

THE YOUNGTOWN EDITION

COUNTY COLLEGE OF MORRIS' AWARD-WINNING STUDENT NEWSPAPER

CCM ups tuition \$9 per credit as of this summer

BY ANTHONY INGHAM
News Editor

CCM administration proposed a \$9 per credit increase starting as of this summer, which was approved by the Board of Trustees in a Jan. 29 meeting in hopes of keeping CCM program quality high, according to Vice President for Business and Finance, Karen VanDerhoof.

Rising tuition is nothing new for colleges, but this means that students who attend full time at a minimum of 12 credits will be charged an extra \$108 per semester.

CCM has had a slight decline in the number of students enrolling, with almost 1,000 fewer students than the Fall of 2013, and almost 10,000 credits less were obtained in the Fall of 2018.

Vanderhoof said that a change like this in tuition is often discussed well ahead of time, and no information is given until a decision is final.

"We wait until the last minute for these sort of changes, so

we have as much information as possible," she said.

Director of Budget and Compliance John Young said that the change in affordability shouldn't be too big a deal, in spite of this being one of the largest per credit tuition increases in the college's history.

"Even relative to other colleges, this change will not affect our overall affordability," he said.

The 2018 review of "NJ Community College Tuition and Required Fee Rates", out of the 19 community colleges in the state, CCM had the eighth lowest combined tuition and fees in the state at \$164, which is seven dollars below the state average. Its in-county tuition was the 10th lowest in the state, at \$128, which is eight dollars below the state average, and its fees per credit were 9th in the state, at \$36, which is just a dollar above the state average.

Young insisted that CCM should remain close to its current placement in state rated tuition in the coming semesters.

According to an Integrated Postsecondary Education Data System, or IPEDS annual tuition & fee comparison conducted for the 2018 fall semester, a four-year public college would cost a student \$13,772 a year, with \$2,987 being fees, and \$10,785 being the cost of tuition. The NJ community college average was \$4,896, with \$1,043 in fees, and \$3,853 in tuition. CCM's total cost to attend annually was \$66 less than its competitors, with \$37 dollars more in fees than its competitors, but \$103 less than for its tuition.

None of this takes into account costs of outside sources for other colleges, such as room & board, meal plans, or others, but merely paints the average prices of attending with a broad stroke. Students should take note of when tuition spikes such as these occur, because for a full time student, an extra \$832 at a minimum for students attending CCM for two years may make a huge difference as to whether or not they decide to, or can, continue.



PHOTO BY ALEXA WYSZKOWSKI
Student Joaquin Mould considering the affects of the \$9 tuition increase.

Global warming effects addressed in the latest Legacy Project at college with the documentary Chasing Coral last month

BY ERIN SYTSEMA
Contributor

In continuation of its mission to spread climate change awareness the Legacy Project showcased the documentary Chasing Coral, which focuses on the climate change's devastating effects to coral reefs, on Feb.19 in Cohen Hall 124.

Dorothy Salinas, CCM professor of environmental studies and member of the Legacy Project, proposed climate change as the event theme this academic year along with fellow colleagues. "Each academic discipline could address such a global topic," said Salinas. She was designated a lead for this year's theme.

Global warming is addressed explicitly in Chasing Coral, the documentary viewed as part of 2019's first Legacy Project event. The film, directed by Jeff Orlowski, revealed the rapid rate at which coral reefs are depleting worldwide, leaving barren wastelands along the ocean floor.

"It can an emotional film, especially for those who study ecol-

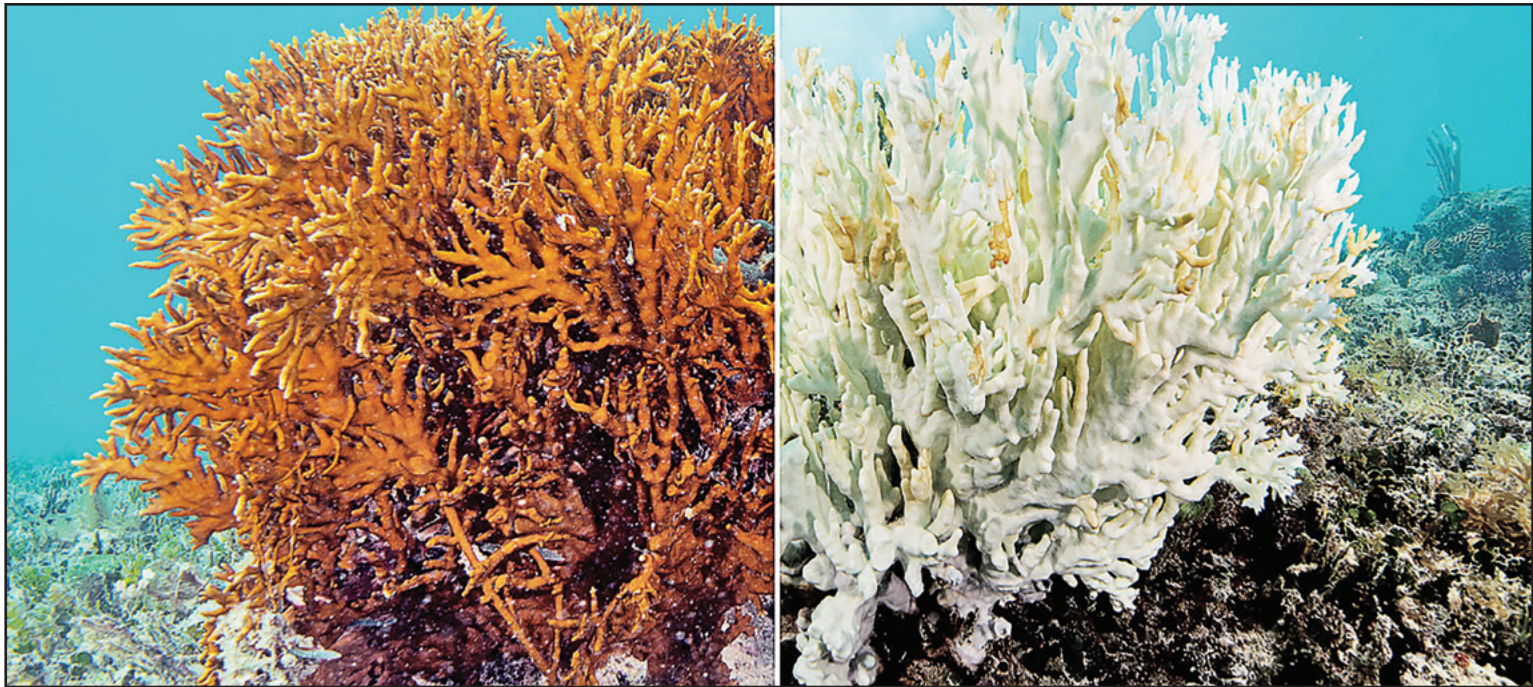


PHOTO BY JEFF ORLOWSKI FROM THE OCEAN AGENCY / XL CATLIN SEAVIEW SURVEY
Coral affected by ocean warming in the Great Barrier Reef off the coast of Australia.

ogy," Salinas said. Chasing Coral takes on an unprecedented task; documenting the change in warming coral reefs using a stationary, unmanned camera secured to the ocean floor. This undertaking enabled the film to capture time-lapse videography of one reef


over the course of three months. Due to its groundbreaking approach, directors and divers experienced major setbacks including the lengthy process of creating equipment that could withstand the pressure found on the ocean floor. Oceanic currents

also caused issues with the underwater cameras. According to the film's official website, the project took three years and over 700 hours of underwater study to complete. Despite these obstacles, the film was able to provide stunning


proof for the impact ocean warming is having on the renowned reefs of Hawaii, Barbados, and Australia's famous Great Barrier Reef. "I love the underwater world,

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DIAGNOSIS...
I REFUSE TO BE A
STATISTIC

CCM provides entrepreneurs resources to succeed

BY ALEXA WYSZKOWSKI
Editor-in-chief

With over 627,000 new small businesses opening every year there’s a chance that County College of Morris students may know a classmate who is trying to start or already has their own small business. At CCM there are almost 1,000 students working towards their associate’s degree in business. There are about 30 students in the small business certificate program and some of these students are working towards their associate’s degree in business. Many business majors may be interested in having their own business and there also are plenty of students with different majors who also want to have their own business.

The 12 credit small business certificate program is recommended for students interested in starting or improving on their small business. With this certificate, stu-



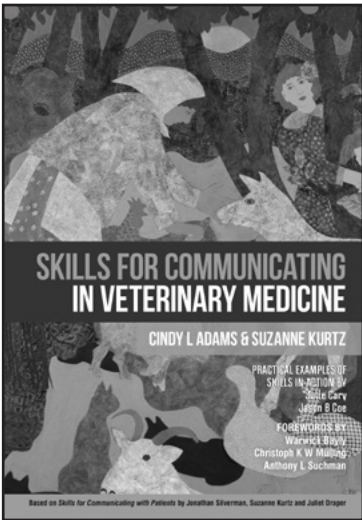
PHOTO BY SARA LEACH

Natural body care products with dried herbal supplies.

dents take specialized courses designed for current and future small business owners. These courses include Small Business Planning and Finance and Small Business Management. Some students who are current or future small business owners may choose to not pursue the certificate and will instead pick and choose certain

courses they feel fit their schedule and needs for their business. With all the different courses available at CCM it is understandable for these students to be careful in choosing the courses that they feel will most benefit their career.

CCM student Rachel Inger has her own publishing company, called Dewpoint Publishing



‘Skills for Communicating in Veterinary Medicine,’ by Cindy L. Adams and Suzanne Kurtz, is the first publication by Dewpoint Publishing.

and started attending CCM last semester with hopes of gaining more experience in accounting and drafting in order to improve her company. Inger earned her bachelor’s degree in Language and Literature from the University

of Chicago. Once she graduated from college, she worked for Pearson and then at Radcliffe Publishing. Inger realized she wanted her own business later in life after she left her full-time publishing job to raise her three children.

“I needed those flexible work hours and to work from home would let me work and be a parent,” said Inger.

So far Dewpoint Publishing has published one book, titled “Skills for Communicating in Veterinary Medicine” this textbook teaches veterinarians how to talk to their clients, listen better and avoid using industry jargon. Communication in medicine is a niche subject that is becoming more important in the field and is not being printed by the big name publishers. Inger hopes Dewpoint Publishing will publish more books and textbooks on similar and other important niche topics. Inger is also interested in patent

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Students balance CCM classes, motherhood

BY JANNA GRASSANO
Contributor

County College of Morris is a commuting campus and home to a diverse range of students—some of whom are balancing the delicate act of taking college classes, being a parent and even working a job.

Rachel Simpson, a former CCM nursing student, graduated in 2013 when her son was 3 years old.

“It was definitely not an easy task,” Simpson said. “But having a degree from CCM has allowed me so many opportunities. I’m a better mother to my son because of my career as a nurse, which was made possible by CCM. It was a very intense time in my life, but it was only a brief period in the grand scheme of things.”

The greatest challenge for Simpson as a student was finding quality time to focus on her studies outside of class.

“I didn’t have as much time to

study and grasp the concepts because I needed to take care of my son,” she said. “After his bedtime, I got to study.”

Simpson became creative with her time and would bring flashcards to the park, stay up late, incorporate studying into her parenting time, and accept help from family and friends.

“The options CCM has to accommodate a busy schedule are extremely helpful and welcoming to busy moms,” said Simpson. “I took full advantage of them and attended day and evening classes, as well as online classes throughout my college career.”

Ariella Panek is a coordinating counselor at CCM. She provides one-on-one support, such as counseling and teaching time-management skills. While this support is available for every student, most of the students she guides are mothers. Panek coaches and encourages them on how to better manage their

time.

“There are more parents on campus than you would expect,” said Panek. “About 1 out of 20 to 25 students have children.”

Unfortunately, there are no parenting or motherhood student clubs at CCM. This is probably due to busy schedules, lack of time to meet up outside of classes and other non-negotiable responsibilities.

Thy Nguyen, a new nursing major, faces much of the same obstacles as Simpson. Nguyen moved to Randolph, New Jersey, from Guam a little over two years ago and is working on finishing up her degree.

“The most difficult thing for me is time management,” said Nguyen. I have two daughters, a house to upkeep, and a job. It is more trying for me, as my husband is a pilot and travels most of the time.”

Despite the challenges, Nguy-

en has felt welcomed by the students and staff at CCM.

“CCM accepts all students—not only students that are from America but students that have come here from another country and speak a different first language,” said Nguyen, whose first language is Vietnamese.

Liz Hoban, a longtime nurse and Health Services coordinator at CCM, is at the forefront of helping CCM to become a college that is truly accessible for everyone.

“I assist families and mothers with no insurance and help them to get insured,” said Hoban. “It’s tough for people that aren’t moms to understand how much you have to juggle.”

Hoban is dedicated to supporting students and helping them to be successful. Achieving the Dream is a prestigious college status that Hoban and others are working toward making a reality. Changes

have already been made, and more are to come—one of which is a brand-new lactation room in Cohen Hall. A food pantry and a type of daycare on campus are being talked about and will hopefully be planted at CCM in the near future.

“Parents don’t get sick days,” said Hoban. “This is where a daycare, or even a sniffles clinic, would be helpful so moms could still attend class.”

Balancing college classes and motherhood is no easy feat, but with the right support system, time-management and effort it can certainly be done. CCM is doing a tremendous job at being accessible for many different kinds of students.

“Just keep your eye on the end goal and you’ll get there,” said Simpson, “Next thing you know, it will have been over 5 years since you graduated and you’ll be amazed at how fast time flies!”

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

BUSINESS

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drawing and drafting as inventors need to have their inventions and creations drawn to exact specifications and measurements. It can be difficult for someone to do these drawings themselves or to find someone to do them accurately. This is another niche area of business that Inger is hoping to enter into which is why she is taking Autocad and drafting courses at CCM in addition to her accounting courses.

“CCM’s offers the classes that I need, the price is affordable and it’s local. My daughter went here and graduated here before going on to transfer and had a very good experience. I think CCM is really going to help me with my small business,” said Inger.

Creating her own private practice in massage and bodywork therapy is CCM student Giovanna Baratto. She is currently taking her prerequisites for the physical therapy program and the Small Business Planning and Finance course at CCM. Baratto has a bachelor’s degree in Business Administration from the University of Washington and certification in Medical Massage from the Therapeutic Massage and Training Center. Baratto also is an 11 year Army Veteran and while in the military she was also a sports competitor.

“I was both a military and a Virginia State Tae Kwon Do champion and partook in Army commercials supporting military sports which aired in Germany and South Korea. Unfortunately, this ended when I tore a ligament in my hamstring. I moved on to bike centu-

ries, which are 100-mile tours and even completed a 200-miler from Seattle to Portland,” said Baratto.

Baratto is planning to do her massage and bodywork therapy business part-time as she also does physical therapy practice.

“I have more injuries than I can count between sports and a car accident that left me paralyzed on my left side for almost a year in 2002, so it only made sense to change careers to one that focused on rehabilitation since I understand pain and what methods work without the use of pain meds,” said Baratto.

Baratto hopes with her business that she can continue to help others, especially returning injured veterans.

“They put their lives on the line for us and now it’s our obligation to show our gratitude by taking care of them,” said Baratto.

Baratto is looking forward to opening her own business and says that the Small Business Planning and Finance course has helped her really get started on planning and figure out what she needs to do to make her dream a reality. She is also considering taking courses about personal finance and Quickbooks as those would also be helpful.

Another possible business venture some students take is by using the Internet to sell their products, like CCM student Sara Leach who plans to start her own herbal shop on Etsy. She is currently at CCM taking Introduction to Botany and Anatomy and Physiology to help her learn more about plant and human biology. Leach has a bachelor’s degree in Environmental Science from Franklin and Marshall College, but F&M did not offer the courses she is tak-

ing at CCM.

Leach makes her own natural herbal body care products including body butters, lip balms, hand salves, creams, lotions, and soaps. She also grows most of her own plants and if needed purchases the rest from reliable sources. Leach really enjoys creating her products and hopes to share them with others once her Etsy site is live.

“I have been interested in crafts my entire life; started knitting and sewing in middle school and in high school I started making

creams,” said Leach.

Leach eventually wants to have a physical storefront location where she could sell her line of products. She is also considering becoming a clinical herbalist. As a clinical herbalist, she would work with clients’ doctors to create specialized products to help each client with their own specific and personal issues. She would help her clients relieve their medical issues and offer more support and balance in their lives.

“I want to enjoy my life, I en-

joy working with plants, cooking and making things. I hope to help other people with my products,” said Leach.

All three of these CCM students have very different business plans, but what makes them all alike is their passion and dedication to make their businesses happen. They are all taking advantage of what CCM has to offer by taking the courses they need most in order to turn their business dreams into their real-life business ventures and careers.

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CORAL

CONTINUED FROM PAGE 1

it is almost like magic,” said CCM student Ersela Kurti, who did not attend the Legacy Project but has seen the film. “I could not believe the big change [the coral undergoes].”

Kurti is one of the many students who was shocked by what she experienced while watching the journey of the divers.

“It is a shame that this is affecting the fish population,” said Valentino Soto, a CCM student who was interested in the film. “I didn’t know how widespread the issue was.”

Even if the film does not address how viewers can help, Salinas confirms that the Legacy Project offers students and staff the opportunity to have such discussions.

“We invited Dr. Smerdon to campus earlier this year to have conversations with students about climate change,” Salinas said referring to Jason Smerdon, Lamont-Research professor at Columbia University. “We plan to have him back for a Q&A session to wrap up our semester.”

Smerdon is scheduled to return to CCM on April 11. Although she does not have direct research experience with corals, Salinas is well-versed in ecology and the environmental concerns

associated with global climate change. She encourages everyone to do their part in protecting the earth from further damage.

“If everyone did just a little to help, then we could put an end to this,” Salinas said. “Commuting with a friend, voting for leaders who address the issue, making different dietary choices and even printing paper double-sided can make a difference.”

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From Student to Staff: Alexandra Katz

BY ALEXA
WYSZKOWSKI
Editor-in-Chief

Alexandra Katz knew she wanted to be a teacher since she was five years old. By day she's a history teacher at Parsippany High School and by night she's the Head Women's Basketball Coach for the County College of Morris. Katz knew she wanted to be a coach during her second year in college as a student at CCM.

Katz attended CCM from 2006 to 2008 studying liberal arts and taking education courses for her electives. She played both women's soccer and basketball for CCM. During her second year, she was the soccer captain and lead her team to win the section regional finals. She was also a member of CCM's chapter of Phi Theta Kappa and in the spring of her first year, she started working in the CCM Athletic Office as a student aide. Katz, in addition to her classes, sports, and an on-campus job, also worked as a waitress and spent many hours volunteering for programs such as the Literacy Volunteers of Morris County.

"If you work hard CCM is going to help you get where you to want to be," said Katz.



PHOTO BY ALEXA WYSZKOWSKI

Coach Alexandra Katz, when not in the gym, can be found in her office in the Health and Physical Education building.

She even was able to start substituting at Dover Public Schools and Morris Hills High School during her second year at CCM. Katz also substituted in

McKinnon and Netcong. She remembers receiving good advice from her CCM professors to get started substituting in a school district early on.

"If you are driven and ask for help, the people here [CCM] want to help you," said Katz.

After CCM, Katz transferred to Fairleigh Dickinson University and in 2010 she received her bachelor's degree in history. Then in 2011, she got her masters from FDU in secondary education. As a student at FDU Katz continued to play both soccer and basketball and volunteer. She tutored two families and continued to substitute in hopes of having as much classroom experience as possible. Katz did her student teaching at Dover High School and upon graduating from FDU, Dover High School hired her right away. She taught all kinds of history including world history, US History, government, and economics. Then in 2013, Katz left Dover High School to teach at Morris Hills High School, where not only had she substituted, but she also was a graduate of Morris Hills High School. Then in July 2017, Katz was hired as CCM's Head Women's Basketball Coach and also started a new teaching job at Parsippany High School.

Katz is so thankful for all the support and help she received as a student of CCM and says that choosing to go to CCM first for college was the best decision of her life. Katz recalls as a CCM

student, connecting with and receiving help from Dr. Simmons, who she still looks up to this day.

"She is an outstanding role model for all our students, especially our women student-athletes who have more challenges confronting them as students and as athletes on campus," said Dr. Simmons. "Her dedication and commitment to CCM certainly has continued in her position as Head Coach of our Women's Basketball Program and I couldn't be more proud of what she has accomplished."

Now as the CCM Head Women's Basketball Coach, Katz feels it is her turn to offer the support and help she received as a student to the students she now coaches on the basketball team. Katz says that she got the most out of her own CCM experience and hopes to help her students have the same feelings towards their CCM experiences.

"I got really lucky. I am so fortunate to give back to the school, as I really feel like they did a lot for me," said Katz.

Editor's Note: If you are a professor or faculty member of CCM who also went to CCM as a student please contact youngtownedition@gmail.com for the opportunity to be featured.

What's cooking in the Teaching Kitchen



PHOTOS BY ROBERTA MCGRATH

The study of the world food and the cuisines of different cultures is one of the growing trends in the United States. Professor Cosgrove and his students studied the foods and flavors of Germany and Britain. On the menu: Beef Stew, Kaesespaetzle, Blaukraut, Weiner Schnitzle, Yorkshire Pudding and Lemon tart. After cooking the entrees the students sat down and enjoyed the meal. Want the recipes? Enroll in HOS-123 or stop over to the Teaching Kitchen SSC-240.



Members for Gourmet club along with other Hospitality/Culinary students – chaperoned by Professor Kern and Lab Coordinator Emily Guderian, attended the NYC International Restaurant & Food Service Show on Sunday, March 3.

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Despite My Diagnosis... I Refuse to Be a Statistic

BY CATRINA BENNETT
Contributor

Despite my diagnosis, I refuse to be a statistic. I refuse to be just a warning story about depression, a vague message on an anti-anxiety poster, or part of a number on a graph. I know that, despite my flaws, I am strong enough to change not just my life but also the lives of those around me. My story isn't perfect or pretty, but it certainly isn't over.

Even as a child, my fears ran rampant in my mind and were nearly debilitating. When I brushed death in a near drowning, I was more afraid of non-existent sharks in the water than the waves suffocating me. I had few friends and everyone else made fun of the awkward, chubby girl who cried when she failed a math question. No one, not even myself, saw it, but I was crumbling under the pressure of self-invented expectations. Everything was too much, too overwhelming, and too scary.

Then, my parents got a divorce. I was glad to be rid of the late nights listening to screaming matches through thin walls while attempting to stifle my sobs with a pillow. Now, I was terrified that everything I had worked for was now restricted to a simple statistic. More likely to

do poorly in school, more likely to be depressed, more likely to commit suicide, more likely (I thought) to fail. I denied my sexuality and nearly lost my best friend in the process. I stopped going to school and dropped from an AP student to a near drop-out. I stopped seeing the point in living. I was becoming a number to everyone around me: number of absences, number of panic attacks, number of medications.

The people in my life were fighting just as hard as I was to keep me afloat. My friends, family, and even teachers banded together and forced me to begin to focus on where I had succeeded in life rather than where I had failed. I began to participate in classes again. The moments when I would answer a question wrong were still devastating, but each joke and nudge in the right direction from my friends increased my determination that tomorrow I would do better. And I did. I graduated in the top 15% of my class. I started talking to my father again. I took up drawing and other hobbies to fill the time between school and work.

Most importantly, I decided that it was my duty to help others who were struggling as well. Before leaving my high school, I made sure that the GSA (gay-straight alliance) was well supported and able to provide a

safe space for struggling kids. I started reading more about mental illnesses and coping mechanisms in an effort to make myself better suited to give advice or resources to others. Upon arriving at CCM, I immediately joined our Active Minds chapter. It's members both helped to restore my faith in myself and allowed me to direct others towards the help that they needed.

Today, I am no longer just a number on a chart in a therapist's office. I may still struggle with and fall prey to the effects of my depression and anxiety. But now, I refuse to let those facts be the only ones which define me. I know that I have the ability to help myself and others. I know that I can change the statistics.

If you are struggling, please know there is help. Some resources you can utilize are the National Suicide Prevention Line at 1-800-273-8255, the Crisis Text Line if you text HOME to 741741, and the Counseling Center in the Student Community Center, Room 118.

Editor's Note: If you are in the process of recovery we encourage you to join the members of Active Minds, Writers Club and the Youngtown Edition to become more than your diagnosis and to share your story, contact youngtownedition@gmail.com to find out how.

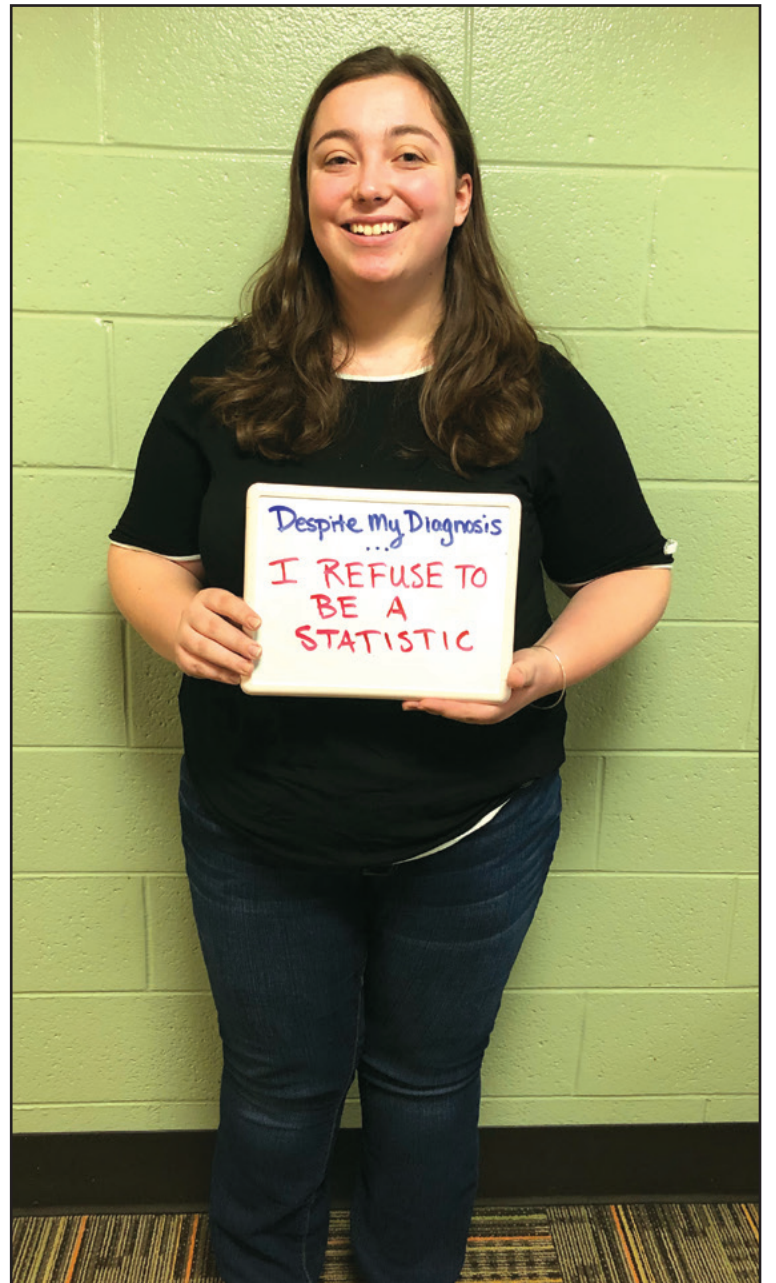


PHOTO BY ALEXA WYSZKOWSKI

Catrina Bennett is more than her diagnosis.



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Opinion: Teenage Reading Continues to Plummet

BY MICHAEL CHIARAMONTE

Contributor

Society is at an all-time high in terms of available resources that enable people to read whenever, and wherever they want to. Common Sense Media, a non-profit organization that advocates safe technology and education, has recently completed a series of studies suggesting that while children are doing their fair share of reading, the number of teen readers is drastically declining. Students at County College of Morris are required to read quite often for their particular classes, but are they doing it on their own?

According to the Certified Survey Mapping survey of 2016, one-half of seventeen-year-olds say they read for fun less than twice per year. In 1986, only one-third of

students had the same answer. So the question arises: Is technology really to blame? For the average teen, finding the perfect balance between school, sports, work, religion, personal upkeep, and sleep is extremely difficult.

Sarah Walsh, a communications major, mentions that reading is a low priority due to her busy schedule

“It’s really hard to deal with all of my responsibilities during the school year,” Walsh said. “Reading is the last thing I have time for.”

The US Department of Health and Human Services suggests that after all of these activities, students are left with approximately 1.3 hours of purely “free time”. In a day and age where social media plays such a crucial role in our lives, it is very challenging to stay socially “up to date”, therefore

bumping novel reading even further down the totem pole.

A practical solution to the lack of interest and time for personal reading is the implementation of mandatory reading classes, administered by an engaging, and qualified teacher in order to spark the interest among students who are on the brink of falling in love with literature.

Michael Terzis, a former Morris Knolls teacher, talked about the importance of reading at this stage in teen development.

“I don’t know who I would be if it weren’t for all of the great books I read in high school,” Terzis said. “If all students were presented with the opportunity to have an open discussion about classic literature and its relation to life with someone whose passion is transparent, our faith in young bookworms could be restored.”

Opinion: How football becomes even more dangerous

BY CLAUDIA YANEZ

Contributor

American Football, according to a 2017 Gallup poll is the most popular sport in America, however with it carries high risks of serious injuries. According to a Hopkins Medicine article titled Sports Injury Statistics, “88,000 five to fourteen year olds were sent to the emergency room for soccer related injuries, and almost 215,000 were sent for football related injuries, which is the most out of any other sport children participated in.”

The negative sides of football has been portrayed in several forms of media from T.V shows like Friday Night Lights, to movies like Concussion that are based on true stories. Concussion follows the story of Mike Webster, a former Pittsburgh Steeler center, as he struggles with Chronic Traumatic Encephalopathy (CTE), which according to the National Center for Health Research is one of the most dangerous long term health risks that plight football players.

According to the alzheimer’s association CTE is caused by repeated blows to the head and has been associated with the development of Alzheimer’s dementia. Symptoms of CTE include mobility issues, short-term memory degradation, depression, and suicidal thoughts or behavior. CTE can only be diagnosed at the time of death when an autopsy is performed.

Recently CTE has been mak-

ing national headlines, In a Feb. 2019 Forbes article titled Bob Costas Versus NBC, the NFL and the Question of Values by Dan Pontefract, the effects CTE has on a human brain that takes numerous hits are discussed.

The article explains how American Sportscaster, Bob Costas, who was cut from the NBC Super Bowl coverage because he believed CTE should be talked about. “The reality is that this game destroys people’s brains -- not everyone’s, but a substantial number,” Costas said. “It’s not a small number, it’s a considerable number. It destroys their brains.”

The New York Times also released an article, New Jersey Unveils New Limits on High School Football Practices by David Waldstein, which mentions a new rule passed in New Jersey. High school football level will limit full contact practices to 15 minutes per week in order to avoid the risk of head trauma.compared to the old rule of 90 minutes of full contact a week.

“Head trauma and CTE is a huge issue. Although a very large portion of concussions develop from wrong form and illegal hits but freak accidents do happen,” Ahmedi said.

Ahmedi mentions that the new rule will be beneficial for the student athletes because the athletes will be more rested.

“Less tiring for the players and a small chance for injury,” Ahmedi said. “It gives more time to practice form, plays, even cardio and stamina training too.”

Kevin Pratt, communications major and CCM soccer player, tried football out for one year when he was in the third grade.

“My mom was always concerned about me playing football,” Pratt said. “She said I would support my child if they wanted to play football but for sure be worried about the dangers,” Pratt said. “She always knew football as one of the hardest hitting and most physical sports.”

Kenny Moran, a second-year communications major and a CCM soccer athlete suffered from a concussion. “Someone took a knee and hit my head and the back [of] my neck,” Moren said.

He was out for three weeks. Sometimes, his head pain still reappears. After receiving his concussion, Moren missed playing but knew his health was most important to protect.

Although the alzheimer’s association links CTE most with football athletes, other contact sport athletes like rugby players, hockey players, lacrosse players, and soccer players are also at risk at developing the disease.

Jack Sullivan, the athletic director at CCM, is strict on the issue of concussions and has implemented mandatory impact testing for every athlete.

“We make impact testing mandatory every year,” Sullivan said. “When someone gets a concussion we get a neurologist involved right away, and do not let the player return to the sport until their symptoms are gone.”

Opinion: Titan’s soccer sets goals

BY KENNY MORAN

Contributor

When the fall sports season is finished, most of the men’s and women’s soccer teams take the winter break to cool off, but the CCM men’s soccer team dedicate their time and themselves to refining their skills. Winter and spring until August is the time of training, in which twice a week, they work on strengthening themselves and bonding as a team. The Titans are looking forward to their upcoming season when many veteran players will be reinforced with promising freshman recruits.

One of the biggest struggles for last year’s team was recruiting more goalkeepers. During the 2018 preseason, three goalkeepers showed up. However, one of them was a transfer student from Coastal Carolina University, and his credits could not transfer in time, leaving only two keepers left on the official squad. Luckily, goalkeeper Richard Luke, a liberal arts major at CCM, will return to the pitch and hopes to have a starting spot.

“I mean yeah it was kind of unfortunate for me last season that I had to settle for being on the practice squad since my credits could not transfer in time, but it wasn’t all bad though. I was still able to get much experience by training at my absolute hardest during the practices. I know there’s even more goalkeepers joining in the upcoming season, but I will make it my mission to earn a starting spot.” Luke said.

Luke is most excited to be playing under his former high school coach, Kevin Rosenberg now entering his third season as head coach for the Titans. He is also looking forward to playing alongside his friends, such as Jonny Sherman, who was a captain at Morris Knolls High School.

Returning Titan Chris Sturm, a business marketing major at CCM, has been dedicating most of his time outside the classroom into improving his skills and helping out his teams for the upcoming season.

“The beginning of last season threw me right into the fire of what is known as college soccer. Having to be the starting right back was nerve racking in the beginning and it definitely was not easy as well. I started to struggle a bit having to be a vital role in the back line so I got replaced by one of the captains. His speed and versatility was perfect for that position. I was not mad that I had to give

up my starting sport for the betterment of the team, nor should any teammate be. It actually helped me grow as a player and person. It fueled me to try harder and improve my game. My ambition fueled up the rest of the bench players as well,” Sturm said.

After his morning classes, Sturm meets up with a couple of his teammates to workout and work on drills they need on their off days from practice. It has also bothered Sturm in the past that players had become ineligible due to grades, so he offers help and even has regular study sessions at his house along with his fellow teammates. Sturm hopes to earn a starting spot this year and wants to make a difference in the college’s program.

Former starting right back and captain for the Titans, Bruno Meinero, a business administration major at CCM, has high hopes for the squad next season. Meinero had just capped his last season with the Titans last fall, having been a part of the program for four years.

“I’ve been a part of this team for a long time and I’d have to say, I’ve never seen our team this driven and motivated during offseason training. In the past we’ve hadn’t had our team fully function together collectively, but now it seems that every player is really buying into it. That’s what makes teams successful,” Meinero said.

Meinero has high hopes for the squad next fall. He says that it might be the strongest team he’d seen in a while. Meinero will miss playing for the Titans, but he will support them as much as he can.

Head coach Kevin Rosenberg is now entering his third season coaching, and he has big expectations for the Titans, as he does every season for the men’s soccer team. Formerly coaching at Morris Hills High School, Rosenberg has brought on many of his former players to assist him in coaching at practice. Assistant Coaches Sebastian Castillo, Adam Porclean, and Jonathan Roman were all former players of his at Morris Hills. Some of his former Hills players are part of the squad as well, with players such as captains Bruno Meinero and Kevin Pratt.

The team and its coaches feel confident in the season to come, and they believe they can win both the region and national titles. Any CCM student who wishes to support the Titans can see their game schedule in the athletics section of the CCM homepage.

Stormwater Management Regulations

The Public Safety Department, in compliance with Federal Stormwater Management Regulations, brings the educational brochure found at MailScanner has detected definite fraud in the website at "tinyurl.com". Do not trust this website: <http://tinyurl.com/psnanej> to your attention. Stormwater management, was enacted in 1999 by the U.S. Environmental Protection Agency to address the health and safety of our ecosystems and subsequently, the quality of our lives.

Opportunities to engage in boating, swimming and fishing are diminished if water quality is impaired. Impaired water quality impacts shellfish production, tourism at beaches and coastal communities. It also increases drinking water treatment costs. For more information, contact the Public Safety Department at ext. 5550.

Opinion: New building leads to deforestation at CCM

BY RAVEN O’HERN
Contributor

From the rainforests to our oceans, and even to our County College of Morris campus, deforestation has become a huge rampant problem. Recently many trees have been taken down in order for CCM to put in a new building.

The deforestation of our campus has some of the students not feeling sure of whether or not they are happy about this change to the campus.

“I understand why CCM took these trees down,” James Crisman, a CCM communications major, said. “But I also don’t agree with the removal of these trees as there are nearly not as many trees left on our campus now.”

CCM cut these trees down in order to create the Advanced Manufacturing and Engineering Center, which the campus says will address growing employment and industry demands. While some students are more concerned with the wildlife of our campus, some students are

understanding of why CCM took these trees down. However, without the trees, some students feel it is affecting the way the campus is viewed. Some students believe that these trees being gone has changed the appearance of our campus entirely and is making it seem like a different campus altogether.

Leishla Nieves, a communications major, is concerned about the change in scenery that the tree removal has caused.

“I don’t like change so to me I don’t like seeing the highway from the parking lot,” said

Nieves. “I liked it better how it was before.”

According to Professor Brian Oleksak, chair of the Landscape and Horticulture Technology program here at CCM, “I don’t believe the loss of these trees to be detrimental to our campus’ wildlife,” Oleksak continued “CCM has no requirements to replace the trees on our campus, but when other trees were removed from our campus for another building CCM put in place a tree replacement program to replace some of the trees that were lost.”

Besides the students who do not like the removal of the trees, there are students in addition to Professor Brian Oleksak who agree with the removal of the trees in order for CCM to continue growing.

“I think it’s cool that they are putting a new building in. It’s neat that students will be able to learn in a new environment,” said Jagger Montano, a CCM communications major. “The trees are an unfortunate loss to our campus, but maybe a new building isn’t such a bad thing.”

Opinion: Future strikes fear in fellow students

BY GIANNA PEREIRA
Contributor

Thinking about the future can be frightening for CCM students who are unsure of how to get to their next school or have a career after the completion of their program here. Some students have a lot on their mind with job opportunities and their course load, sometimes it can be overwhelming with how much there is to plan for. According to College Parents of America’s “5 Main Causes of Stress For College Students”, students are primarily stressed out by homesickness, social anxiety, financial burden, parental expectations, and most importantly, “clearing hurdles”. One such hurdle is transferring to other colleges, and trying to figure out what they want to do in the future.

Keri Bonner, a challenger student, expressed her idea about her future plan.

“This is only my first year, the second semester at CCM,” Bonner said. “Currently, I am in high school and going to CCM part-time.”

Even though Bonner has no major at the moment, she knows her interests and how she wants to pursue them, and where. Against the uncertainty in her undecided major is her plan of pursuing said interests. She says, “I plan on majoring in psychology since it interests me most. However I could see myself potentially changing my major. I am unsure of any future job ideas at the moment, but we will see what happens.”

Although Bonner is still in high school, the transferring process still worries her, and she is still unsure of what to do.

“It makes me nervous to think about when or where to transfer,” Bonner said. “I am very nervous to go and live somewhere else and attend school, but I believe that I will be fine wherever I end up and whatever happens during the process since I do still have time.”

Haley Babus, an exercise science major, said she is aware of the difficulties life may bring, but is still incredibly optimistic.

“This is my 5th semester here at CCM,”

Babus said. “I plan on graduating next winter and transferring to a 4-year school with a degree in physical education.”

While there are some students who plan on changing their major during the transferring process, Babus is fully committed to her major.

“I definitely am not going to switch my major,” Babus said. “I have such an interest in this major and I always have from the start.”

“I see myself 100% committed,” Babus said. “I see myself as a physical education teacher and even a personal trainer, and I am truly committed to that.”

Being in the same scenario as Bonner, Babus is nervous for the transferring process due to past experiences.

“I am nervous since I started at a 4-year school,” Babus said. “I hope I have a better experience this time around.”

As much as Babus wants to continue on with her life and is excited about the future, she will always remember CCM, and how much she enjoyed studying here.

“I will honestly miss CCM,” Babus said. “It has great professors and an awesome vibe for anyone looking to get an education and to make new friends.”

As Babus is completely set with her major and career path, there are others who are not as sure and may have more than one area of interest.

Kelly Hyland, art education major, expressed her current viewpoint of majors and transferring.

“I am an art education major, but I am switching majors, so depending on where the next major takes me, I may continue on with more schooling, or even try pursuing an internship,” Hyland said. “This is my third semester at CCM, and I am currently here because I am not completely sure what I want to do.”

“I have tried a couple majors and it is cheaper to test the waters at CCM than a 4-year school,” Hyland said. “When I find a major to stick with at CCM and I receive

an Associate degree, I will stick with that major when I transfer to another school.”

As Babus mentioned transferring before, Hyland has done the same as well.

“I am not nervous for the transfer process because I have been through it all before,” Hyland said. “I spent last semester at West Virginia University and I had to transfer all my credits.”

There are so many different opportunities to choose from when deciding what to major in or what job to accept. When growing up and experiencing new situations every single day, one is drawn to different ideas and choices in life.

Hyland expressed her major switching process and her long term ideas within these majors.

“Currently I am an art education major, but in the fall semester I plan on switching to Culinary Arts and Science to enter it’s

many interesting and hands-on career fields, or possibly even own an establishment,” Hyland said. “I am not fully committed to my major because taking teaching classes, I have learned that this is not something that I am really interested in.”

“I like how my major is hands on, but I have found that my art classes are not holding my interest, so I am pursuing a new major that I will be more interested in,” Hyland said. “For art education, I do not have any job opportunities in mind, but relating to my new major, in the fall there are several opportunities such as professional baking, stylists and catering.”

Students looking to stay ahead and plan their futures can visit both transfer services and career services and cooperative education. In these offices, students are provided with individual assistance that can help them decide upon a major and a career.

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The 2019 County College of Morris Peace Prize

Students may apply now for the 2019 County College of Morris Peace Prize. The recipient will receive an engraved plaque and an award of \$1,000, both provided by the County College of Morris Foundation.

Established in 2001, The Peace Prize competition is intended to inspire students to use their imagination and creativity in the design and production of a work that both commemorates the events of September 11, 2001 and makes a positive statement about the importance and pursuit of world peace.

The work may take any number of forms, including, but not limited to, expository or creative writing, video production, musical composition or other visual or performing art.

Students who wish to participate must file an application by April 8 with Professor Laura Driver. By May 1, all projects must be submitted to her for referral to a distinguished panel of judges. The recipient will be announced in May. Presentation of the award will take place during Commencement on May 24. In addition, the recipient will have his/her name inscribed on the permanent Peace Prize plaque in the Student Community Center.

Questions may be directed to, and applications obtained from, Professor Laura Driver at ldriver@ccm.edu.



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