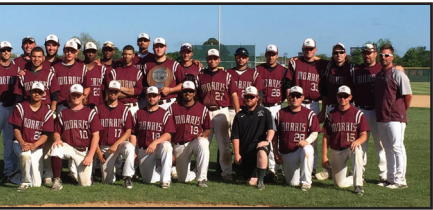


PHOTO CREDIT: FACEBOOK

Baseball at CCM finished their 2016 season as NJCAA Region XIX runners-up.