THE COUNTY COLLEGE OF MORRIS' AWARD-WINNING STUDENT NEWSPAPER

# YOUNGTOWN EDITION VOL. 103, NO. 4 WEDNESDAY, OCT. 23, 2019 RANDOLPH, N.J.





From left to right: Life Center Stage performers sing the final songs together, Morris County Sheriff's Office Investigator, Ashley Craig with the Hope One Truck and performer Michael Cavallo sings his song "I Stand at the Door"

# Performers in recovery rejoice in profound performance, "Journey through recovery: Things I Must Express"

BY MICHELLE WALSH Features Editor

People with substance use disorders and people in recovery expressed themselves through heartfelt performances of music, art and stories at the Knock Out Opioid Abuse event "Journey through recovery: Things I Must Express" on Friday, October 4.

The event was sponsored by Life Center Stage, Community Coalition for a Safe and Healthy Morris (CCSHM), Pequannock Township Coalition, Partnership for a Drug-Free New Jersey, Morris County Prevention is Key, Morris County Human Services, Center for Addiction Recovery Education and Success (CARES) and the Governor's Council on Alcoholism and Drug Abuse. These sponsors had tables set up in the hallway outside of the auditorium, as well as additional companies

such as Atlantic Healthcare and Community in Crisis. These tables provided information on addiction services available throughout Morris County.

Outside in Lot 6 was the Hope One truck, where people could receive tours of the truck and learn about their resources. In addition there were featured community stories from Stop the Pain, an awareness campaign created by CCSHM and Life

Center Stage.

Morris County CARES offers peer to peer services for people in recovery. Services include hotlines, coaching, and education on addiction. CARES also provides police assisted addiction recovery (PAARI), in which people seeking help are transported and screened by Daytop and recommended proper help services.

Prescription drug drop boxes

are found throughout Morris and neighboring counties. In addition to this, people can bring in illicit drugs directly to a police department and will get screened through Daytop. No one should have charges against them as long as it's a non-distributive amount. PAARI aims to help those struggling to find their way to recovery, rather than punish them.

CONTINUED IN 'JOURNEY', PAGE 6



PHOTO COURTESY OF CCM

The womens' soccer team.

### Titans attempt to bounce back from rough season

BY ANTHONY INGHAM News Editor

After a 0-6 record in Region XIX games, a 2-7 regular-season record, and a 0-1 record in GSAC games, the Division I women's soccer team is looking ahead to the future and hoping to perform better next season.

After their last Region XIX Event game against Sussex on Oct. 15 ended in a 0-10 loss, members of the team said and their coaches said that they knew no matter what, they did everything they could this season.

Vincent Catizone, head coach returning for his third season, is also joined by David Mero, assistant coach for his second season, and Ivan Maldonado, in his first season as an assistant coach.

Mero said that the team had a low roster and some injuries,

which hampered their ability to play, but in spite of all this, the team always played their best.

"We had 10 players total, and a couple of injuries," he said. "But we always felt pretty confident in ourselves."

Niya Tartaglia, sophomore and defender, said that the team always gave it everything they could, and had nothing to regret.

"It was pretty good overall, and we were doing very well towards the end," she said. "But we were always down at least a player every game."

Tartaglia even said that their game against Mercer Community College was made much harder by the fact that they had only eight players on the field that day.

"We had a 3-1 lead by the beginning of the second half, but couldn't close it out because everyone was so tired, and they ended up scoring a lot of goals,"

she said. The Mercer game ended in a 3-12 loss.

Alexandra Valenti, sophomore and center defense mid, said that the team always struggled to finish their shots.

"We would always be off of a goal by a couple of inches," she said. "Which is a shame, because our passing was great."

The players and coaches

CONTINUED IN 'TITANS', PAGE 6

# IN THIS ISSUE



Despite my diagnosis: I am able to count my blessings

Page 2



Roving reporter: What are your plans for Halloween?

Page 4



Halloween Bark - Fun Halloween Food

Page 5

## Despite my Diagnosis: I am able to count my blessings

BY MEGHAN KING

Contributor

My name is Meghan and I have lived with anxiety and depression for over a decade now. I was diagnosed eight years ago in the fall semester of my junior year at William Paterson University (WPUNJ).

Looking back, I believe symptoms began to display themselves when I was about 15-16 years old. My mother left when I was a small child of 11 due to addiction, alcoholism, and living with bipolar disorder untreated. I know my battle with abandonment, trauma, and anxiety and depression have some roots in this loss. Anxiety shows itself as irritability, lack of focus, and panic attacks. My depression has many faces from not wanting to get out of bed to accomplish daily tasks, questioning my value, not believing in my self worth, etc.

It took me years to realize that despite my diagnosis, I am a survivor and I thrive in the face of adversity. Seeing therapists since I was a teenager and taking the time to find the right medication to help me have a better quality of life has taught me this. I chose



Despite her diagnosis, Meghan still continues to smile.

to stop attending school after missing school for 3 weeks due to psychosomatic symptoms I was having. I needed to take care of myself. That decision was frowned upon, to say the least. I couldn't handle what I was going through and making my academic success a priority. My doctor started me on medication following my diagnosis. After trial and error, I have found the combination that

It took me years to realize that despite my diagnosis, I am a survivor and I thrive in the face of adversity.

works for me.

From August 2018 to June of this year I moved four times. I slept on couches, transferred jobs between North and South Jersey to living under a liquor store in Paterson because I did not have stable housing. I was basically homeless. If it weren't for my loving boyfriend, his family, my brother, and my friends for emotional support, I don't know how I would've traveled this road.

I have always had a spirit of surviving despite my diagnosis. I was having panic attacks while driving, things around me would slow down and I would have to practice grounding skills. I had to focus on my breathing and things around me to stop my racing thoughts. Nothing has scared me more than experiencing a panic attack while driving. Having to kick those ugly, dark thoughts out of my head, and convince myself that yes, I am worthy of love and my life is worth living.

As a side note, my boyfriend's mother would have me over for dinner most of the week. Their home was too small to accommodate living there, but that woman fed me and let me stay on occasion. Simply providing meals for me and showing her care has made all the difference. She has shown me so much love and has been one of my greatest blessings. I signed a lease with my boyfriend in June for an apartment and I truly feel at peace where I am. I started a job that allows me to more than scrape

I can live comfortably and safe. I'm paying things off and paying for classes to continue my education. I have learned to live one day at a time and appreciate my blessings. I choose not to be defined by my mental health challenges.

## Letter to the Editor: Professor encourages pursuing knowlege into climate change

course for

the "Introduction to in The Youngtown Edition, dated September 25. No non-Science majors, I was doubt, these articles, written to see THREE by Adam Gentile, Nikita

targeted the Climate Action Summit events at the United Nations on September 21 and 23. The range of articles, from a scientific piece on 'climate change deniers' to two opinion pieces about climate change and the Brazilian

As a Professor at CCM articles about climate change Chopra and Gianna Gillespie, fires, represent a broad swath of American knowledge and concern for climate patterns.

> I invite all students to learn more about the science of climate change in our classes and labs. Feel free to contact me and visit our sessions, where we measure

and analyze atmospheric conditions in order to form our own opinions about what is happening and what to do about it. For instance, our students understand the recent research demonstrating increasing that dioxide levels are a human problem, but increased ocean evaporation is the real culprit in climate change. Similarly, the Brazilian rain forest fires are devastating for three major reasons: the increase in carbon dioxide as it is 1) released from the trees 2) produced in the burning and 3) unabsorbed by photosynthetic processes year-round.

We welcome your ideas and observations as we explore the science of climate change. This is a field that can easily transfer to the Rutgers School of Biological and Environmental Science at Cook College, one of the best Meteorology schools in the U.S. and where Meteorology graduates have the lowest unemployment rate of any Rutgers major!

Professor Marybeth Soutar msoutar@ccm.edu

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

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

L-mail. youngtownedition@gmail.com	
Editor-in-Chief	Alexa Wyszkowski
Managing/Copy Editor	Adam Gentile
News Editor	
Features Editor	Michelle Walsh
Entertainment Editor	Open
Satire Editor	Open
Layout Editor	Open
Photographer	Luna Wroblewski
Sports Editor	
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Staff Writer	
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Circulation	
Technical Adviser	

Staff: Sara Ali, Gianna Gillespie, Christian Ingham, Katrina Irhin, Meghan King, Jordan Taylor

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.

# Climate Change Chronicles: A Green Night in Paris

BY ADAM GENTILE

Managing Editor

Within the past five years, a major international government agreement was crafted to combat or at least curb the harmful and continuously growing impacts of climate change, these two actions are the Paris Climate Agreement, and the "Green New Deal"

The Paris Climate Agreement was an initiative signed by 175 governing bodies of the United Nations in 2015 in an effort to create some form of global guidelines that the member nations will try to implement within their own individual legislatures.

According to Article two section one of the Paris agreement the global standards that the deal set a goal of keeping the increase in global temperature to 1.5 degrees Celsius over pre-industrial levels. Making it more economically viable for global markets to invest in lowering greenhouse gas emissions and climate-resilient development which factors in impacts of climate change into social and ecological issues.

The agreement puts different standards on developed nations opposed to developing nations. According to Article four developed nations are supposed to focus on scaling back greenhouse emissions on the totality of their economy, as opposed to developing nations that will focus on mitigating their contributions.

The majority of the focus of the remaining articles of the agreement focuses more so on economic lines and urge for cooperation among nations, and between nations and private entities when it comes to crafting solutions to curbing global emissions.

The framework of the Paris agreement is reminiscent of a study out of the University of Kansas by Professor Hong Bu referenced in the introduction of this series entitled "How Media Around the World frames Climate Change News".

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 that will properly address the issue. Meanwhile, the economic focus of wealthier nations would see the reasoning for climate policies focusing on how green technology is a market trend and how developed nations will address climate change policy through economic means.

The Paris Climate Agreement is an attempt at a global coalition to combat climate change, however, it fails to create a binding agreement and fails to have any form of global solidarity when it comes to the current impacts that climate change has already created.

As President Trump has shown backing out of the agreement can be done on a whim. According to a State Department communication in August 2017, the Trump Administration has alerted the United Nations of U.S. intent to leave the Paris Agreement as soon as the Agreement allows, November 2020.

However, all through the

United States is still in the agreement for another year despite this, Trump's and environmental protection agency has rolled back environmental legislation like the Clean Air Act.

What's also lacking in the agreement is no move towards ensuring or even mentioning what nations ought to do and handle climate change refugees. There have been reported refugees due to climate change since according to the International Displacement Agency there are roughly 25 million people displaced every year due to the impacts of climate change and mention that as climate change intensifies the amount of forced displacement will increase.

Maria Christina Garcia, a professor at Cornell University and is working on a project looking at the environmental origins of mass refugee movements, mentions that the under U.S. and international law there are no guidelines that legally define a climate refugee

"The term refugee is defined very precisely in international law," Garcia explains. "In U.S. law, for example, refugees are defined as individuals persecuted because of race, religion, nationality, membership in a particular group, or political opinion. Nowhere does climate figure into it. It leaves this entire group of people without international protection or recognition. I've seen projections that put the number of people who will be displaced by climate change as high as 200 million by mid-century, so the international community will have to come up with creative solutions to address the problems generated by internally displaced populations and mass migrations."

In order to address climate change, a true global initiative, and innovative national-level legislation must be made to address the issues caused by climate change. Actions that address the issue should do more than just focus on curbing global emissions and new green technology, countries should be held accountable to the pledges that they make and acknowledging the need for a climate refugee program.

### A FARE Halloween for those with food allergies

**BY ALEXA WYSZKOWSKI** 

Editor-in-chief

In 2014 Food Allergy Research and Education (FARE) got behind a project that would change Halloween for all kids with food allergies and dietary restrictions. The Teal Pumpkin Project encourages households to hand out non-food treats to trick or treaters who may not be able to eat candy. Households participating in the project on Halloween display a pumpkin painted teal outside their door and offer non-food treats in addition to or instead of candy.

The Teal Pumpkin Project, according to Allergic Living,

was started in 2012 by Becky Basalone, whose son has lifethreatening food allergies. She started this project at her own home and shared her idea with the Food Allergy Community of East Tennessee. Once FARE started promoting this project it quickly continued to spread to households across the United States and other countries. This year six other food allergy organizations have also joined FARE on promoting and supporting the project.

According to FARE, there are over 32 million Americans with food allergies, with 5.6 million of them being children. Food allergies are a life-threatening condition, as an allergic reaction to a food item can lead to death.

Before the Teal Pumpkin Project existed, children with food allergies or other dietary restrictions may have experienced difficulties when attempting to celebrate Halloween. Trick or treating can be especially challenging as children may not be able to handle the candy offered to them, may have to say reject candy being offered to them and walk away empty-handed to the majority of the houses they go to, or may have to give their candy to others. Some families may have even determined it was safer for their children with food allergies to not participate in trick or treating at all. Halloween with the Teal Pumpkin Project allows

for children with food allergies and dietary restrictions to be included in trick or treating activities.

Each year FARE provides a Teal Pumpkin Project map on their website for households participating in the project to add their location. This helps families whose children have food allergies find houses offering non-food treats and go to those houses.

Anyone can join in on the Teal

Pumpkin Project first by painting a pumpkin teal, purchasing a plastic teal pumpkin at Target or Michaels or just printing out a Teal Pumpkin Project sign from foodallergy.org. With the displayed Teal Pumpkin, households participating hand out non-food items such as glow sticks, stickers, other stationery items, and small toys. For more information about how to get involved, visit FARE's website foodallergy.org.



**FALL 2019 Weekly Group Math Tutoring** Review and reinforce current coursework. Get help with any questions/problems. Open to all students - No appointment needed! INTERMEDIATE (MAT016) & COLLEGE (MAT110) ALGEBRA TUESDAYS 11:00 AM-12:00 PM CH 157 Prof. Chambers MATH FOR LIBERAL ARTS (MAT120) **Prof. Wheatley MONDAYS** 2:30-4:00 PM DH 163 PRE-CALCULUS (MAT123) TUESDAYS 11:00 AM-12:00 PM CH 257 Prof. Thurman WEDNESDAYS 11:00 AM-12:00 PM DH 165 **CALCULUS I (MAT 131)** MONDAYS 9:30-10:30 AM DH 163 Prof. Wolfgang CALCULUS II (MAT 132) THURSDAYS 8:00-9:00 AM **Prof. Shuck** CALCULUS I & II (MAT 131 & 132) TUESDAYS 5:00 - 6:00 PM CH 261 **CALCULUS III (MAT 230) ORD. DIFFERENTIAL EQUATIONS (MAT 244)** WEDNESDAYS 3:00-4:00 PM CH 257 Tutoring Center - DH 156 - 973-328-5367 Mondays – Thursdays 8:30 am – 6:30 pm, Fridays 8:30 am – 3:00 pm

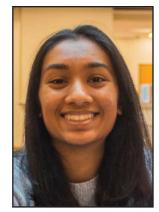
## **Roving Reporter:**

## What are your plans for Halloween?



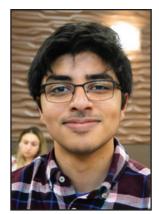
Alexandra Quintero Pubic Health Major

"Every year I go to my family's restaurant, El Rancho Colombiano in Union City and give out candy to the kids."



Uttara Vajinepalli Morris County School of Technology Student

"This Halloween I will be working on college applications and giving out candy!"



Aman Sheth Morris County School of Technology Student

"For Halloween I'm going to my friend's Halloween party."



Tom Hilden Animation Major

"I don't have any plans other than going to class."



Solala Rahin Biology pre professional program

"I work as a ER tech so I spend Halloween dealing with craziness!"



James Horn International Studies Major

"I will be writing my research paper."



Arianna Gehan Morris County School of Technology Student

"I will be going to my cousin's house to give out candy!"



Noah Herman Music Major

"I don't have any plans for Halloween."



Caroline Oniszk Nursing Major

"For Halloween I will be studying for my next exam."



Isabella Sarmiento Nursing Major

"I will be working on Halloween."



**Emely Pereira Nursing Major** 

"I will be working."



Brendan Smyth Engineering Major

"Buy candy and eat it all."

PHOTOS BY LUNA WROBLEWSKI



#### Halloween Bark - Fun Halloween Food

#### **INGREDIENTS:**

12-14 orange and black sandwich cookies, broken up into large chunks
1 cup pretzels, broken into pieces

1 pound almond bark or white chocolate melts 1 1/2 cups candy corn

20-30 candy eyeballs

1-2 tablespoons of a variety of Halloween food sprinkles.

#### **DIRECTIONS:**

- 1. Melt almond bark according to package. I slowly melted mine in a sauce pan over a low heat, until smooth and shiny. Make sure to stir frequently to prevent burning.
- 2. In the meantime, cover a large cookie sheet with wax paper or parchment paper. Spread broken cookies, pretzels and about 1 cup of the candy corn onto the prepared cookie sheet.
- 3. Drizzle the melted chocolate over the cookie mixture, spreading with spatula to coat evenly.
- 4. Quickly sprinkle remaining candy corn, candy eyeballs and food sprinkles over the almond bark while it is still wet. Place cookie tray into refrigerator until set and firm.

#### Break into small pieces and enjoy!

Recipe courtesy of the Hospitality Department



PHOTO BY ROBERTA MCGRAT





UPCOMING UNDERGRADUATE EVENTS

Open House Programs: Saturday, October 26 Saturday, November 16

Campus Days: Monday, October 14 Friday, November 8 Monday, November 11 Saturday, December 7 Transfer Info Sessions: Friday, October 4, 18 and 25 Friday, November 1 and 15 Friday, December 6

### Opinion: How students handle stress

BY GIANNA GILLESPIE
Contributor

The chaos of everyday life affects everyone in different ways; stress management is often necessary for calming the body and mind. According to the American Psychological Association, "Stress is a top health concern for U.S. teens between grades 9-12, psychologists say that if they don't learn healthy ways to manage that stress now, it could have serious long-term health implications." This concern does not cease when it comes to college students; many students get caught up trying to manage schoolwork, part-time jobs, and extracurriculars, thus ending up with little free time. Recent thoughts have been shared by students of County College of Morris, regarding how stress

affects them, and their methods of controlling it.

Sarah Hofgesang, a secondyear student, offered her opinion and some advantageous tips on how to deal with pressure in life.

"When I need to de-stress, working out or meditation definitely helps. If something is making me stressed to the point of sadness, meditating helps because it slows my mind down immensely and reminds me to breathe."

Hofgesang described a calming ritual in which she plays hour-long meditation audio from YouTube and takes some time to rest before tackling what needs to be done. She also gave insight on what to do when overwhelmed and why we sometimes feel that way.

"Don't forget to breathe. In moments when you are stuck,

distressed and frozen in time, just close your eyes, breathe in and out for seven seconds, and then open your eyes. Sometimes we get so caught up in what is going on that we don't actually breathe effectively."

Ryan Spada, majoring in International Studies, takes a more active approach when trying to relax.

"Going on walks and listening to music helps me more than anything. Putting headphones in, and blasting a song that I love distracts me from whatever is bothering me. Putting things into perspective, specifically, my worries, makes me feel a lot better, and I am able to be more in control."

Spada emphasized that mental health should always be the first priority, as every other aspect of life is dependent on it.

Christine Jennings made

it a point to acknowledge how unique each person's issues can be

"Everyone encounters stressors, but it depends on your outlook. When I am stressed, I like to go out into nature. It helps to understand how small we are in the grand scheme of things."

The business entrepreneurship major mentioned that lighting incense and streaming calm music is also beneficial for her.

The options and outlets available for students to declutter their minds are endless, and the various statements from these students make it clear that everyone experiences stress in one way or another. The intense daily life of college students takes a toll on the youth, but it is crucial to remain focused solely on physical and mental health.

#### **JOURNEY**

#### **CONTINUED FROM PAGE 1**

The Hope One truck is part of CARES and the Morris County Sheriff's office, as it makes weekly stops throughout the county to help those struggling with substance use disorders to find resources and support. Hope One also offers Narcan training and deployment for those who are affected by people who misuse opioids. All support is free, anonymous, and sans reporting.

Inside the auditorium, the show included performers from Life Center Stage who shared their experiences and stories with substance use disorders to the audience. The show included two acts, featuring musicians, singers, dancers, and artists. The performance was produced by Barbara Kauffman, from CCSHM and directed by Vicky Mulligan, from the Life Center Stage. Lorraine Ferro was the music director, Chaya Wllick was the theatrical director and Dominique Doktor was animation director.

During the first act, a member of the Inspire Project, Lorraine Ferro, talked about her experience grieving a deceased student. She said, "this disease does not discriminate."

Another performer, Anna Toby Rabinowitz, said, "When I came into recovery, they told me to buy a black dress." After her profound speech, a slideshow was shown of those who had passed away from opioid misuse.

This event was part of Morris County's Stigma-Free initiative. CARES will be hosting a recovery walk and a "Trunk or Treat" on October 26, which will include a concert, lunch, and more. Reservations are encouraged. Along with this, the Life Center Stage hosts recovery friendly open-mics regularly, and all are welcome to attend.

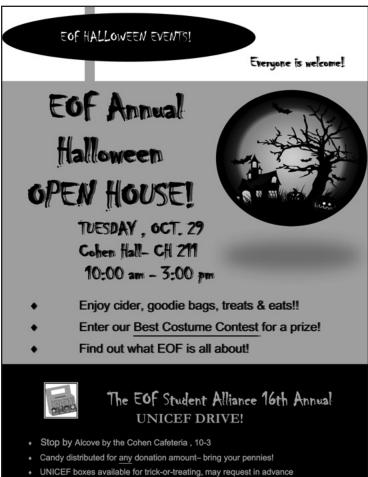




This year the United Nations International Children's Emergency Fund (UNICEF), is stretched to the limit this year with all the recent global disasters around the world. They help needy children with food, water, shelter, medical treatments and more!

- Collection boxes will be available for pickup in EOF, CH 211 starting October 1st.
- Collect at work, home, or trick or treating on Halloween.
- Stop by <u>Tuesday</u>, Oct. 29, 10-3, at the Cohen Alcove! Candy given for any donation amount or to get your box then.

  Bring pennies!
- Please bring boxes back with any amount to EOF by Nov. 8.
- THANK YOU FOR PARTICIPATING!



Please bring filled boxes back to EOF, CH 211, by Nov. 8



#### **TITANS**

#### **CONTINUED FROM PAGE 1**

all confirmed that they loved being together and that they said teamwork was never a problem. They were always happy to work together with one another. And no matter what, the losses never got them down.

"We always kept our heads up, no matter the game, and it's not that easy to do," said Valenti

Both Valenti and Tartaglia are sophomores, so they will not be coming back to play for the Titans next season. Both said they were going to Rutgers, and Valenti said she would more than likely play for them in the future.

The women's soccer team will start another season in the fall of 2020. If you have any questions for or about the women's soccer team, email Vincent Catizone at womens\_soccer@ccm.edu.

# Opinion: How students at County College of Morris view abortion

BY JORDAN TAYLOR

Contributor

Abortion has been a hot topic in our country for centuries, however, this day in age many of the rules and regulations regarding it have stayed in stagnation. Only when a new bill is proposed or marches occur does there seem to be a buzz about the topic, but for many people in everyday life, this topic could hit very close to home. It is clear that Millennials and Generation Z have very different views regarding abortion than their parents. Regardless, opinions tend to vary from person to person. Here at County College of Morris, it is intriguing to glimpse into the minds of college students and assess how they individually

identify with the topic.

According to Time Magazine, "Alabama Governor Kay Ivey signed a bill on Wednesday that would effectively ban abortion in the state... prompting an outcry from abortion rights activists across the country and setting up a challenge to Roe v. Wade that could result in a Supreme Court battle."

Many of that 61% is made up of college students, many of whom are not financially stable enough to afford their own education–nonetheless being financially stable enough to afford to raise a child; the cost of which, in today's age, runs a total of about "\$233,610 -- or as much as almost \$14,000 annually", the Department of Agriculture says.

It is a popular belief with

young people today that women should have the full choice over their bodily autonomy, as should any human in this country, or on this planet

"I would like to think that a lot of college students think this way," says Christopher Toye, a Psychology major at CCM, "because I believe that the right to make decisions about abortion is an individual circumstance and not something general for an outsider to determine."

Megan Burns, an Environmental Science major with a focus in Biology, said that "most college students would agree with legal, safe abortions based either on their own lives or the experiences of people they know."

Of course, the divide in opinions on such a sensitive

subject is further partitioned by religious beliefs, social upbringings, and political views. 82% of Democrats believe abortion should be legal in all or most cases, as opposed to only 36% of Republicans, according to the Pew Research Center.

According to the Pew Research Center, "A majority of Americans (61%) continue to say that abortion should be legal in all (27%) or most (34%) cases."

Young people are more aware of politics today than ever before, and there is a growing increase in popularity among more liberal political parties and candidacies. "Democrats believe these young voters will eventually turn out to the polls at higher rates, replace the baby boomers and the silent generation and give the blue team

an unending string of victories," as predicted by The Washington

While this is not true of all young people, of course, there are many that still have views on politics and matters such as abortion that tend to lean towards the conservative side. However, it is mainly people who fall to the left who have more open-ended, open-minded views on the topic of abortion in particular. County College of Morris is located in a rather politically diverse area, but it seems safe to say that the stance on abortion rights is no longer governed so much by political views, but instead simply viewed through the lens of basic human rights that many college students and young adults have opted to continue to look through.









Cartoon by Samantha Shimabukuro

# Student Review: Alfa Bagels

BY MATTHEW BRISTOL

Distribution Manager

One of the most prominent fixtures for food within the local campus area is the well-known and well-loved local small business, Alfa Bagels. There are few students and faculty on campus who haven't seen the building, and many at the college have stopped in at least once. CCM student Jared Danquah, an engineering major, said that it's within walking distance from campus. One of the biggest draws to many on the campus is their affordable prices, along with the 10 percent CCM student discounts that they offer. Their high-quality food paired with their reasonable prices is hard to beat.

There is a variety of food, served quickly including hot foods such as the fluffy pancakes and crisp bacon, or the freshly made bagels that are ready to go. The selection is surprisingly varied for a place known only as "Alfa Bagels" since the menu far exceeds just bagels. There's

a variety of bagels that range from plain and onion, to cereal and much more. Alfa Bagels also offers a wide selection of foods, from deli-fresh sandwiches to their hamburgers. All food is served in a timely fashion both to go and sit at their cozy location. While the building may appear very small on the outside, the actual inside is pleasantly comfortable to relax and enjoy a sandwich.

The quality of the food is well known around campus, and it's certainly not uncommon to run across faculty and staff at the shop.

"[Alfa Bagel] carries a timeless air of authenticity while maintaining the standards of customer convenience and comfort set by more modern joints," said business and chemistry student John Dumm.

Alfa Bagels has been a fixture for the food available around CCM for years, and all signs point to them continuing to provide both excellent food and service for many more years to come.

#### 35th Annual Career Week 2019 November 18 - 22 Career Seminars

Partial List of Presentations – More to Come!

Alumni from Business, Liberal Arts, Biology and Hospitality – Members of an alumni panel will speak on "Transitions from College to Workplace". Five alumni and a current CCM student will share their experiences and ways their college choices helped (or hindered) them.

Digital Media – Panel of alumni representing Grey Sky Films, BuzzFeed and ABC News will speak about opportunities and careers in their fields

Early Childhood Education – Local child care center directors will discuss careers in the field of early childhood education.

PTK – LinkedIn Presentation –CCM graduate, now working for LinkedIn, will discuss the power of the LinkedIn platform in "Rock Your Profile".

Game Development – Professional game developer will share his insights with regard to careers in Game Development.

 $\label{eq:continuous} \mbox{Information Science} - \mbox{NJ Tech Weekly journalist will discuss technology trends in New Jersey.}$ 

Criminal Justice – The newly-appointed Chief Sheriff's Officer for Morris County and a Morris County Sheriff's Department Crime Scene Detective will present.

Public Health – WPU professor will discuss careers in Public Health. Engineering - Naval Nuclear Engineers will share their career insights.

# Six Flags Great Adventure to add 'devilish' record-breaking new coaster in 2020

BY NICK DUVA

Staff Writer

August 29, 2019; Six Flags Great Adventure, located in Jackson, N.J., announced its new addition for the 2020 season. A brand new, record-breaking roller coaster called Jersey Devil Coaster. It will join the world-class coaster line-up that the park is known for, such as El Toro, Nitro, Bizarro, and Kingda Ka, the world's tallest roller coaster.

Many of the students at County College of Morris already are planning to make a trip to the park to ride the new menacing coaster, even though the park has barely commenced construction.

"Absolutely 100%," said Dilan Feti, liberal arts major at CCM.

"No," said Aileen Pena, a CCM architect major.

"Yeah," said Michael Cerniglia, a liberal arts major at CCM

The coaster will be the tallest, fastest and longest single rail coaster in the world. According to the park's website, it states all of the statistics about the coaster saying, "Soar single file through the dark and foreboding woods on the world's longest, tallest, fastest single rail coaster. Towering 13 stories and reaching speeds up to 58 mph, riders will straddle the single-rail and experience three intense

elements and two inversions over 3,000 feet of track." Also, the website states that the coaster will feature two inversions.

John Winkler, who is the park president of Six Flags Great Adventure, says he's looking forward to the project. According to USA Today, Winkler said, "Six Flags Great Adventure is home to the best and most innovative roller coasters on the planet, and we are thrilled to expand our unrivaled collection with the Jersey Devil Coaster... Jersey Devil folklore has been a source of fear and intrigue here in the Pine Barrens for more than 200 years, and this iconic piece of New Jersey history inspired the design for this monstrous scream

From the same USA Today article, it stated that the coaster will sit in the Lakefront area between Safari kids and Congo Rapids near the Nitro roller coaster.

This announcement is part of a company-wide initiative that Six Flags CEO Jim Reid-Anderson started, which is to bring something new to every single one of the Six Flags parks every year. This, in turn, gives guests the opportunity to come back to their parks each year.

The coaster is based on an ancient tale of the Jersey Devil that has been told to all New Jerseyans. According to Weird NJ, it states that "Without a

doubt, New Jersey's oldest, most enduring, and important pieces of folklore is the tale of the infamous Jersey Devil. For close to three hundred years now, Jerseyans have told tales of this mythical beast that stalks the Pine Barrens and terrorizes local residents." The irony of the coaster is that the park sits in the heart of the Pine Barrens region of South Jersey, where the mythical creature is said to reside.

The announcement comes

as Hersheypark in Hershey, PA, which is around two hours away from Six Flags, is also building a coaster for 2020. It will be a hypercoaster, which is a coaster where its lift hill exceeds 200 feet in height. The coaster was named Candymonium.

Students around CCM agreed that competition from the nearby Hershey Park sparked Six Flags Great Adventure to add a new coaster to try and top them. Cerniglia explained that competition between the

two parks, who primarily serve the New York and Philadelphia metro areas is healthy.

"In terms of business, it strives companies to make better products, I think competition is good," Cerniglia said.

Maybe whenever at Six Flags Great Adventure in 2020 take on the demonic Jersey Devil Coaster scream machine for yourself and relive the mystery of the mythical creature who residents say, resides on the very land the park sits on.





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