

THE YOUNGTOWN EDITION

COUNTY COLLEGE OF MORRIS' AWARD-WINNING STUDENT NEWSPAPER

Student orchestrates women in politics panel

BY ADAM GENTILE
Managing Editor

A panel of women politicians set up by CCM Liberal Arts major Natalie Lopez to discuss the importance of women in politics and the perspectives that they can bring to crafting policy at a panel held on campus March 5. The panel consisted of four women politicians most of whom made history and were the first woman elected to certain positions in their area.

The panelists included Heather Darling, a current Morris County Freeholder who is running for Morris Surrogate; Heather Diaz, the first Hispanic and woman mayor of Perth Amboy; Catherine DeFillippo, a former mayor of Roxbury Township and current Morris County Freeholder; Debra Smith, former council president in Denville who currently serves as a Morris County Freeholder; and Christabel Cruz, a Ph.D. candidate at Rutgers focused on Women in Politics.

The panelists were asked questions by CCM professor of Political Science Dr. Candace



PHOTO COURTESY OF CCM FACEBOOK

Professor Candace Halo, Perth Amboy Mayor Wilda Diaz, CCM student Natalie Otero Lopez, Freeholder Kathryn DeFillippo, Freeholder Deborah Smith, Freeholder Heather Darling and Christabel Cruz, director of the National Education for Women's Leadership.

Halo, who acted as a moderator for the event. She asked questions that focused on the changing political landscape moving forward, how attitudes toward women politicians have changed since the

start of their careers, and why gender is important.

Freeholder Debra Smith talked about one of the first meetings she attended as a politician and mentions the isolation that male counterparts forced her in.

"There was silence," Smith said. "One of my first experiences in a meeting I forced myself to sit with strangers, not a single one of those males said anything or even talked me. They were talking about a trail... a trail, the funny part is that it's a trail that I am currently putting in."

Smith brings up that attitudes have shifted in her 20 year-long careers and that male politicians are now more willing to interact with their female counterparts.

A common question that Halo receives in her political science classes is the question of, "Why does gender matter?" All of the panelists mentioned how women bring different perspectives to discussions whether its about crafting legislation for

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Italy's artistic culture explored in study abroad

BY JORDAN BESS
Contributor

County College of Morris travel abroad students boarded a plane to Italy on March 6, 2019.

The study away opportunity hosted by CCM has taken many students on trips to witness and learn about the art, history, and architecture of countries like Italy, France, and Spain; that hold some of the world's most famous pieces of art like Michelangelo's David, Mona Lisa, and the Plaza de Cibeles.

First, the group visited Rome where they saw many world-renowned pieces of architecture consisting of the Trevi Fountain, Vatican, Colosseum, Pantheon and many more famous pieces of art. The next stop was to Florence where the art consisted of the Statue of David, Uffizi Gallery, etc. The last stop was to Venice where the group toured the Bridge of Sighs and the rest of the sinking city.

Gabby Curvin, an engineering science major at CCM, recalled the activities that she and the other students embarked on

during her visit to Italy.

"We saw multiple churches with various famous statues and architecture," Curvin said. "We went to many museums that had paintings and sculptures by different famous artists from all different time periods."

Curvin continued to say her most memorable and amazing part of the trip was going to the Vatican in Rome and seeing the Sistine Chapel. Along with the journey to the Vatican, Curvin loved the food she claims it's some of the best she's ever had.

According to the National Association of Foreign Student Advisers that approximately 330,000 American students each year participate in a study abroad program of some kind.

The trip wasn't all history and artifacts, it also had a great deal of free time where the group members went out on there own to explore, shop, and completely immerse themselves into the Italian culture.

Jess Mojica, a communications major felt that everyone to experience a trip like this through the study away an opportunity at CCM.



PHOTO COURTESY OF PARIS AND ITALY TRAVEL ABROAD 2019 FACEBOOK AND JAMES ADKINS

CCM students from the March 2019 study abroad trip.

"I think anyone who wants to get out of their comfort zone and just explore should take the opportunity and run with it," Mojica said. "These programs are de-

signed to include sightseeing for the most significant and famous places in the cities that we traveled."

Mojica explained that these

trips are designed to show students what is important to the cities and Italian culture, but

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The differences between healthy, unhealthy and abusive relationships

BY ALEXA WYSZKOWSKI
Editor-in-chief

Being in a romantic relationship can be exciting, but it is also important to recognize if the relationship is healthy or not. Being in an unhealthy relationship may be physically, mentally and emotionally draining and can damage a person's health and self worth. According to loveisrespect.org every 1 in 3 adolescents has experienced physical, sexual, emotional or verbal abuse from a partner in a romantic relationship. Loveisrespect.org explains that 57% of college students have difficulty identifying dating abuse and just as many are unsure of how to help someone who is struggling in an unhealthy relationship.

A healthy relationship according to loveisrespect.org and the National Domestic Abuse Hotline consists of both mutual communication and boundaries. In order to communicate effectively it is important for both partners to talk with each other and not hold in things that may be concerning them. Both partners should have respect for each other and make a clear effort to consider each other's ideas. It is important to be able to be open to compromise and also to be supportive of each other. Partners should respect each other's privacy and understand that they do not have to share everything or be together all of the time. By having boundaries partners should respect each other's likes and needs and also give each other time to do things and see their friends on their own without each other.

Romantic partners at times may feel disconnected or that the relationship does not have the same feelings it used to have. If this happens partners should see each other to do something fun they both enjoy and allow for time to talk about why they want to be in this relationship. However it is important to realize that people cannot be forced to change, the behavior of a partner is not something the other person can control or change. If the relationship is unhealthy and after time and dedication it still cannot be fixed and or is abusive it may be time to end the relationship.

Unhealthy and abusive relationships may look different as there are many kinds of abuse. Loveisrespect.org explains abuse can include physical, emotional, verbal, sexual, financial, digital and stalking. On their website there are many warning signs of each type of abuse and just one to two of the signs could mean the relationship is abusive. Physical abuse is when one partner touches the other partner's body and they did not want to be touched and or is harmed by the physical contact. This can include but is not limited to physical hitting, pushing,

pulling and grabbing. This also involves unwanted hair pulling, butt slapping without consent and forcing to perform a sexual act. Sexual abuse is when a partner is forced to do something sexually that they do not want to do.

Consent according to the National Domestic Abuse Hotline is when both partners communicate and explain what they want to experience in their relationship. This includes any physical activity such as handholding, kissing, touching and intercourse. This conversation should continue throughout the relationship, as consent for an action at one time does not mean that there is consent for another time. Partners may change their mind about an action they gave consent to, before and or even in the heat of the moment, may feel uncomfortable and not want to go through with the action. A partner who is being manipulated or forced to say yes or is afraid to say no to a physical activity is not actually giving consent. With consent, partners communicate about all physical activities and ask each other if they are comfortable and okay, even in the heat of the moment.

Emotional and verbal abuse are not physical behaviors and can include verbal and written threats, insults, feelings of intimidation and isolation and constant monitoring and texting. This can include embarrassing the partner in public on purpose, instructing the partner on what to wear, being jealous of the partner's other friendships, making the partner

feel guilty and immature and threaten themselves to keep the partner from breaking up with them. This relates to stalking where the abusive partner may be overly obsessed with the other partner and could randomly show up at the other partner's place of work or home without an invitation.

With financial abuse the abusive partner may try to control the other partner's finances, bank accounts and spending allowances. With digital abuse the abusive partner may try to control the other partner's social media accounts and may be mean or rude to the partner with negative posts and comments. Romantic partners should not have each other's passwords for any online or social media accounts. Constant checking in and texting is also negative and can make the partner feel afraid to be separated from their cell phone.

Breaking up with a partner from an unhealthy relationship can be challenging. The abusive partner may not be accepting or respectful about the situation. They may try to change the situation by making the other partner feel guilty, threatened and worthless. According to loveisrespect.org it is the safest choice to break up over the phone and not in person. It is important to tell family and friends about the break up for support and in case the former partner tries to visit the other partner in person. Also keep any threatening or manipulating messages from the former partner af-

ter the break up in case needed for records.

After a break up is the perfect time to make changes, try new things and take care of oneself. It is important to not isolate oneself and stay connected with supportive family and friends. Consider what hobbies or interests used to be fun before the unhealthy relationship. Change the routine and work on improving oneself. Suggested activities include meditating, yoga, exercising, cooking and spending time with friends.

CCM students struggling

within current or trying to overcome previous unhealthy and abusive relationships are welcome to come the new student support group run by the Counseling Center to help students form and maintain healthy relationships. The next meeting is Tues. April 16 at 12:30 p.m. in Cohen 160. This support group gives students the opportunity to talk about, listen to others about their relationship experiences and realize that they are not alone. Everyone deserves to have a healthy and positive relationship.



ILLUSTRATION BY SARAH GALLAGHER

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County College of Morris • SCC 129
214 Center Grove Rd., Randolph, NJ 07869-2086
E-mail: youngtownedition@gmail.com


Editor-in-Chief.....	Alexa Wyszkowski
Managing/Copy Editor.....	Adam Gentile
News Editor.....	Anthony Ingham
Features Editor.....	Open
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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.

Opinion: “Pretty Woman: The Musical” surpasses the original

THE OFFICE OF CAMPUS LIFE PRESENTS:
THE SPRING 2019 BROADWAY BUS TRIP
TO SEE:



PRETTY WOMAN THE MUSICAL

THURSDAY, MARCH 21, 2019

\$80 FOR STUDENTS, F/S AND ALUMNI, \$85 FOR GUEST (LIMIT 1)

TICKETS GO ON SALE ON TUESDAY, FEBRUARY 5 TO SPRING 2019 CCM STUDENTS ONLY!! COUPON CODE: "PRETTY". ON FEBRUARY 12, 2019, TICKETS WILL BE AVAILABLE TO PURCHASE FOR FACULTY, STAFF AND ALUMNI ON OUR WAITING LIST.

BUS LEAVES HPE BLDG. AT 3:30PM FOR 7:00PM SHOW!

GO TO bookstore.ccm.edu/campus-life-events TO BUY TICKETS!

PHOTO COURTESY OF DON PHELPS

BY JOLIE CHOW
Contributor

The Office of Campus Life (OCL) sponsored a trip to see *Pretty Woman: The Musical* on Broadway Thursday, March 21.

This was the latest of many such trips which OCL regularly sponsors; past excursions have included viewings of “*Mean Girls*” on Broadway, “*Summer: the Donna Summer Musical*”, and many more.

If you missed the school-sponsored viewing, “*Pretty Woman: The Musical*” is definitely still worth the trip. It follows the Cinderella-esque love story between sex worker Vivian Ward, who dreams on a knight in shining armor to rescue her and the cold-hearted businessman Edward Lewis. Based on the 1990 film of the same name, the musical includes an original score by Bryan Adams and Jim Vallance, with sound design by John Shivers.

If you’re looking for an entertaining comedy, this is the musical for you. Just don’t expect any nuance or humorous social commentary; any emotional scene that strays from the happy-go-lucky message of dreaming big and wanting more aren’t ever given the chance to mature. The death of fel-

low sex worker “*Skinny Marie*” is treated more like the punchline to a joke in poor taste than an actual tragedy, and though the audience is told of the supposed hardships Vivian and Edward experience, these hardships are never felt. Nevertheless, it is a worthwhile watch. Though attempts at more subtle jokes don’t often land, some lines elicited genuine belly-laughs. This can be largely attributed to the outstanding performance of Eric Anderson, whose dichotomous portrayals of “*Happy Man*” and “*Mr. Thompson*” created moments of unique comedy that surpassed the limits of the original movie. Another notable mention is Tommy Bracco, cast as Giulio, the discrete bell boy whose dance numbers and expression alone often had the audience erupting in laughter. This is, perhaps, the musical’s strongpoint: though it largely followed the movie line by line, including many of the most iconic scenes of the movie, the musical surpassed the confines of the original medium in its unique theatrical humor. This new medium also allowed for a truly beautiful take on the opera date between Edward and Vivian; Allison

Blackwell, in her role as opera performer “*Violetta*,” brings the magic of the opera to the number “*You and I*” in Act II of the musical. Honestly, this performance alone makes the show worth watching.

If you missed the great deal offered by the Office of Campus Life, don’t fret! There are more ways to get affordable tickets to see “*Pretty Woman: The Musical*” or any other Broadway show, for that matter. TKTS in Times Square offers discounted tickets for most shows; you can check online or on the app to see what shows they have tickets for every day. If you don’t mind taking a bigger chance for a bigger discount, you can head to the box office for whichever theatre your favorite show is playing at as soon as it opens and finds tickets for as little as \$25 a piece.

Lastly, don’t forget to take advantage of the discounts CCM offers; not only for Broadway shows but for any bus trip alike. CCM students have access to discounted tickets and a free ride to museums, Broadway shows, radio city, and most recently, the Philadelphia Zoo. Make the most of these offers while you have the chance.

The latest from the CCM Math Club

Recent Student Math League Competition Top 3 Winners


- 1st Place: Sofia Shvaiko [\$200]
 - 2nd Place: Gabriel Lukijaniuk [\$100]
 - 3rd Place: Logan Riordan [\$50]
- Congratulations!

In other news our 2nd annual Integration Bee is on noon Saturday, May 4th, in LRC 121. T-shirts can be purchased by 4/18 and a registration deadline of 5/2 for participating teams.

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REWARD

Despite My Diagnosis... I still find ways to laugh

**BY MATTHEW
BRISTOL**

Distribution Manager

I've spent my entire life using humor as my go-to way of dealing with adversity. It's given me a pretty good sense of humor, at least in my opinion, although some of my professors may disagree. No matter how bad things get I still find ways to laugh. My family often says, "If you can't laugh at yourself, you can always laugh at your enemies!" From my earliest years, I've done comedy writing with my family, and one of my greatest passions in life is not just cheering myself up but getting others to smile and laugh.

Even at my lowest points during my time in the hospital I still remember drawing cat faces on medical masks because it gave me a laugh and made others smile. Later in life, this would include such things as wearing a full suit ensemble and a box cut to be a knight's helmet on my head, to deliver the newspapers.

I sometimes like to joke that my life started at its lowest point, so it's only up from there. At times that can be debated, but despite all of this, it's still an upward climb. I was born unable to breathe and extremely ill, and my doctor found that I had encephalitis, swelling of the brain due to infection. Seizures soon followed that has lasted my entire life. Now begins the debate if that was the lowest point of my life. When I was three, I was diagnosed with Acute Lymphoblastic Leukemia, a blood cancer that affects both blood cells and bone marrow.

While I went into remission

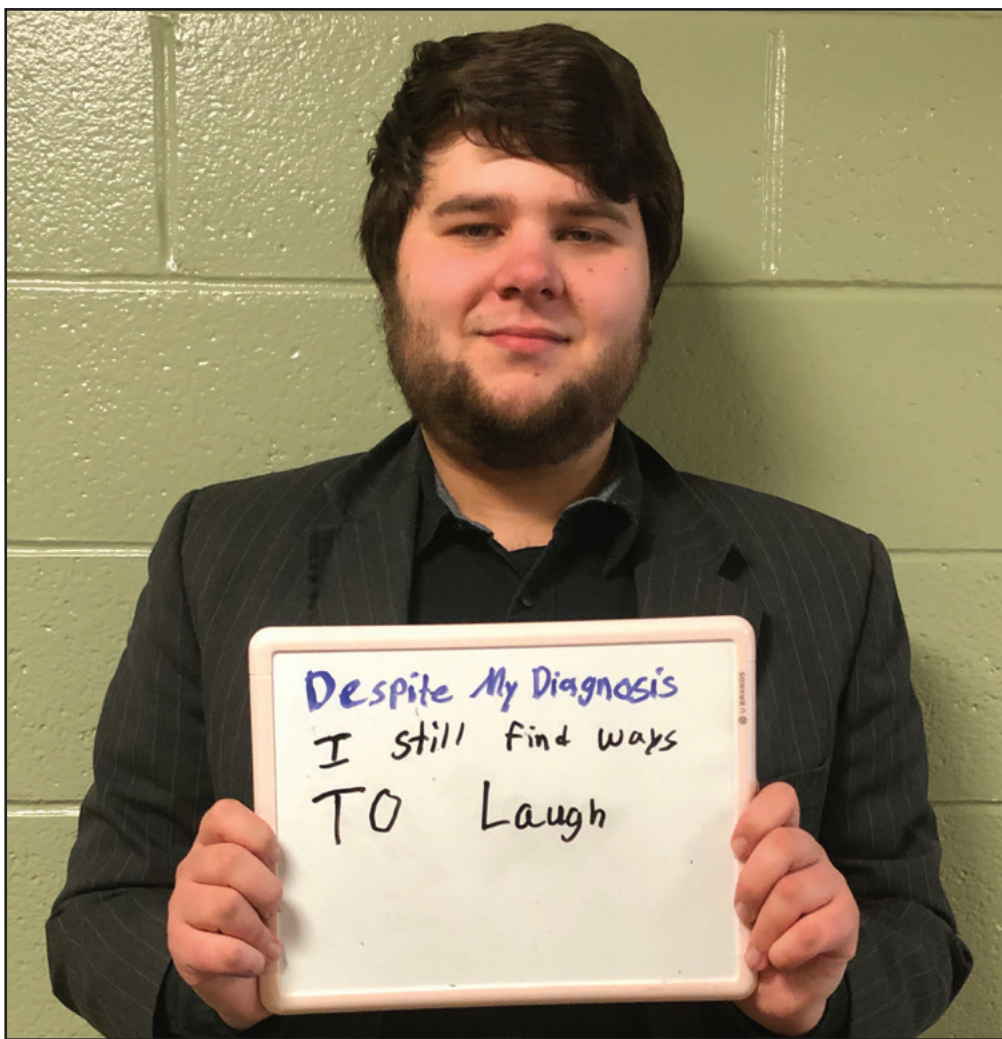


PHOTO BY ALEXA WYSZKOWSKI

Matthew Bristol is more than his diagnosis.

after many years of chemotherapy, I was left with mental and physical scars that haunt my life to this day. Some of them, such as those on my chest, is more literal than figurative. I dealt with this along with some general problems that arose as I grew up. Because of the chemotherapy, I developed Hashimoto's Thyroiditis which caused depression and weight gain. I haven't always been this impres-

sively sleek and aerodynamic.

One of my earliest memories of my mother's sometimes alternative sense of humor was at Disneyland when I was on vacation thanks to the Make A Wish Foundation. A very rude woman approached my mother at the pool where I was swimming and pointed at the hole in my chest and bellowed out "What happened to him!" My dear mother, never at a loss for words

simply said back "He was shot." She didn't have a response to that.

As I grew older anxiety and depression ruled my life and dictated much of my decisions. One of my biggest struggles in life has always been my Neuropathy that impairs my ability to write or work with my hands. Neuropathy leads to intermittent pain all throughout my body. This on top of one of the other symptoms that are of-

ten reported in those in remission from chemotherapy, ADD/ADHD, learning disabilities, memory loss, and memory loss. Cancer does not only impact you as you go through it but continues afterward, leaving lasting impacts on your body, varying differently from cancers and treatments. The side effects or "late effects" are especially prominent in young children. Lucky me.

Throughout my entire life, I've struggled through my classes, and I've struggled through my writing. Whether for fun or for classes, I've always struggled to keep myself on task. I can't count the number of times in my life I've stopped and simply said to myself "It may not be perfect. But I'm doing it. I will do my best." I just keep on as a mantra, and no matter how it turns out. I will do it. Even as I write this now, my anxiety hinders me. I stop to rethink every word I say. I think and rethink everything I do.

During my time at CCM, I've joined in on many different clubs and taken many different roles. Despite all my troubles, I've found myself at home here. I've been the vice-president of the SGA and worked for and I run many other clubs and organizations on campus. Despite all my troubles in life, I've come to a point where I can get out of bed each morning and know there are people out there, I can't wait to see and do stuff with.

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.

From Student to Staff: Najib Iftikhar

**BY ALEXA
WYSZKOWSKI**

Editor-in-Chief

When Najib Iftikhar attended County College of Morris not only was he a full-time student, he was also a full-time hotel employee as well. At Marriott, Iftikhar worked there for ten years before he moved to Wyndham Worldwide. He later returned to CCM, this time not as a student, but as a professor. During his time as a CCM student, he never imagined that he would someday be teaching at CCM.

Iftikhar studied hospitality management at CCM from 1989 to 1991. He was an active member of the International Students Club and was a senator for the Student Government Association as part of the commencement committee. He also recalls attending many Student Activities Programming Board events including an overnight trip to Pennsylvania. Iftikhar was also an EMT for his town.

In 2006 Iftikhar completed his Bachelor's degree in Business Administration online and two years later, his Master's degree in Global Marketing. He completed this while still working full time and happily married with children. He has always enjoyed having a busy schedule, as he says it helps him keep going and to stay motivated.

In 2013 Iftikhar became an adjunct professor at CCM and continued working full time at the hotel. Then in 2016, he became a full-time faculty member for both the hospitality and business department. He is the only professor who works in two departments. He is also the co-advisor for both Alpha Beta Gamma and Young Entrepreneurs of America and is a board member for his town's Board of Education.

"I love being involved with the community," Iftikhar said, "Everything in life is an experience; every day is an experience."

Iftikhar really enjoyed and

learned a lot from what he did during his time working in the hotel industry. When he was working at the Marriott Hotel he started in room service and restaurant service and while still a CCM student he was promoted to the Operational Supervisor. He eventually became the Hotel Manager. Now as a professor he loves being able to share his own knowledge and experiences of working in the hotels with his students. He enjoys being able to help and guide his students with their education and future career paths. Iftikhar says he looks forward to going to work every day and meeting new students each semester.

"I wouldn't dream of anything else right now. This is my dream and I am so grateful," Iftikhar said.

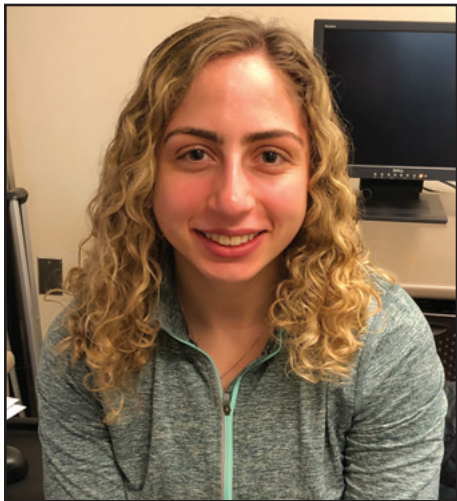
Editor's Note: If you are a professor or faculty member of CCM who also went to CCM as a student please contact youngtownedition@gmail.com for the opportunity to be featured.



PHOTO BY ALEXA WYSZKOWSKI

Professor Iftikhar in his office within the business department.

Roving Reporter: What do you do for self-care?



Daniella Cordasco
Biology Major
"For self care I go to the gym regularly and I communicate with my friends and family."



Eri Torres
Criminal Justice Major
"I like to read books and listen to music."



Abigail Jordan
Biology Major
"I take baths, or I cook or bake. They both relax me and I enjoy them."



Dereck Pablos
Architecture Major
"I like playing video games and drawing."



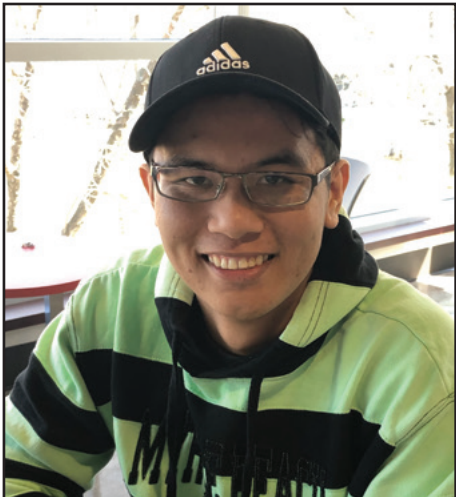
Desiree Ramos
Computer Science Major
"I read books and watch movies."



Daniel Gardner
Musical Theatre Major
"I drive around and listen to music."



Jay Samar
Economics Major
"I like to cook something nice that I wouldn't usually do; stress baking is my go-to."



Michael Corpuz
Computer Science Major
"I go to the gym to relax and de-stress."



Robert Hoffmann
Computer Science Major
"To relax I am learning to play the guitar and I also enjoy skateboarding."



Brian Benny
Business Administration Major
"I go to the gym and play soccer when the weather is warm."



Zeeshan Fakih
Management Information System Major
"I play soccer and go to the gym or sometimes play video games."



Jenna Kalynovych
Early Childhood Education Major
"I like to get facials every now and then just to feel better and relax."

PHOTOS BY ALEXA WYSZKOWSKI

Opinion: Rachel's guide to self-care in college

BY RACHEL ECKERT
Social Media Manager

Self-care is one of the most important things in anybody's life, especially for a college student. When exams start coming up and the work starts piling up, we often neglect what truly matters most: our own wellbeing. Self-care isn't always facing masks and a bubble bath.

First, it's important to know what self-care is. It is an activity that we purposely do to care for our mental, emotional, and physical health. It is something we find enjoyable and aren't forcing ourselves to do. Many people think it is only for mental or emotional health, but it does include physi-

cal health. Taking care of our bodies and our minds is such an essential part of life.

Face masks and bubble baths are, in fact, examples of self-care. There are so many different things that are self-care. Something so important with the school is making sure you get a proper amount of sleep. Making a point of eating healthy is also an act of self-care. Some other examples that you can do are: get a massage, do a random act of kindness, journaling, talk to an old friend, take a nap, go for a walk, learn a new hobby, unplug from your phone for an hour, listen to music. My own personal self-care is doing face masks, playing the ukulele, reading poetry books, and journaling.



PHOTO BY RACHEL ECKERT

Rachel Eckert's examples of self care.

aling. It's all about finding what works for you.

Self-care is important not just because it's important to take care of yourself, but because it helps prevent burnout. Burnout is a state of mental and physical exhaustion from excessive stress that goes on for an extended period of time. It is not only common in jobs, but also school. Student burnout is not often spoken of, but it is a real

thing. Some symptoms of burnout are feeling tired all of the time, frequent pains, loss of motivation, feeling helpless, and changes in sleeping or eating habits.

Self-care is a key factor in preventing burnout. Taking time out of every day for yourself is so important. It is okay to take a mental health day every once in a while. Don't be afraid to be a little selfish, because it may just save you from burnout down the road. Even if burnout does not occur, feeling rundown and stressed truly does a number on the physical and emotional health for anybody.

Remember: it's okay to be a little selfish once in a while and take time away from others and focus on yourself.

WOMEN

CONTINUED FROM PAGE 1

women reproductive rights or organizing budgets.

Freeholder Catherine DeFilippo mentioned that any woman candidate should not be voted for over qualified male candidates.

“If you took a poor female candidate and a good male can-

didate I’d vote for the male candidate,” DeFilippo said. “It’s what you bring to the table, men and women bring different backgrounds we don’t work alone we work together whether you are a Freeholder, a mayor, or a council member.”

The event was all organized by Natalie Lopez who was inspired to create it after she attended a Women in Politics seminar at the Eagleton Institute located at

Rutgers University’s New Brunswick campus.

“The institute is a bipartisan program and it focuses on trying to get more women aware of what they can do in the political arena, so to speak,” Lopez said. “It’s about a week long program and they have mentors there, workshops, networking events, tours of the state house, and you get to speak with some of the elected officials first hand.”

Lopez mentioned that this panel was her way of trying to bring the great experiences she had on to campus and is trying to make it more accessible to more students.

“I wanted to bring it on to campus and open it up to more students,” Lopez said. “It was my way of paying it forward so to speak, I’m also trying to set up a scholarship to help have more students experience it.”

Lopez brought up another reason why she wants more people to have more civic engagements and proper civil discourse.

“I think it’s really important for people to understand that facts don’t have to go along with your emotions,” Lopez said. “Just because you can make a statement without knowing the facts, you start to see confirmation basis which just gets more extreme with social media.”

ITALY

CONTINUED FROM PAGE 1

students are still able to be independent and explore the beautiful country on one’s own.

“I can say that I met some really incredible people from my trip to Italy that I would have never met if I didn’t go,” Mojica said. “I made some of the best memories, and I am so thankful that the trip was everything I hoped for.”

There are more study away trips hosted by CCM that are similar to the recent trip to Italy. Other countries that CCM students have visited consist of France and Spain, with the talk of more countries being added to the list in the future.

The students that were a part of the spring Italy trip of 2019 unanimously concluded that the group would love to go on oth-

er excursions provided by the school, and highly recommend the program to all other students.

Brittany Mattia, a business major, explained why she would suggest this trip and other study away experiences to her peers and other students.

“I would highly suggest traveling through CCM with the Study Abroad Association (SAA) because you are provided with so many helpful resources during your trip,” Mattia said. “You also have tour guides with you who specialize in the areas and histories of the countries.”

Mattia added that traveling through this study away opportunity the students were able to travel safe and sound throughout the foreign country, while still being educated and experiencing the culture of the specific areas.

Kristen Onorati, a social work major, explained why this spring Italy trip matched her ex-



PHOTO COURTESY OF PARIS AND ITALY TRAVEL ABROAD 2019 FACEBOOK AND JAMES ADKINS

CCM students from the March 2019 study abroad trip.

pectations perfectly.

“It felt so surreal,” Onorati said. “My adventures on the trip went ex-

actly how I expected it to go.”

Onorati continued to say how much she loved the trip and can’t

wait to take part in other study abroad opportunities through CCM in the future.

Hospitality and Culinary Arts

FRITTATA RECIPE

Perfect for Sunday Brunch

Professor Smith’s HOS-105 Food Science and Nutrition class prepared Frittatas. The class was broken down into different groups preparing Frittatas featuring whole eggs and different ratio whole eggs to eggs whites. They also tested frying eggs with some healthier options and types of cooking fats.

Yield: ~4 servings

PHOTO BY ROBERTA MCGRATH

Ingredients:	Amount:	Directions:
Eggs Egg whites Heavy cream Salt Goat cheese, crumbled Olive oil Mushrooms, sliced Arugula Garlic, minced Chives, chopped	2 each 6 fluid ounces 1.5 tablespoons ¼ teaspoon 2 ounces ½ tablespoon 2.5 ounces 1 ounce 1 clove To garnish	1. Preheat the oven to 425 F. 2. Add the eggs into a mixing bowl, add cream and salt. Whisk until fully blended. Whisk in the cheese and set aside. 3. In an 8-inch ovenproof nonstick skillet, heat the olive oil over medium. Add the mushrooms and cook until tender. Add the garlic/greens and cook until fragrant/wilted. 4. Pour the eggs over the vegetables, and stir lightly to combine and distribute fillings across the pan. Once the outside edge of the frittata begins to cook, transfer the pan into the oven. Bake until the eggs are puffed and appear cooked. Perfectly cooked frittata should jiggle slightly in the middle. 5. Garnish with chopped chives, and serve.

Competitive gaming could come to campus

BY SEAN MCEVOY
Contributor

Esports is a new activity that had been rising in popularity and could soon be a part of the County College of Morris student life. The World Economic Forum explained that this year there are already 380 million supporters globally and a planned \$905 million in sales.

Esports according to dictionary.com, is “a form of competition using video games. Most commonly, Esports takes the form of organized, multiplayer video game competitions, particularly between professional play-

ers, individually or as teams.”

Esports is a new growing global industry projected by Goldman Sachs to hit over \$2.1 billion in revenue by 2020. Not only is this a new industry where students can pursue possible careers in the future, but it is already taking root in some colleges. ESPN has recorded a list of colleges in the United States with approximately 125 institutes with Esports related programs.

The list continues to grow as more and more colleges have been providing programs and scholarships tied to esports. Currently, there is only one college in

New Jersey with Esports related programs: Union Community College (UCC).

UCC has joined the National Association of Collegiate Esports (NACE), the nonprofit association organized by and for its member institutions. Tammy Smith, UCC’s Dean of College Life, said on UCC’s website that introducing an Esports program will help students develop teamwork and other important life skills.

“The addition of the Esports program will open an entire world of college athletics for Union’s gamers,” Smith said.

“The benefits of competing at a high level, earning a degree, and understanding the importance of teamwork will allow them to gain the life skills necessary to become successful individuals.”

The introduction of these programs to a community college is a step forward for Esports being integrated into our education systems. Union was one of the first to have dedicated Esports programs.

Marc Mathis, a video game design major, said that he would approve of having an Esports program at CCM. He was unaware that so many colleges in the

United States had already started implementing Esports programs into their curriculums. “I think it is great for the gaming industry because it introduces new people to video games,” said Mathis.

Mathis mentioned that if more students were introduced to the benefits of competitive video games, it would help push the industry further. Mathis said he would be the first in line to sign up if there were to be an Esports program at CCM, and Mathis suggests that the college take a student-wide survey to see how many students would be interested.

CCM students react to new rules in MLB

BY CLAUDIA YANEZ
Contributor

The crack of the bat, the “oooo” of the crowd and the competitive energy that fills the stadium, mixing with the smell of hot dogs, popcorn and excitement. Baseball is known as America’s pastime and has been watched by Americans for over a century. An average baseball game runs for 3 hours and 5 minutes while other sports such as basketball, football, hockey, soccer and even college baseball all have clocks and time limits for plays and halves.

Paul Cannarella, a second-year business administration major, is a pitcher for the CCM baseball team. He said that he has been playing baseball for 12 years and loves the sport even after undergoing elbow and Tommy John surgery, when a healthy tendon from an arm or leg is extracted to replace a torn ligament in an arm.

“My mom’s brother was drafted by the Yankees and my cousin was drafted by the Mets. Baseball runs in my family,” Cannarella said. “Pitching is by far my favorite. You are involved in every play, and every pitch you throw is important because it sets each play of the game.”

Cannarella mentioned that he does understand why people think major league games run too long.

“When they make pitching changes, I can see why people get upset because when they bring the reliever in, not only did they warm up in the bullpen, but they come out on the mound and get 8-10 warm-up pitches,” Cannarella said. “I do not mind when a batter steps out of the batter’s box to readjust his batting gloves, while others think that should be taken away.”

Joe Zombrano, a second-year criminal justice major, said that he enjoys watching the Boston

Red Sox since he is from the Boston area and has been fan for as long as he can remember.

“It is hard to watch them play since they are never on TV in this area, so I watch as much as I can,” Zombrano said. “I usually go to their stadium once a year.”

Zombrano played baseball for 10 years as an outfielder and a second baseman, and said that he stopped playing because he preferred watching the game more than playing it.

“I do not think the game is too long, it is fine the way it is,” Zombrano said. “The extra innings are exciting because it is a tie, and you want to keep watching to see who wins.”

The Major League Baseball, or MLB, announced a 20-second pitch timer which will operate during spring training. The timer will work in three phases: phase one involves a pitch clock operating without enforcement in the early

spring in the first spring training games. Phase two is having umpires remind batters and pitchers who break the rule, but will assign no penalty. Phase three is umpires giving out ball-strike penalties to violators, which can be negotiated by the Major League Baseball Association. The established timer plans to quicken the dragging out of pitches.

Carolyn Galgano, a second-year nursing major, played softball for nine years as a third baseman until her junior year of high school. Galgano said that she loves the game of softball but the best part was the friends she made.

“There are usually seven innings in softball which is only around two hours,” Galgano said. “However, if the game goes into extra innings, and no one is scoring for a while, then the game tends to drag on.”

Galgano mentioned that she

prefers the MLB over softball because a baseball can be hit farther and faster.

“I do think baseball games tend to be pretty long but sometimes an inning can end really quickly, so the game does not feel like it is dragging on,” Galgano said.

An article in the Los Angeles Times, “There is too much talk about baseball being too long” by Bill Shaikin, he talks about baseball’s fan base decreasing because of its particular length. The article points out how the three-hour regular season game gets longer after its end. The playoffs and the World Series average about four hours due to the tense competition for the World Series title, the Commissioner’s Trophy.

Major League Baseball has always been long, but Shaikin mentioned nowadays commercial breaks have become longer and have drawn the game out more.

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CCM student-athletes juggle academics and athletics

BY JAMIE CORTER
Contributor

The monotonous sound of the clock hung on the dull wall was the only noise that occupied the stale, silent office. Bryton Feinberg looked up from his makeup exam, let out a small sigh of annoyance and stared back at his blue book. As his business professor clacked away on his computer, Feinberg began doodling a small soccer ball on the test booklets front page.

Feinberg attempted to bring himself back to reality, and rationalized completing the exam as allowing him to get to practice if he finished early enough, which gave him the motivation he needed to speed through his work.

“As a student-athlete, school is always supposed to come first, even though naturally you care more about the sport you are playing,” Feinberg said.

Jack Sullivan, the athletics director at CCM, mentioned that he approves of how his department prioritizes the academics of its athletes.

“Our coaches need to understand that we [don’t want students] practicing three hours a day or to be in the weight room for three hours a day,” said Sullivan. “When I recruit a coach, I let them know that it is 75% off the court . . . I think the balance that we institute between our athletics and academics is spot on.”

In order to be eligible for CCM’s competitive athletic programs, students need to first enroll in a minimum of 12 credits per semester. Within these classes, students need to maintain a satisfactory GPA, regular attendance and consistent class participation. If an athlete begins to neglect their studies, professors are able to send the athletics department a weekly progress report with feedback on the student’s academic standing.

“I am so thankful this school decided that a counselor should be dedicated to our student-athletes,” Sullivan said. “[John Urgola is] one of our counselors, and he does a phenomenal job . . . We try to [talk to students] within the first few weeks of the semester so they understand what is expected of them in and out of the classroom.”

Chris Sturm, a business major and member of the soccer team, said that he does his best to balance his time between school work, sports, and his job.

“For me, the way my schedule works for soccer and work, I was able to do some homework before practice or a game, but mainly [I do work] when I get home,” Sturm said. “I try to study whenever I can. For me, it wasn’t difficult . . . I had everything [organized] weekly.”

Although Sturm was capable of managing soccer and school, he admitted that some of his teammates didn’t make the transition



PHOTO BY JAMIE CORTER

John Urgola, CCM Counselor.

quite as easily. But coaches are quick to respond when it comes to players academic struggles and are able to address them thanks to the weekly progress reports submitted by professors.

“[My coaches] always say that school comes before soccer,” Sturm said. “[There have been] a couple of times some players had to miss practices or games because they couldn’t get out of

class or they had a big test coming up.”

Andrew Case, a communications major, said that he decided to fight his habit of procrastinating so that he could continue to play baseball and excel at school.

“School work can be tough,” Case said. “You have to be really mentally tough and really determined to do well. I think if you are, it isn’t that difficult to do.”

Case mentioned that while his coach encourages his players to do well academically, he does not lecture Case with constant reminders to do his work.

“[The coaches] want to have a leash on you to be a good student,” said Case. “But they might not tug on that leash unless you make them. Realistically, it’s on you. If you want to do well, you’ll do well.”



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