



Titans table opens its door to students

CCM still pursuing the goal of stigma free

BY MATTHEW BRISTOL
& ALEXA WYSZKOWSKI
Distribution Manager; Editor-in-Chief

Starting this September County College of Morris will now have its own school food pantry called "Titans Table". This program works as a way for students to obtain non-perishable food and water bottles on days that they would be without them. The intention is to help students who are struggling with the increasing costs of tuition, textbooks and general day to day life, as it can be hard for students to make sure they can pay for all their needs and still get a good meal. This is a problem that may affect many students at CCM, as students may not be able to focus on their coursework when they are hungry.

There are four offices that will offer a variety of non-perishable food and water bottles to any student who asks. The offices offering food can easily be distinguished by the distinctive sticker that plainly states "Titans Table" (as shown in the image to the right). These offices open during the weekdays include Health Services in CH 266, Athletics in HPE 108 in the Trainer's office on the first floor, Accessibility Services in LRC 105, and Educational Opportunity Fund (EOF) in CH 211.

"The food pantry model CCM has chosen is unique - different from every other college that has a food pantry on campus. CCM is offering several sites on one campus in offices that have staff members already available to assist a student in the minute it takes to fill a bag of food for a day," said Liz Hoban, the Health Services Coordinator.

The foods that will be available in these offices are donated by the Community Soup Kitchen of Morristown. Some of these foods include mac and cheese, ramen, trail mix, granola bars, Clif bars, noodle bowls and soups, fruit cups, applesauce, and water bottles. As the school year goes on other kinds of non-perishable food may be added to the selection. There will also be nut-free and gluten-free options available. Students will be able to select which

food items they would like and pack them into provided brown paper bags. Students do not have to show an ID, provide their name or worry about being asked any questions in order to receive food items. These offices are stigma-free to help ensure a safe and non-judgemental environment.

Hoban and Dr. Bette Simmons, the Vice President of Student Development and Enrollment Management started the Titans Table food pantry project. The other staff members who helped get the project started were Rosemary Grant, the Assistant Director of Career Services, Dawn Doland, from the Office of Campus Life and

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PHOTO BY ALEXA WYSZKOWSKI

Liz Hoban, Health Services Coordinator says that "the food pantry model CCM has chosen is unique."

Shortened semesters begin

BY ANTHONY INGHAM
News Editor

CCM is slated to have a one week shorter semester as of this fall, with finals as a part of the semester. Finals week will be cut out from the CCM schedule, and will now take place on the last scheduled class of the course.

The current fall 2019 semester classes started on Sept. 4, and ends Dec. 18, with spring 2020 classes starting on Jan. 22, and end May 12. Compared to last year's fall 2018 classes, which started Aug. 31, and ended Dec. 20. The spring 2019 classes started Jan. 18 and ended May 16.

The change was announced in the fall of 2018, as CCM was considering a change to the calendar, according to Dr. Bette Simmons, manager of the project and vice president of student development and enrollment management. Simmons said a committee was put together to consider various options, where the research was done on the calendars of other colleges and universities. Student enrollment trends were analyzed, and the committee met with several groups, like the Inter-Club Council, academic departments, student services and College Council, before submitting their final recommendation to CCM's own Board of Trustees for approval.

After approval, students and faculty were told that spring and fall semesters would now start after Labor Day and the

Martin Luther King Jr. holidays respectively. The most important aspect of this change is that students who have made the decision to enroll around this time will be able to do so while still being able to start in their studies, according to Simmons.

Finals week being removed doesn't mean finals are being removed, however. Simmons was very transparent in telling us they will still be a part of the curriculum.

"Finals will still occur. We just will not have an entire week dedicated to finals," Simmons said. "Faculty members will schedule final exams and/or final projects within the 15-week class schedule."

Simmons mentioned that this change has been one that CCM administration has wanted to do for several years, but hasn't had the data to prove the advantages of this change.

"Now that we have data to show how many students we were losing because we started prior to the holidays, we were able to make a more informed decision," Simmons said.

15-week colleges are more common than one might think in New Jersey, with colleges like Hudson County Community College, the Community College of Denver, Brookdale Community College, Hagerstown Community College, and many, many more adopting the shorter semester. It is a popular and seemingly successful formula. Only time will tell if this change will see more students enroll.

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Iacono's Decree: Start Right

BY DR. ANTHONY IACONO
President of County College of Morris

As we prepare to enter CCM's 51st year, I hope you are as enthusiastic as I am about the many wonderful possibilities ahead of us. Throughout this academic year, advancements in scholarship will be made, creative ventures and new partnerships will be established, lives will be changed, and our communities will be richer in many ways due to the collective work of those who walk our campus and occupy our classrooms and labs. If you are new to CCM, I offer you a hearty welcome and a note of appreciation for choosing what has been recognized as one of the best colleges in New Jersey and around the nation. If you are a returning student, I am pleased that you are continuing your studies. To all students, I encourage you to work hard, focus intensely on your goals, and refuse to allow anything to interrupt your education. CCM has expanded its student support programs so if you are experiencing any type of hardship, including, but not limited to, financial, mental or physical health, food insecurity, academic progress or otherwise, talk with your professors, an advisor, or reach out to the staff in the newly created Academic Support Center (TASC). This new office is located in Cohen Hall, Room 203. We are here to help you and understand that life can offer challenges that require additional support. As a community of learners and achievers that consist of students, faculty, staff, administrators as well as leaders in education, business and industry, and from communities across the globe, I know that we can accomplish anything by working together.

As you go through your

college career, I know you have many expectations. Students typically enroll in college for many reasons, but the top reason across the nation is because they believe a college degree will provide them with access to a better life. This is a more than reasonable expectation, and the evidence demonstrates that individuals with an education typically fare better than those who lack professional credentials. According to Georgetown University's Center on Education and the Workforce (GUCEW) "in post-recession America, a college education is more important than ever for workers seeking employment." Full details can be found at www.cew.georgetown.edu in a report titled America's Divided Recovery. GUCEW research reveals that 11.6 million jobs have been created since the Great Recession and "11.5 of those jobs have gone to workers with at least some post-secondary education." To learn more, I suggest that you read the report at the previously mentioned website or by going to GUCEW's YouTube channel and watching the video with the same title as the website. In The College Payoff, GUCEW's more recent study, it was reported that individuals with only a high school diploma will earn about \$1.5 million less over their careers than those with a baccalaureate degree. In most cases, educational attainment beyond the baccalaureate degree results in even higher earnings and greater job security.

While the baccalaureate degree has long represented the gateway to the middle class and above, it is not the only path. In fact, things appear to be changing and the value of associate degrees is growing as the economy continues to change rapidly in response to technological advancements and consumer demands.

As you may know, PayScale.com



Dr. Iacono with the women's softball team.



Dr. Iacono with graduating students at the May 2019 Commencement Ceremony.

has ranked CCM #1 in New Jersey for the past three years for the salaries of its alum who hold only an associate degree. Mid-career earnings for these individuals averages \$70,000. With the changes occurring in the workforce, and thanks to the exceptional quality of faculty and our cross-campus commitment to student success, it is highly likely that CCM's graduates will realize even higher

mid-career earnings in the future. Many of our recent associate degree graduates working in health care, engineering and manufacturing, and technology related fields are starting their careers at \$60,000 and above. In fact, these fields, along with business and management, contribute significantly to the more than 7 million job vacancies across the country. If you need more good news

about education and earnings, you might consider that post-recession birthrates declined sharply from previous generations meaning employers will have to compete more for top talent, and, in doing so, they will likely have to pay more.

While it is not debatable that

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THE YOUNGTOWN EDITION

letters to the editor

Letters must include the writer's full name to be considered for publication. All letters may be edited. Not all letters may be published.

Submit your letter by emailing youngtownedition@gmail.com

THE YOUNGTOWN EDITION

The Student Newspaper of the County College of Morris

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Henderson illustration by Sarah Gallagher

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.



The Youngtown Edition Staff at the May 2019 Campus Life Appreciation Dinner Dance.

Students transition from high school to CCM

BY JANNA GRASSANO
Contributor

Graduating from high school to attend the County College of Morris is a transition that most students welcome in anticipation. It's the beginning of a new chapter in their education.

Isabelle Chang is a 17-year old Challenger student on campus from East Hanover, New Jersey. The Challenger Program provides high school students with the opportunity to enrich their education through college-level coursework at CCM while still being enrolled in high school. Many schools refer to this option as dual enrollment, according to ccm.edu.

Chang is halfway between both worlds; she commutes between the Morris County School of Technology in Denville, New Jersey, Monday through Thursday to attend her four classes at CCM.

"I like it at CCM. It's definitely more self-directed," Chang said, as she finished up some homework assignments on her laptop in the Cohen Hall cafeteria before heading back to high school. "There is more freedom and time to choose what I want to do."

Chang mentions that she enjoys the flexibility of being able to craft her schedule so he can make more time to play the flute.

"I like being able to schedule my classes earlier in the day, so I



PHOTO BY ALEXA WYSZKOWSKI

CCM Freshman students: Kate Rawlinson, a Mechanical Engineering Technology major; Eric Eklund, a Humanities major; Geena Kobylarz, a Graphic Design major; Gavin Ludwig, a Visual Arts major; and Rachelle Vassoler, a Graphic Design major.

have more time in band," Chang said.

Chang plans to be at CCM for one year before she goes on to attend a four-year university.

"I just found out that I was accepted into the University of Rochester," Chang said. "I'm thinking of minoring in music and majoring in linguistics or cognitive science."

Ayah Zaza is a communication major from Parsippany, New Jersey. She is in her second year at CCM and graduated high school in Alexandria, Egypt.

"In many ways, I found it similar to high school. The only big difference was the workload — there is a lot more work in college," Zaza said.

Despite the heavier work-

load, Zaza is continuing her education at CCM and looking forward to earning her associate degree.

Like Chang, Zaza has found the transition to be smooth and amiable, with more independence and choices being the major highlight and greatest difference.

"I can leave the class whenever I need to," Zaza said. "I also

like being able to schedule the timing of my classes; I don't have to wake up as early as I used to."

Colleges offer more liberties, flexibility, time and specialized classes than high schools and students seem to appreciate that.

"The thing is freedom," Zaza said. "In college, there is more of it."

Jake Toscano is an 18-year old from Mount Olive, New Jersey who is majoring in fire science at CCM. He volunteers at his local fire department and helps his father and uncle out with odds and ends of their business.

"I still see people that I know from high school and hang out with them often," Toscano said. "When I'm in class at CCM I meet new people."

Toscano mentions that he has found comfort in knowing that he was capable of planning his schedule the way that he wanted to.

"My first years of high school were okay—senior year was the best, but it started dying down as you got to the end and realized that you would have to go to college," Toscano explained. "The transition was better knowing that I only had to go to classes for a certain number of hours. I planned my schedule the right way."

Toscano is taking advantage of some online resources that CCM has to offer, which have helped him to excel in his classes.

START RIGHT

CONTINUED FROM PAGE 2

salaries are higher for those with an educational level that exceeds a high school diploma, a traditional college degree is not the only path to career success. In fact, many fields that do not require a college degree also lead to rewarding careers including jobs in the trades such as welding, electrical, carpentry, plumbing and more as well as those in healthcare, technology and other sectors. It is important to note, however, that these fields do require occupational and licensure certificates. It is equally important to note that these are rigorous programs of study and that career advancement often requires a college degree at the associate level and beyond. For maximum impact, CCM's Division of Professional Studies and Applied Sciences has been redesigned to support 21st century educational and career needs by allowing students to move fluidly between certificate and degree programs, recognizes industry experience, and provide an extensive selection of continuing education classes and programs to ensure professionals have the knowledge and skills needed to remain competitive in their fields. For more information, talk with the faculty and staff in our business, culinary/hospitality, technology, engineering/manufacturing, criminal justice, natural sciences, and health care programs. You can

also reach out to Dean Monica Maraska or contact Mr. Patrick Enright, Vice President of Professional Studies and Applied Sciences.

To support your journey from the classroom to the career world, I encourage you to choose what you love. Study after study confirms that financial reward is not the sole determinant of career or life satisfaction. In spite of the myth, studies also confirm that individuals with degrees in the liberal arts experience as much career success as their peers in STEM related fields. In reality, these degrees are highly desired by technology companies focused on artificial intelligence, gaming, customer service, health care services, adaptive learning software and more. Businesses have long been leading employers of liberal arts graduates as have government agencies, law enforcement sectors, news and media companies, the hospitality industry, and the entertainment world among others. If, like me, you decided to major in a humanities or social science discipline, consider minoring in business, technology, public policy, or other fields that can give your degree added value. You should also consider earning technical certificates and participate in internships or volunteer activity related to your studies. To learn more about how to use a liberal arts degree, talk with your professors, Interim Dean James Hart, or our many dedicated advisors. I also encourage you to meet Dr. John Marlin, our new Vice President of Academic Af-



PHOTO BY NEIL VAN NIEKERK

Dr. Iacono with the German American Chamber of Commerce for apprenticeship programs in advanced manufacturing.

fairs. Dr. Marlin holds degrees in both STEM and Liberal Arts fields. Finally, take the time to stop by our Career Services office located on the first floor of the Student Center in Room 118 to learn how our superb staff can help you link your educational and career goals. If you wish, you can always stop by my office in Henderson Hall or stop me when you see me walking the campus. I would be delighted to meet you and help you in anyway I can. By the way, I majored in history and I would do so all over again. Pick your passion, work hard, and enjoy the many rewards of learning.

Aside from career goals and earnings, there are bigger reasons why you should earn a college degree. Additional benefits enjoyed by degree holders include better health, longer life spans, better communication skills, more likely to vote, greater overall career

satisfaction, more opportunities for your children, strong social networks, and a strong ability to change with the economy because of transferable skills that can be applied to many different career sectors. Considering that most people will change careers five times on average, possessing transferable skills, understanding how to learn, and knowing how to embrace change are critical. Perhaps one of the greatest benefits is one that a professor of mine shared with me years ago when he encouraged me to enjoy using my mind to learn in a way that many people will never have the opportunity to do. I have enjoyed becoming a lifelong learner and I hope you will too. I say this not only because it may bring you great joy but also because we are now in an age when you will need to return to college after you graduate to remain current

in your knowledge, to earn new career certifications and even obtain additional degrees. A rapidly changing world of automation, virtual and augmented reality, new modes of communication, and even faster changes in societal and consumer habits, suggest that we will all have to keep learning, growing, and leading change, or at least become skilled in adapting to change if we wish to remain relevant. I wish you the best in your continued studies and I look forward to helping you reach your goals. Thank you for choosing County College of Morris. With hard work and dedication, I know you will join our more than 50,000 alum who are well represented in virtually every career sector across the globe who proudly say "I started right!"

Roving Reporter:

What are you most excited for this semester?



Alex Vo
Engineering Science

"Maybe meeting new friends and having another pleasant experience learning here in CCM."



Ashley VanSickle
Computer Science/ Game Development

"I'm excited about graduating. Fall semester is my last."



Jocelynn Gonzalez
Pre-Med

"I'm most excited for good grades and good vibes."



Nijai Dixon
Engineering Science

"I am most excited about starting a new semester and getting to know my professors."



Christian Ingham
Computer Science

"I'm excited for the semester to be over."



Kyle Baskinger
Education History

"I'm very excited to graduate, and see the fall production of Bright Star."



Robert Chapdelaine
Teacher Education

"I'm excited to graduate from CCM, transfer, and to participate in school trips to savor my last semester."



Allie DiMontova
Business administration

"I'm excited to get involved on campus."

PHOTOS BY ALEXA WYSZKOWSKI

From Student to Staff: Karissa Przyhocki

BY ALEXA WYSZKOWSKI
Editor-in-Chief

In July 2019 Karissa Przyhocki became the new full-time Accessibility Services Support Specialist at the County College of Morris. Przyhocki started working part-time in Accessibility Services in June 2018, but her first time at CCM was in 2011 when she was a student.

Przyhocki studied liberal arts during her time as a CCM student from 2011 to 2013. She mostly took night classes and some late afternoon classes as she worked full time at a daycare. Przyhocki was a member of CCM's chapter of Phi Theta Kappa Honor Society, the honor society for two-year colleges that current CCM students can join. She said when she was a student that the library was set up differently and that the music building was not even built yet. Przyhocki



PHOTO BY ALEXA WYSZKOWSKI

Karissa Przyhocki, the newest Accessibility Services Support Specialist.

also remembers enjoying the principles of sociology and general psychology classes and really connecting with the professors she had.

"Dr. Zanger for sociology was one of my favorites," Przyhocki said, "Professor Rufino was my first psychology professor and her class was challenging, but fun."

After CCM Przyhocki transferred to William Paterson University in 2013 and in 2016 she received dual bachelor's degrees in English and Secondary Education with an endorsement in teaching students with disabilities. During her time at WPU Przyhocki did some waitressing and student teaching.

Przyhocki also worked at Dunkin Donuts for six years, she started there when she was 19 years old and found it to be a great experience to learn about customer service.

"I developed a whole lot of people skills from working my jobs," said Przyhocki.

As the Accessibility Services, Support Specialist Przyhocki organizes and schedules tests and meetings for students registered with Accessibility Services. She also finds assistive technology for students who may need audiobooks instead of paper or digital textbooks. Przyhocki also helps students registered with Accessibility Services navigate CCM's campus and answer any questions they may have about their classes, textbooks, and exams.

"So far as an employee here the staff I have met are incredible, it has been a wonderful experience," said Przyhocki.

Jessica Jackson, an Accessibility Services Support

Specialist from Accessibility Services has only positive things to say about working with Karissa Przyhocki.

"I would like to say that, I think I can also speak for my colleagues when I say that we are so happy to have Karissa as a full-time specialist here in Accessibility Services. As a staff member here, she truly does get the job done. If you give her a task, she tackles it. She brings such a wealth of knowledge and first-hand experience as a graduate of CCM that has really helped our current and new students a lot. Karissa has a warm and outgoing personality that is very comforting to our students; it keeps them coming in."

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

Editorial:

Youngtown Edition, Active Minds, and Writers' Club break stigma at Morristown festival

After the success of the *Despite my Diagnosis* series in the spring 2019 semester, the members of the Youngtown Edition, Active Minds, and Writers' Club reunited over the summer to participate in the first-ever Morristown Breaking Stigma Festival. The event brought together Life Center Stage, Morris County Stigma-Free, Community Coalition for a Safe and Healthy Morris, Atlantic Health Systems, Morris County Human Services, and many other organizations to help change the stigma of mental illness and substance abuse through resources, art, music, and storytelling.

The Breaking Stigma Festival was a free event to all on Saturday, June 22 on the Morristown green. The organizations that attended



From left to right: Tatiana Bonner, Active Minds Vice President; Marco Mirlas, Former Writers' Club President; Catrina Bennett, Active Minds President; Adam Gentile, Youngtown Managing Editor; Anthony Ingham, Youngtown News Editor; and Alexa Wyszkowski, Youngtown Editor-in-Chief.

had booths and tables to provide resources and information to help the community. There were also two stages set up for performers

and speakers to share their music, poetry, and stories. In addition, there was an interactive art for all to participate in including mask-

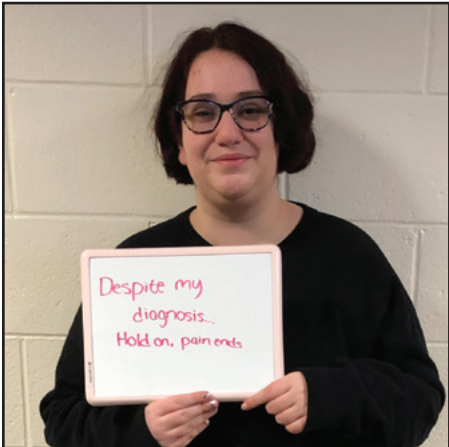
making and knitting.

The Youngtown Edition, Active Minds, and Writers' Club had their own table at the Breaking Stigma festi-

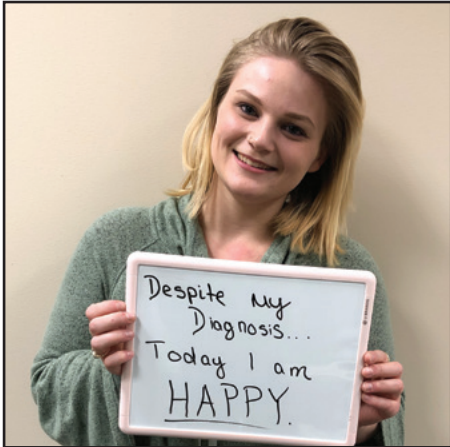
val where the club members were able to provide information about their clubs and share the *Despite my Diagnosis* (DMD) stories to the entire community. Print copies of the newspaper from the spring 2019 semester were handed out to all who visited the table along with a handout that included links to all eight of the DMD stories from the spring 2019 semester on the CCM website and Morris County Stigma-Free website.

CCM students, professors, faculty and staff members are encouraged to join the members of Active Minds, Writers' Club and the Youngtown Edition to become more than their diagnosis by writing and sharing their stories. To share your story contact youngtownedition@gmail.com.

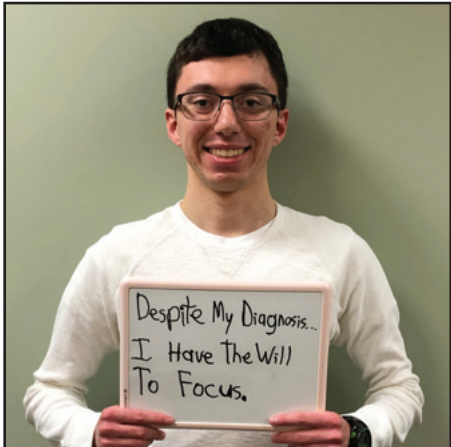
Spring 2019 writers are more than their diagnoses, you could be too



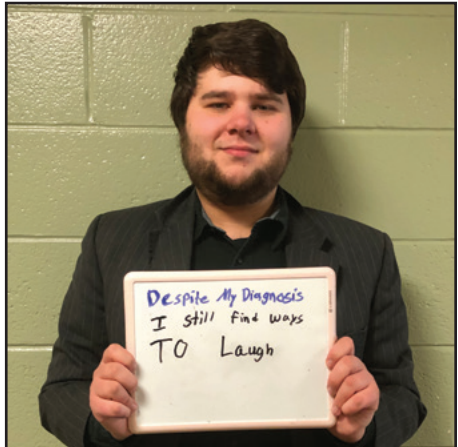
Hold on, pain ends
1/30
By Rachel Eckert
Youngtown Social Media Manager



Today I am happy
2/13
By Raven Resch
Former Active Minds President



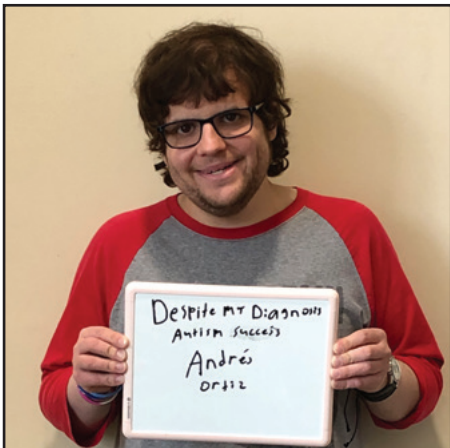
I have the will to focus
2/27
By Marco Mirlas
Former Writers' Club President



I still find ways to laugh
4/10
By Matthew Bristol
Youngtown Distribution Manager



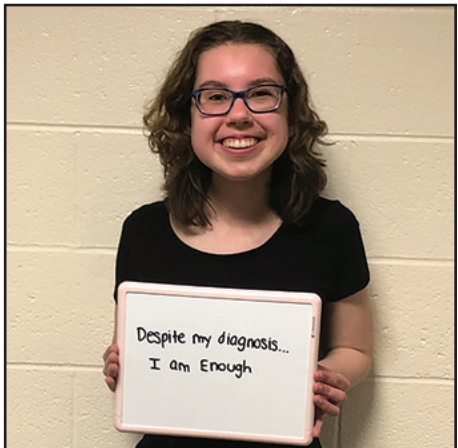
I refuse to be a statistic
3/27
By Catrina Bennett
Active Minds President



Autism Success
4/24
By Andres Ortiz
College Steps Student



Finding the good in chronic pain
4/24
By Russ Crespolini



I am enough
5/8
By Alexa Wyszkowski
Youngtown Editor-in-Chief

Dealing with mental illness in college

BY RACHEL ECKERT
Social Media Manager

Going through day to day life can be hindered by mental illness, so you can imagine that school can also be difficult with mental illness. With this new semester starting, I want to talk about mental illness and college. Although going to school with it can be hard, there are ways to get through it.

You may be thinking to yourself: "It's just mental illness, what could be so hard about it?" This type of thinking can prevent people from seeking support in college. Mental illness can make it

hard to get out of bed, especially for many in depressive episodes, as they lack the motivation. Some people get such bad anxiety that it's difficult to leave the house, or it can make it difficult to get to class. There is no shame in having a mental illness; there is no shame for being affected by it either.

Starting a new semester is scary for everybody. Besides the new school or new semester jitters you may have, there may also be some fear surrounding whether or not you should approach your professors about your mental illness. The thing about mental illness is that it is, by definition, an illness. You don't have to go

through it alone. There are resources built within the school, such as the counseling center in SCC 118 and accessibility services in LRC 105. You can talk directly to your professors, or have someone from the resources assist you.

Now that you know what you can do to receive help in school, the next step is figuring out what you can do to help yourself. One big thing for all college students is practicing self care. You need to be sure to take time for yourself everyday, even if just for a few minutes. Self care can be the difference between burnout and success. It can be small things,

such as partaking in a hobby, or something like taking a nice hot bath.

Caring for yourself should come first, even when people try to tell you school should always come first. Remember that taking a step back from school work for an hour or two can be beneficial. You don't want to push yourself to the level of burnout or a relapse. It can be easy to forget that having a GPA that is not a 4.0 can still be good.

In between going to classes and doing homework, some people may have therapy or go to see a psychiatrist. Going to these appointments is also self care, and can greatly help with mental

health. Beyond those with mental illness, I recommend therapy to everybody. Along with outpatient appointments, there could be hospitalizations. With hospitalizations, communication with your professors is very important. Many professors are very understanding when it comes to health, even mental health. If you find you are having issues with reaching out to them, you can contact the counseling center and explain to them your situation.

Don't be afraid to reach out when you need help. There is no shame in asking for help. And remember: mental illness does not equal weakness.



Cartoon by Samantha Shimabukuro

Community college offers benefits

BY ADAM GENTILE
Managing Editor

After 50 years, CCM has continued to bring in multitudes of students who have continued to do well for themselves, as shown in the Daily Record's "Record number of County College of Morris students collect diplomas" article, where 500 out of 1400 graduates attended their ceremony, being an all time graduation record for the school. While there are many reasons to attend CCM, students such as Zachary Morris cited low expenses as a large part of the reason to attend the college.

Starting out with two years of county college makes complete fiscal sense, when compared to a state or private school. The 2018-2019 tuition for a for a full time student at CCM for the year comes to a total of \$8,898, as opposed the average tuition at a state or private four year school which comes to \$13,866 and \$25,807 respectively based on numbers from the National center for Education Statistics (NCES).

The average savings of going to CCM for the first two years compared to a 4 year state or private school comes to \$9,936 and \$33,818 respectively, which equates to saving almost a years worth of tuition, these numbers don't include room and board which on average adds an extra \$13,052 per year.

The department of education says the average class size at community colleges

can vary between 20-35 students on average, as opposed to four year schools that have introductory lecture sizes that can range from 150-300. The smaller class size offered by community colleges are beneficial for students who require more time with the professor to understand a subject according to the Texas Southmost College.

Along with smaller class sizes community colleges tend to not receive research grants meaning that the professors at a community college can focus more on being an educator, compared to their four year counter parts.

Danielle Restuccia, from TEACHERSInformation.org, wrote in an article "At a large research university, such as MIT, professors are expected to conduct research as well as teaching courses. Community college professors are primarily responsible for teaching, not researching. Depending on your interests, this could be an important difference." Restuccia said.

According to the NCES the percentage of students in America that switch majors at least once in their college career is 30 percent, this switch tends to occur within the first three years of enrollment.

As opposed to four year schools, community colleges tend to have a wider range of courses and areas of study allowing students to try a copious amount of different options if they decide to switch their initial majors.

Ariella Panek, a licensed professional

counselor at CCM, specializes in personal counseling, education, and academics. An important aspect of her job is to assist students who have uncertainties about their current career path.

"A lot of students come in and once they take the class they realize it's not what they thought it would be," Panek said. "A lot of times they go into a major because of their parents either because their parents wanted them to go into that major."

Panek said that the most common case of why students switch majors in her opinion is due to a lack of understanding of the major. She mentions that once a student takes a class and receives some experience with the subject, they realize that the major they chose is not what they thought it would be.

For students who are unsure about switching majors: "It's never too early to do," Panek said. "If you want to validate that you are in the right major you can go online there is career concourse that is offered through the college that can assess their skills and values to help reassure them that they are on the right path."

The counselors here at CCM also offer, in room 118 of the student center, also offers a career assessment tool. The assessment tool asks students questions based on skills, personality, and values. Based on the answers given the counselors can compile a list of different majors that best suit the student.

"I think Community college, besides the fact that they are great education I think because of smaller class sizes, and you get more one on one time with the professors," Panek said. "It also helps the student get a new independence from high school. I see a lot of students who go to a four year school and feel they weren't ready, and then they come here and get independence in a safer way."

TABLE

CONTINUED FROM PAGE 1

Mark Cosgrove, the Chairperson of Hospitality Management and Culinary Arts. There are also six other staff members on the committee.

"We plan to continue meeting as an entire group to assess the ongoing data and needs analysis. If down the road, we find the need for a bigger space, we will certainly look into that," said Hoban.

Students are also encouraged to visit the Health Service office to ask any questions about Titans Table, affordable health care, medical and dental assistants, affordable housing and transportation in a safe, stigma-free environment.

Students are not the only ones who can use the Titans Table as faculty and staff members are welcomed as well.

"Anyone can take advantage of Titans Table – say for example an employee forgets their wallet – we want them to feel comfortable coming to the Titans Table offices," said Hoban.

Students, faculty, and staff in need of food or water should go to one of the four offices with the Titans Table sticker, mention "Titans Table" and then receive assistance from a staff member within the office to pick out items and pack a brown paper bag.

"It is important that we keep data as to how many food bags we give out because that data will assist us in determining how big the food issue really is here at the college and in the community," said Hoban.

Titans Table will have a booth at the Tuesday, September 24 Welcome Back Bash and plans on being present at every club fair moving forward. Clubs can get involved by spreading the word and helping the student body become aware of Titans Table.

With Titans Table, CCM hopes to help ensure that their students will be healthy and successful in the coming school year.

"CCM doesn't want students to have to choose between food and tuition, so after a year of planning, we are happy to introduce Titans Table. We look forward to helping you succeed at CCM by providing food for the day to those in need," said Hoban.

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Opinion: An Introduction to the Climate Change Chronicles

BY ADAM GENTILE
Managing Editor

Climate change is an existential threat to humanity. The top ten hottest years on record all consist of years after 1997, with seven of those years being within this decade. The frequency and ferocity of hurricanes have been steadily increasing year after year. In October 2018, there was a special report by the Intergovernmental Panel on Climate Change (IPCC) that stated that humanity may have until 2050 to reduce global temperature increases to 1.5 degrees Celsius before irreversible consequences occur. These consequences can include, but are not limited to, negative changes to ecosystems, the loss of several species of plants and animals, an increase in adverse health defects in humans. Climate change is here and the impacts of it are noticeable, but how equipped are we to deal with it? This semester I'm going to be writing a series of articles entitled the "Climate Change Chronicles" that will tackle the complex threat with a variety of lenses in hopes of creating a better understanding of the topic at large.

Now, the reason why I'm writing this semester-long series on climate change is because of a belief that the topic of climate change is often mishandled by most media outlets, as shown in 2019 study done by the Univer-

sity of Kansas Professor Hong Vu entitled How Media Around the World frames Climate Change News. This study concluded that globally most, if not all, outlets fail to treat the issue of climate change as an immediate problem. They also found that wealthier nations tend to view climate change from an economic lense, whereas poorer nations view the issue as an international problem for the international community to fix.

Vu explains that the media's framing of an issue can have large effects on the discourse and policy surrounding the subject matter. In the case of poorer nations, it's easy to imagine that the frame of climate change being an international concern would lead to a lack of domestic policy focusing on the issue.

Meanwhile, the economic focus of wealthier nations would see reasoning for climate policies focusing on how green technology is a market trend and how America needs to be on the forefront of the new market. On the other hand, dissenters of climate policy will focus on the jobs that will be lost due to the transition to green tech or how unaffordable the policy is. With such a focus on economics and the marketability of climate change, certain climate policies may not ensure basic security rights or preparations for groups of people who will most be impacted by climate

change.

A perfect case study showing how elected officials tackle the issue of climate change comes from CCM's home district 11 congressperson, Mikie Sherrill, who runs talks about how it's important for New Jersey to be developing green technology.

"Our community deserves to know that they have a leader in Congress focused on protecting our environment and growing our clean energy economy," Sherrill said. "New Jersey has produced some of the greatest scientists and innovative technologies in our history, and we can continue that legacy by focusing on investments in clean energy technology."

One of the most ambitious and talked about policies that was released within the last year was a policy known as the Green New Deal, which will be focused upon in a later article. According to reporting from The Progress, Sherrill voted no on the legislation due to the inclusion of content that she felt was unrelated to climate change like a universal wage program.

This apparent shallow understanding of climate change from Sherrill is what inspired me to write a series focused upon creating a firm understanding for the multifaceted issue that is climate change. Coming up with solutions to tackle this titanic task will involve a historical un-

derstanding of how the issue has been presented to the public, an understanding of how different environments are affected, comprehensive reform of our economic system, a revamp of our immigration and asylum system to help those who are and will be displaced by climate change, what green technologies are out there and what has been shown to be the most effective, and of course a massive shift into renewable forms of energy.



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Counseling & Student Success Workshop Schedule

Fall 2019

SEPTEMBER is SUICIDE AWARENESS & PREVENTION MONTH
September marks Suicide Prevention Awareness Month. The purpose of this month is to raise awareness about suicide and educate the community on prevention and intervention. Please go to the Counseling website for a list of events:
<https://www.ccm.edu/student-life/campus-services/counseling-services-and-student-success/>

ANXIETY & STRESS SUPPORT GROUP
This support group provides a safe and confidential place to talk about anxiety by the sharing of stories and coping skills.

WHEN: Wednesdays: September 18th
October 9th and 30th
November 20th
December 4th

Time & Location: 11:00 a.m. in DeMare Hall 251

HEALTHY RELATIONSHIPS SUPPORT GROUP
This support group provides a safe and confidential place to discuss the components of healthy relationships.

WHEN: Tuesdays: September 17th
October 1st, 15th, 29th
November 12th, 26th
December 10th

Time & Location: 12:30 p.m. in Cohen Hall 155

MATCH YOUR MAJOR WITH YOUR INTERESTS & PERSONALITY
Discover your unique interests and personality type, and learn how to apply this information in making more meaningful educational, career, and personal choices.

WHEN: Tuesday: October 22nd at 12:30 p.m.
Wednesday: November 13th at 11:00 a.m.

Location: Cohen Hall 155

DE-STRESS FEST WEEK:
October 28th—31st

Monday, Oct 28th Arts & Crafts
11 a.m-2p.m. in the SCC Lobby


Tuesday, Oct 29th Meditation
2 sessions: 12:30 & 1 p.m.
Cohen Hall 102

Wednesday, Oct 30th Therapy Dogs
12:30 p.m.-2:30 p.m., SCC Lobby
Arts & Crafts
11 a.m-2p.m. in the SCC Lobby

Thursday, Oct 31st Yoga
2 sessions: 12:30 & 1 p.m.
Davidson Rm D, SCC Building

RELATIONSHIPS: CONSENT, BOUNDARIES, & HOOKING UP
Presented by Drew University, this interactive performance will explore boundaries, safety, and consent in relationships through role play and discussion.

WHEN: Thursday October 24th
Time & Location: 12:30 p.m. in the Davidson Rooms, SCC Building



Transgender/Non binary Support Group

Dates, Time, & Place:
September 24th & October 8th, 12:30 p.m.—1:30 p.m.
(future dates to be announced)
Cohen Hall 102

A safe and confidential place to share feelings, experiences, and get information from other transgender/non binary students.

Sponsored by Counseling & Student Success & LGBT+ Student Union

Counseling & Student Success
SCC 118 counseling@ccm.edu 973-328-5140

Achieve the Dream at CCM

BY MAHY HASSAN
Contributor

County College of Morris has introduced a new program called Achieve the Dream (ATD). ATD is a national network program now at CCM led by Dr. Pamela Marcenaro, the Dean of Learning Support and Opportunity Services and Professor John Williford, the Chair of the Psychology and Education Department. ATD lends a hand to students and provides them with a boost to move forward in their academic career. According to achievingthedream.org, over two hundred and twenty community colleges across the nation have joined ATD to create a platform for strategic learning.

The number of community colleges across the nation joining ATD is increasing every year, due to their effective way of providing information and resources for students.

"Pretty much what ATD does is, it's a network that provides a lot of information, resources, and data," said Pamela Marcenaro.

"We work with coaches that work for institutions to determine what their practices are and what they are doing well. The main goal of ATD, is really to figure out how colleges can make their institutions even better," said Marcenaro.

The strategies that ATD uses narrow down the most substantial components of learning. The different components include leadership and vision, data and technology, equity, teaching and learning, engagement and communication, strategy and planning policies and practices.

"So, we look at different components of the college through what they call the seven capacities," said Marcenaro "And so through these capacities they determine, whether a college needs to improve their data technology, or maybe they

have to look at how to do better in communication or other aspects."

"I think the most unique things about ATD is how we use data to make informative decisions," said John Williford, "We have to make sure our policies and practices and our programs are really engaging students."

Observing to see what the college is lacking, and what it needs improvement in is a challenging task.

"We found that it is more valuable and what ATD is helping us do is collecting data on the different capacities, so that when we put together policies and programs the procedure will truly be using the best approach."

"We are going to be offering opportunities for students to join together in different groups and to join their voices to the conversation," said Williford, "We are looking to form groups; groups of our current students, and our Alumni students and if possible maybe students that will be coming from local high schools. We want to find the best practices to reach out to different minority status and first-generation students."

At CCM, Dr. Marcenaro and Professor Williford will be forming three groups of students. There will be a core team, an extended group, and a data team. The main purpose of different branches and groups within the program is to organize the purpose and the obligations of ATD.

"We want to create student groups, and put together a focus group to help maintain the vision for ATD," said Marcenaro, "Ultimately, we try to assess whatever we can, however, we need to hear from our students to understand what we can do better. You need to tell us what are the different things that will help you move."

Marcena mentions that this upcoming year will be a founda-

tional year that will focus on ensuring that everything functions

"This will be the year that we set or foundation and get everything in order. We are looking to get promotional material that we can share with students and ultimately, we are creating things that will help students," said Marcenaro.

As a community, ATD will aid

in the new innovations and ideas to help maintain the standards of CCM. With the help of Dr. Pamela Marcenaro and Professor John Williford Achieving the Dream will assist in making students learning experience both more effective and successful at CCM.

"It will be an ongoing planning process because we want to

really take the route and have a long legacy on our campus," said Marcenaro.

Students can visit www.achievingthedream.org for more information about ATD. To join ATD email Dr. Marcenaro at jpmarcenaro@ccm.edu and Professor John Williford at jwilliford@ccm.edu.



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COUNTY COLLEGE of MORRIS

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Students, faculty and staff do you have any questions?
Would you like to know more or see how you can be involved?

Contact our ATD Co-Chairs to learn what this is all about!

Dr. Pamela Marcenaro, Dean
Learning Support and
Opportunity Services
jpmarcenaro@ccm.edu
973-328-5271

Professor John Williford, Chair
Psychology and
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jwilliford@ccm.edu
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www.achievingthedream.org