



Professor survives on-campus heart attack

Coordinator of Health Services explains procedure for medical emergencies

BY MICHELLE WALSH
& ANTHONY INGHAM
Features Editor; News Editor

On Monday, Nov. 11, the Department of Public Safety (DPS), Randolph police, EMS and St. Clare's hospital emergency paramedics all responded to what was classified as a "medical emergency" by their switchboard and Elizabeth Hoban. A professor had collapsed in front of their peers due to a heart attack. Lifesaving aid was then applied, and the professor survived.

According to Elizabeth Hoban, Coordinator of Health Services, emergency procedure says she cannot leave her office until she is contacted by Public Safety. This decision was made with the Office of Student Development, Health Services and Public Safety in 2008. Public Safety has the authority to override this procedure and can summon her if needed.

But what happens if Hoban isn't in her office, or the medical emergency happens all the way

across campus?

"I am not equipped to be able to assist someone, say, on the tennis courts," she said. "We have a trainer who covers those areas."

Hoban expresses her concerns over students knowing what to do in case of an emergency, or even professors for that matter.

"What would you do in a classroom if your professor passed out," she said. "[You should] find the nearest emergency communication procedure, and call Public Safety."

Steve Ackerman, Director of Public Safety, said he was "not aware of this as a procedure, but it is our practice that the Department of Public Safety has the primary responsibility to respond to medical emergencies on our campus. Hoban's primary responsibility is to cover her office and provide aid to members of the campus community who come there for medical aid."

Ackerman also acknowledged that Hoban could have called for by



PHOTO BY ALEXA WYSZKOWSKI

Professors have an envelope that contains their medical information, as well as emergency contacts.

Public Safety to assist if necessary, reinforcing her claim.

"Yes, we can ask Liz for help if needed," Ackerman said. "Regarding this incident, when DPS arrived on scene bystanders were already providing appropriate aid. No addi-

tional assistance was needed from the nurse's office."

Although the nurse was not at the scene, the professors present knew what to do due to training they had received prior. According to Dr. Bette Simmons, Vice Presi-

dent of Student Development and Enrollment Management, CPR and AED training is not required, but nearly all of the faculty have been trained.

Simmons stated that she could not be more proud of how the faculty, staff and public safety responded to the situation.

"Were it not for the quick thinking of a lot of people, he [the professor] may not be with us right now," Simmons said.

This procedure has confused some members of the CCM faculty, as some are either not aware that it even existed, or aren't sure why it does in the first place.

"I cannot imagine any compelling reason in that situation for someone who is equipped to save a life to stand by," said English Professor Philip Chase. "I can only guess that there is some protocol she was following, but I have no idea why such a protocol should exist. Because of the time it takes

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Iraqi-American Artist Wafaa Bilal presents performance projects to CCM students

BY KATRINA IRHIN
Staff Writer

Wafaa Bilal, an Iraqi-American performance artist and associate professor at the Tisch School of the Arts at New York University, came to County College of Morris on Thursday, Nov. 14 to present to students art projects he created and performed throughout his life. The projects primarily serve the purpose of engaging people to learn more about the Iraq War, as well as current conflicts existing in Iraq. One of the projects that were discussed in the presentation is titled "Domestic Tension".

Dr. Brian Sahotsky, a professor in CCM's Department of Art and Design, gave an introduction for Wafaa Bilal to the students. Sahotsky described what both Bilal and his projects are known for.



PHOTO COURTESY OF WAFAA BILAL'S FACEBOOK

Wafaa Bilal's artwork "Performing Change".

"Bilal is known internationally for exploring both the trauma of conflicts and post-conflict relationships," Sahotsky said. "Bilal's work explores the ten-

sion between the cultural spaces he lives in, his home in the comfort zone of the United States, and his consciousness in the conflict zone of Iraq."

In addition, a key component of his projects is his use of technology through the utilization of robotics, the Internet, and photographic mobile mapping.

Sahotsky also mentioned that Bilal's projects are made, in part, to generate discussion among people about, and get them involved in politics and social change.

"The controversial aspects of his work spark deeper conversations," Sahotsky said. "They encourage passive viewers to take an active stance with regard to social justice, and their own personal and political realities."

A part of the drive for Bilal creating his performance projects is that he lost his brother to a U.S. drone strike. Bilal mentions that this made him even more concerned about what was happening in Iraq, which is where his brother died. He struggled for

years to find a way to get people to engage in a dialogue about what was going on there. He struggled, that is, until he saw an interview on the news that caught his attention.

"On the news was an interview of an American soldier who was talking about how his job was to direct and fly drones that dropped bombs on Iraq," Bilal said. "I was surprised how the soldier was disconnected physically [and] emotionally from the target on the ground," he said.

He then had the idea to create a project that would reflect what was happening in Iraq. Thus, Domestic Tension had officially become a reality.

One of Bilal's goals of Domestic Tension was not only to engage people in dialogue about the Iraq War but also about the

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An editor's goodbye to all who've done good by him

BY ANTHONY INGHAM
News Editor

I have served on The Youngtown Edition for the last three semesters. I started as the sports editor for a semester, and for the last two semesters have been the news editor. In the grander scheme of things, a year and a half is not a long time to spend with anyone. That hasn't stopped me from feeling like my time on the paper has been significant, fruitful and important. Or from feeling attached to the people I've worked with to complete our newspaper.

There are too many people for me to be thankful for because, without them, my writing (and everything I do) means nothing. I'd like to thank my younger brother Christian for being my motivation to work hard in any capacity, not just on the paper. Without you, I am a purposeless soul. Thank you to Professor Soltes for helping me improve my journalism. You helped me

hone my interviewing skills and writing structure so much more. Thank you to Devan Dachisen, Jared Scaturro, Max Pote, Sebastian Castellon, David Digrazia, Lorena Kirschner and Joshua Kirschner. I never would've been able to go to college without any of you, and I never would've gotten into journalism without you. I love each and every one of you. I would like to thank everyone who assisted during productions, whether they were an hour and a half or five hours. Our paper never would've been able to come together without you. And I'd like to thank Drew Notarnicola for keeping our paper from looking like it was stitched together. I don't know what would've happened to the Youngtown if you hadn't been there to keep everything from falling apart.

There are three people I'd like to give a special thank you to because, without them, my career as a journalist would've ended after the first Youngtown production I attended. Russ Crespolini.

I have never respected a journalist more than you. Your commitment to the field and to teaching those in it is something I wish to emulate. I hope to do everything in my power to make you proud. Adam Gentile. I have never been more impressed by the amount of passion and respect someone has put into their work. I hope to continue to look to you as a model journalist. Alexa Wyszowski. I have never been more surprised by someone's ability to persevere in the face of hardships. In spite of any hurdles you were faced with, be they career-threatening or mildly annoying, you overcame them all (with my help). I hope one day you can understand the joys of just sitting down for a day and not worrying about if the world is going to fall apart around you.

As a writer, I have not had a more enjoyable experience than my time spent with all of you. Thank you for everything, and I hope the Youngtown goes on to survive and thrive.



PHOTO BY ALEXA WYSZKOWSKI

Anthony Ingham, fall 2018 sports editor and spring 2019 to fall 2019 news editor for the Youngtown Edition.

Letter to the Editor: Why I'm Leaving CCM

With a heavy heart, I submitted my resignation letter to the chair of my department last month. I have accepted a new position at Suffolk County Community College in Brentwood, New York, starting Spring 2020.

If I feel heavy-hearted about this decision, you may ask, then why quit? The simple answer is because I have to.

My new salary will be just under \$20,000 more per year. I will be teaching four courses per

semester, rather than five. I will have a guaranteed personal budget of \$1800 every two years to support my professional development, rather than applying for reimbursement and crossing my fingers. These are not "perks" and

SCCC is not an outlier. This is comparable to other community colleges in the area and much closer to the norm for professors with my credentials and experience than what CCM offers. For the sake of my recently expanded family, this decision was no decision at all.

That said, I did not come to it without some hesitation and regret. I have been an active member of the CCM community and feel deeply invested in the students I teach, the projects with which I am involved, and the colleagues with whom I collaborate. I've given my time and dedication to the Legacy Project, the Community and Civic Engagement initiative, the FACCM Advisory Council, the College Readiness program, and more. I've spent countless hours guiding and mentoring students as a professor, an academic advisor, and a Writing Center tutor. This is all work I truly love and feel deeply invested in. I wanted to be able to stay at CCM, to see where these projects and this work could take me, and to see where I could take these students and this college.

But I can't.

I cannot continue to give more and more of myself to this institution while my family barely scrapes by. I cannot continue to "do more with less" and accept the undervaluing of my work and the work of my extraordinary colleagues. In short, I just couldn't envision a sustainable future for myself if I stayed.

For too long, CCM has relied on the passion and dedication of its faculty to move the college forward—to innovate, to expand course offerings, to organize events, to develop new initiatives—as if that passion and dedication were infinite resources, as if it did not cost us anything to give so much of ourselves for

so little in return. As the powerful testimony of faculty members at the recent board meeting illustrated, these expectations have eroded morale, bred resentment, and left us feeling unappreciated and burnt out.

This is not sustainable. Without fair compensation that is commensurate with faculty's experience, expertise, and vital contributions to this institution, CCM cannot thrive and cannot meet the demands of the future. Bright and eager young faculty, like myself, will continue to flee, in search of institutions that pay more than just lip service to the enduring value of our work. The college risks not only challenges in recruiting and retaining high-quality new faculty members, as my own story illustrates, but also the continued erosion of the collegial and collaborative spirit that is crucial for the success of any institution of learning.

It is long past time for CCM to invest meaningfully in the faculty and staff who so passionately serve this college and its mission. The college's own values statement, in fact, highlights this responsibility, promising a "commitment to people, evidenced by a secure, supportive environment responsive to the needs of students, employees and the community." I call on the college to listen to the voices of those striving to fulfill this very promise, those fighting for equity and fairness. Because when the college lives up to its own values, when it commits to its people, when it creates that supportive, responsive environment, CCM will be a stronger and more secure school for all.

Naomi Edwards, Ph.D.
Assistant Professor
Department of English and Philosophy

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**

Editorial: 350 newspapers stolen from campus

Public Safety, Administration attempt to hide behind FERPA to not release information on theft

On the evening of Wednesday, Nov. 20, at least 350 print copies of the Youngtown Edition were stolen from various bins around the County College of Morris campus. As of press time, the Youngtown staff still does not know who took or what happened to these stolen newspapers, as the CCM Department of Public Safety and CCM Administration has not released the case documents and video footage.

On Nov. 20 the Youngtown staff finished distributing the sixth edition around 3:00 pm, and by 7:40 pm the distribution manager, Matthew Bristol, was the first to realize something was wrong. Nine of the newspaper bins around campus were completely empty. In each of these bins, all of the copies of the sixth edition were gone from the top rack and all of the old editions from the bottom rack were gone as well. As a result, about 200 copies of the sixth edition were stolen, which is one third of the amount that is being printed this semester. At least 150 copies of editions one through five of this semester were also missing. This is at least 350 print copies of the newspaper total that were stolen and likely not only taken, but thrown away. According to Don Phelps, Director of Campus Life, it costs \$1131.80 to print 600 newspapers, so 350 newspapers would be about \$660. As of press time, these 350 stolen papers have not been found or returned.

The Student Press Law Center (SPLC), an organization that provides advice and support to student journalists across the country, explains that there are many ramifications to newspaper theft. The thief can be tried for criminal prosecution, such as larceny, petty theft, criminal mischief or destruction of property. Campus administration can provide disciplinary actions. Even civil lawsuits for damages or being sued under applicable civil

rights laws can be performed. On campus, the bins that were found to be completely empty included three of the four bins in the upstairs Student Community Center, one bin in the downstairs Learning Resource Center and five bins throughout the second floor of the main academic building within Sheffield Hall, Cohen Hall and Demare Hall. These bins have remained empty since the night they were taken, and the other bins that still contain newspapers have been checked regularly by the Youngtown distribution team.

The night before the newspapers were stolen, the student staff of the Youngtown Edition presented at the Tuesday, Nov. 19 Board of Trustees meeting about all of the challenges the staff has been facing this semester. The fact that 350 newspapers were stolen the following night is something the Youngtown staff finds to be very interesting.

On Thursday, Nov. 21 the staff of the Youngtown Edition filed a report about the stolen newspapers with John Fichter, the Assistant Director of Public Safety. On Monday, Nov. 25 the Youngtown Staff filed a report to Randolph Police, as suggested by the SPLC.

Then on Tues., Nov. 26, Fichter called Bristol and informed him that the person who took the newspapers was found, but didn't tell him who that person was, why the papers were taken or where they went. Instead Fichter explained that the college administration would provide the staff with the information.

On the night of Monday, Dec. 2, the Youngtown staff sent an email to Fichter asking if there were any more updates. On Tuesday, Dec. 3, the Youngtown received an email from Dean Janique Caffie, Dean of Student Development and Enrollment Management, as Fichter shared the email that was sent to him

with Dr. Bette Simmons, Vice President of Student Development and Enrollment and since she was away from campus, Dean Caffie responded on her behalf.

Dean Caffie said that public safety identified a student, interviewed them and completed their part of the investigation.

"Public Safety's investigation did not warrant any further review by an off-campus agency," said Caffie.

She then explained that the case is now a violation of the Student Code of Conduct and that she will be meeting with the student soon. In response, the Youngtown staff asked for the name of the student and if it they would be able to see the video footage.

"As this case is still under review for possible Student Code of Conduct violation I am not able to release the student's name or share the video footage," said Caffie.

Dean Caffie further explained in her email received Dec. 4 by the Youngtown staff, which had Dr. Bette Simmons, John Fichter, Karen VanDerhoof, Vice President of Business and Finance and Steven Ackerman, Director of Public Safety copied on it.

"The college has a process by which all alleged student code of conduct violations are handled. This is outlined in section C – Violations of Law – of the Student Code of Conduct. In that section, it clearly states who is responsible for the initial investigation of the complaint; whether outside agencies need involvement; attainment and preservation of evidence and creation of a security report documenting the alleged violation. The security report is then turned over to the Office of Student Development and Enrollment Management who is charged with determining whether the reported misconduct

will go through one or more of the established procedures outlined in section G of the Student Code of Conduct.

As I [Dean Caffie] mentioned previously, the college's administration has received Public Safety's report of their investigation just prior to the Thanksgiving break. Therefore, this is still an open case for the college to process through the Student Code of Conduct policy.

The student thus far has been advised that he or she will need to speak with a member of the Office of the Vice President of Student Development and Enrollment Management. It would be irresponsible of the college to release his or her name in advance of the student understanding that he or she may be facing disciplinary actions.

All student records are protected under FERPA – Family Educational Rights and Privacy Act. This means that unless there is an educational reason no one other than the student has the right to information about the student. In essence, the identified student has a right to his or her privacy in this matter. As this has the possibility of being a disciplinary blight on the student's record, the college has a responsibility to protect that record.

If, and only if, this moves beyond item 3 in section G of the Student Code of Conduct policy only the complainant and the alleged code violator would be provided with a redacted copy of the security report. This is to protect the identity of all parties involved in an effort to prevent any form of retaliatory behavior," said Caffie.

According to Protecting Student Privacy section of the Family Educational Rights and Privacy Act from the U.S. Department of Education, "Law enforcement unit records" (i.e., records created by the law enforcement unit, created for a law

enforcement purpose, and maintained by the law enforcement unit) are not "education records" subject to the privacy protections of FERPA."

As explained by the SPLC, "It has unfortunately become routine for some schools and colleges to cry "FERPA" in response to virtually any open-records request, putting requesters in the position of having to wage a costly, time-consuming public-records lawsuit to get answers."

On Wednesday, Dec. 4, the Youngtown staff picked up the police report that stated that "Mr. Fichter advised that the incident was already reported to him and he is currently investigating the issue internally. On 11/26/19, I [the Randolph police officer] received an email from Mr. Fichter advising that the person responsible was identified and no illegal activity occurred. The CCM investigation is concluded at this time."

Newspaper theft was committed, which is a crime. The Department of Public Safety is law enforcement, the documents and video footage from Public Safety for this incident are not student records that fall under FERPA and therefore should be released. As a result, on Dec. 5, the Youngtown staff sent a letter to John Fichter of the CCM Department of Public Safety and the Randolph Police Department. This letter requests access to and a copy of the CCM Public Safety documents and video footage and explains the open records law in the state of New Jersey, the 7 business day limited time frame they have to respond to the letter, and that if they decide to violate the law it can result in reasonable attorney fees and even fines up to \$5,000.

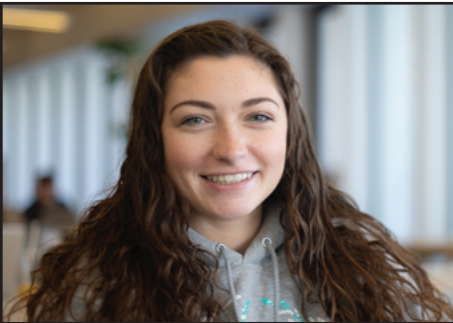
As of press time the Youngtown staff is still awaiting responses from CCM Public Safety, CCM Administration and the Randolph Police Department.



PHOTOS BY MATTHEW BRISTOL

Roving Reporter:

What was your favorite part of the semester?



Brianne Rousseau
Early Childhood Education major
“Utilizing the tutoring center.”



Jonathan Granda
Engineering Science major
“Tutoring center.”



Tyler Staszak
Landscape & Horticulture major
“Snow day.”



Ib Jenkinson
Business major
“Fun time with friends.”

PHOTOS BY LUNA WROBLEWSKI

Opinion: Students struggle with stress



Tom Hilden, animation major.

PHOTO BY LUNA WROBLEWSKI

BY SARAH VAN SANT
Contributor

According to Stress.org, three in four college students report suffering from anxiety due to the pressures of school. At CCM, students have spoken out about their stress and how they may or may not manage it.

Nicole Reyes, a nursing major, explained that as of now, her stress levels are not high.

“I stress the most with time management,” Reyes said. “I am just, like, really unorganized. I don’t give myself enough time to do school work.”

As a nursing major, she mentioned that she thinks her stress levels will increase in the future because of the increasing difficulty of the major.

Caitlin Murphy, another nursing major, mentioned that her stress levels are higher during the school year due to having to worry about school and job responsibilities.

“My stress levels have increased since I started school because school is getting more

hectic due to the amount of stuff I have to do to prepare for a test or other side work,” Murphy said.

As an EMT in Jersey City and also a dedicated nursing student, Murphy finds herself stressing out often. She said that in order to calm herself down, she listens to Christmas music, or goes for runs. Murphy recommended ways that students can help manage their stress.

“If you space things out appropriately and give yourself enough time to learn the material, it won’t feel overwhelming,” she said.

Graphic design major Allie Zanolwics mentioned that her stress levels have not exceeded much past her expectations. Zanolwics further explained that she does stress at times, and it is primarily because of school, specifically quizzes. In order to relieve some of this stress, she said, “I try to at least study every hour, or for an hour per quiz.”

Zanolwics mentions that schoolwork is the main reason for her stress, but besides studying, she goes for walks and tries to get

exercise to release anxieties. She recommends that other students should try to obtain study buddies or study in groups so that if someone is confused, it is easier for them to get clarification.

According to New York University, “Six in ten college students report having felt so stressed they couldn’t get their work done on one or more occasions.” More than half of college students are trying their best to be academically successful, but find the anxiety to be too much to handle.

Students may feel like they are the only one worrying about their academic career, but it turns out that a majority of students feel the pressure to succeed. Solutions are continuously trying to be found to help college students with their stress, but nothing seems to be helpful.

Where there is school work, tests, and quizzes, there apparently is stress. The academic workload, in addition to real-life struggles, does not make for a positive combination and seems to be adding a lot of stress to the lives of young adults.

Opinion: Student journalism falls just short

BY ANTHONY INGHAM
News Editor

In my short year as a News Editor, I have seen many of the articles that students from the journalism program (and some unrelated) have put out in that time. Let me be the first to say that I’ve been decently impressed by some of the articles we’ve received. Some need next to no editing or clarification, and I can safely say that some of the writers of the pieces have certainly put mine to shame. But for every great article, we receive from students (or sometimes faculty), there is an equally bad one.

Poor journalists don’t separate fact from opinion. Within certain fields, this is a very hard thing to do, and sometimes, such as opinion pieces, this is heavily encouraged. Making statements such as “Community College of Morris students and staff discuss both personal concerns about

their safety on campus, as well as the strides that have been made to provide maximum security to everyone in a climate of normalized school shootings.” Now, whether or not you agree with any part of this statement, it is riddled with opinion. This person is making the claim that, in our climate, school shootings have been normalized. I’m not saying I agree or disagree with, I’m just saying it’s their opinion. It is their opinion that the CCM campus has “maximum” security. Whether or not strides have been made to provide increased security it is an opinion. It’s not a problem that this is an opinion, but in a news piece, your opinion should not affect the outcome of the article. Otherwise, it fails to be news and becomes just your opinion.

The number one worst trend I’ve seen from those doing mediocre journalism is that they lie in their articles. When submitted to a professor or peer-reviewed (if

they do that at all), many people may be willing to accept what they read at face value or may see what they read as fact due to trust in the writer. In incredibly brazen cases, I’ve seen students cite people or sites which simply do not exist, or just make statements and treat them as truth.

One article sent to us stated, “Currently, a new multi-level parking lot is under construction, adjacent to lot 9; however, the project is not predicted to be done anytime soon.” As a student newspaper and fellow journalist, this is unacceptable. How do I know this person is lying about this multi-level parking lot? I reported on the actual building that’s going there. It’s an Advanced Manufacturing and Engineering Center, which is expected to be done by spring 2020. We published the article this February saying so. I know this because of multiple interviews, source checks and research that I did on the building.

We can’t just go around printing flagrant lies in our paper, as what we print affects more than us.

Inexperienced journalists tend to focus on the wrong details in stories. For example, one contributor wrote about climate change as it pertains to CCM, but only interviews students for their opinion. This is excusable, but the story has already lost a good angle to be approached from, as the opinions shown should reflect many facets of CCM. The person then goes on to show some quotes from students about how they affect their climate, and what their opinions are on what they should do to help the environment. Focusing on how students view climate change takes away from the actual occurrence itself, as so many different opinions confuse the facts about what is and isn’t correct about climate change. On top of that, whereas polling students on how to fix climate change on a local level isn’t meant to ad-

dress the largest possible scope, that doesn’t mean that the article had to be on an individual scale. Instead of talking to individuals about what they personally do to “save the Earth,” they could’ve talked to an organization within CCM that takes bigger steps to do more for the environment, such as the Environmental Club.

I believe the biggest problem from these writings is laziness. Many students who submit to us have their work looked over by journalism Professor Soltes, who gives them advice about what to change, cut, or add to. In other words, these students choose to ignore the advice that he went out of his way to give them in order to make their articles better. That is not only rude to our paper, but rude to Soltes as well. I think that every one of the writers I’ve mentioned can do better work, even if I haven’t seen them do so. It’s just a matter of actually putting in the effort to do so.

20 things to do before 2020

**BY RACHEL
ECKERT & ALEXA
WYSZKOWSKI**

Social Media Manager, Editor-in-Chief

With 2019 coming to a rapid end and 2020 right around the corner, now is the perfect time to do the things you haven't had time to do all year long. It can also be a great time to try some new things before the new year begins. Here are 20 suggestions of some things to do at home, around Morris county, and in New Jersey before 2020.

1. Clean your space. According to [mayoclinic.org](https://www.mayoclinic.org), cleaning your spaces in your home can make you happier and healthier. For some examples of how to clean, declutter and find some calm, watch the 2019 Netflix show "Tidying Up with Marie Kondo", which is based on the KonMari method explained in Kondo's previous books. This year she also published a children's book titled "Kiki & Jax: The Life-Changing Magic of Friendship" that tells a story about how much joy a clean space can bring.

2. Try meditating. Meditation has been proven to increase focus and awareness, and also reduce anxiety and depression, as shown in a study done by the American Psychological Association. Download the Headspace app and get started for free at home with the ten-day basic pack. Headspace includes many guided meditations including ones about stress, anxiety, personal growth, work, productivity, and school. The full app can be purchased at a discounted student rate.

3. Eat some handmade pasta. Since opening in 2018, the Pasta Shop in Denville has been the place to go for pasta. Their pasta is handmade and they have a unique and very popular menu. The Pasta Shop also offers gluten-free pasta options. There is usually a wait to be seated, so be prepared to spend some time walking around Denville before eating. There is also the option of ordering your food to go if you prefer to eat at home.

4. Learn how to quilt a blanket. Instead of purchasing a blanket to keep warm this year, learn how to make your own. Joann Fabric and Craft Store in Succasunna offers a variety of quilting classes, including ones that teach the basics. All the supplies can be purchased at the store and you don't have to own a sewing machine, as they can be reserved from customer service.

5. Try yoga. In April 2019, Bee You Yoga and Wellness opened in Randolph and offers a variety of yoga and meditation classes in a judgment-free space. This company focuses on helping those in recovery, but their classes are open to everyone, including children. Each yoga and meditation class requests a \$10 donation, as the organization is a



ILLUSTRATION BY SARAH GALLAGHER

Enjoy the excitement of a new year.

non-profit.

6. Volunteer at Nourish NJ. Recently renamed, this organization always needs donations and volunteers to support the Community Soup Kitchen in Morristown. Volunteers can sign up in advance and attend an orientation session to help out with serving breakfast and lunch, organizing and distributing food and working in the kitchen. They also accept donations including food and personal care items. For more information about how to help visit their website nourishnj.org.

7. Go ice skating. Aspen Ice Arena is located in Randolph and has public skating sessions for those who know how to skate as well as skating lessons for those who don't. If you don't own skates, skates can be rented.

8. Do a little bit of shopping and eating. Visit the new Waterview Marketplace in Parsippany with the new Whole Foods and Shake Shack. This is the first Shake Shack to open in Morris County. Their menu offers a variety of burgers and shakes. The other stores at the new Waterview Marketplace include HomeSense, DSW, Ulta Beauty and The Paper Store.

9. Volunteer at a local animal rescue or shelter. Eleventh Hour Rescue has a location in the Rockaway Townsquare Mall where you can volunteer. Apply online on their website and they will get back to you. There are plenty of animal rescues or shelters that need help, especially around this time of year with the holidays coming up.

10. Get in some exercise. According to [fitnesseducation.edu](https://www.fitnesseducation.edu), doing exercise on a regular basis can make you happier and lower your stress. Consider joining the Randolph YMCA, which is located very close to campus. A YMCA membership includes access to the cardio room, weight room, track, pool, spinning classes, group exercise classes and more. For \$75 the Randolph YMCA is offering a college holiday membership that includes the entire months of December and January.

11. Watch Disney+. This newest streaming service just arrived in November 2019 and has everything Disney, Pixar, Marvel, Star Wars and National Geographic. There are even TV shows from the early 2000s of Disney Channel and the first 30 seasons of the Simpsons. Sit back and take the time to watch something old and something new.

12. Enjoy some ice cream. Even though it may be cold outside, it is never too cold to have some ice cream. Treat yourself to Cliff's Ice Cream, in Ledge-wood. Cliff's has been a popular ice cream shop since 1975 with a wide variety of flavors. They are open all year long and have a large selection of seasonal flavors including peppermint stick, eggnog, pumpkin pie, and cinnamon.

13. Go observe the animals in a pet store. Some Petcos will let you hold a ferret if you ask. From guinea pigs to snakes, there's a variety of animals for you to take a look at. Some pet stores have cats up for adoption that you can also see. According to the National Institutes of Health, people recover from stressful situations faster with a pet rather than other human beings. If you can't have a pet, going to hold, touch or even just look at animals can help reduce stress. Some local pet stores include Petsmart in Rockaway and Petco in Parsippany.

14. Learn a musical instrument. According to an article from Harvard Medical School, there have been studies done that prove that music can help reduce stress levels. There are also numerous studies that show music can help improve a low mood. Learning something new, like an instrument, can give a sense of accomplishment once you've learned the basics. It will also keep your mind stimulated while you're not actively learning in school.

15. Get a tattoo. Do some research and find a tattoo artist you like. There's plenty in Morris County to choose from. This can be a good activity where

you have time to sit inside from the cold weather and just talk to somebody. Bring a friend and make it into a whole day activity. Grab a warm drink and sit back while getting some cool new artwork for your body.

16. Visit an aquarium. Many people find it relaxing to watch the fish swim around. An aquarium such as Adventure Aquarium in Camden is the perfect place to do just that. They are the only aquarium in the world to have hippos, and also have the largest collection of sharks on the east coast.

17. See the new Star Wars movie. Star Wars: The Rise of the Skywalker comes to theaters on December 20. This is the third movie that follows the characters Rey and Finn who were introduced first in the 2015 movie, Star Wars: The Force Awakens and returned for the 2017 movie, Star Wars: The Last Jedi. Grab your friends and go see the film at the Morristown AMC.

18. Consider your dreams for the new decade. Life Center Stage in Rockaway will be hold-

ing a 2020 Vision Workshop on December 22 to help turn your dreams into goals. This is an introductory class to a series that will be held throughout the new year. Visit lifecenterstage.org for more information and to register.

19. Start to plan for 2020. Download the free template of the 2020 Passion Planner from the website passionplanner.com and start out by considering your goals and ideas for the new year. Passion Planners are helpful in determining your values, wants and goals and organizing all your thoughts and to-do lists in one place. The 2020 Passion Planners can also be purchased in a variety of four colors with three different sizes and additional options for start dates and languages.

20. Register for Spring 2020. The County College of Morris Spring 2020 semester starts on January 22, 2020, so be sure to meet with an advisor and register for classes early in order to get the classes you want. Best of luck finishing 2019 and in starting 2020.

EOF Student Alliance

CHRISTMAS WREATH SALE



Tis the season to be jolly!

Real Evergreen Wreaths

Rescheduled for.. **WED, DEC. 11**
12:00-2:30

PLANETARIUM LOBBY, BY CH 211
(DURING THE EOF KWANZAA)

\$10. EACH

All proceeds will benefit the EOF Transfer Scholarship

What I learned from doing “Titans’ Tiny Toons”

BY SAMANTHA SHIMABUKURO
Cartoonist

The end of the semester means a lot to many students. To those who plan to transfer, it’s a time of closure as they prepare to start their next chapter at a four year institution or get a job in the workforce. For the rest of the CCM student community, it’s a time of stress as we prepare to cram for finals and scramble to register for spring semester. To me, the end of the semester is a time for reflection. Not just for academics, but for extra-curriculars as well.

This semester was the first time I have ever gotten involved in the Youngtown Edition. When I first started at CCM in the fall of 2018, I was a bushy-tailed individual who wanted to do everything and was eager to bring change to CCM. High school had left me feeling unsatisfied and broken due to mental health issues, and coming to CCM was seen as a place where I could turn over a new leaf and do things I had not done in high school.

One of said things was to engage with my creative side. Growing up, I was always referred to as “class artist” and “future cartoonist.” However, once I had reached high school, I decided to abandon art because I succumbed to the notion that art was a waste of time and could never be a sustainable career.

While I am not an art major, one of my biggest regrets was not getting involved in my high school’s chapter of the National Art Honors Society. Although an Honors Society for the arts does not exist here, I sought to find a way to implement my urges to create. Thus, upon finding the Youngtown Edition, and realizing that there was no comics section in the newspaper, Titan’s Tiny Toons (or TTT for short) was born.

I created TTT as an experiment. Right before senior year started for me in high school, my doctor told me that I had dysthymia. To those unfamiliar with what it is, in a nutshell, dysthymia is a less severe but persistent form of depression. While it may not leave you feeling as drained and paralyzed like depression might, it still carries many of the symptoms that traditional depression does, such as lost interest in previous hobbies, low self-esteem, poor concentration, etc. TTT was an attempt to see if I could somehow regain my love for cartooning, inspired by self-employed webcomic artists on social media.

So what happened as a result of one semester making comics? For one, my motivation for making the comics slowly decreased over the course of the semester. On top of being a cartoonist for YE, I am also an officer for two other clubs, a student worker, and an engineering science major. Prioritization can be

draining, and as a result, I chose to put the quality of the comics as bottom priority to everything else. (To those who have been reading, one can easily tell the comics transitioned from digital to traditional) I also tend to be a perfectionist; oftentimes, I submit comics feeling as if they were not good enough, but one thing I learned this semester is to accept completion over perfection.

This is not to say that I did not enjoy creating TTT. One thing that did help keep me on task with making said comics was having deadlines. If it were not for Alexa Wyszkowski, editor-in-chief of the Youngtown Edition, TTT would have probably died out. Encouragement from those who read my comics also helps; the majority of the time I felt as if my comics were a waste of time and energy because nobody read them, even if that was not the case. And as a final bonus perk, I found out how to use the college’s scanner.

Will I continue to create TTT for the upcoming semester? I’m not one-hundred percent sure. If I do, I will still keep to the traditional format (digital took up too much time), and one thing I will no longer be doing is treating the comic as a series. They will no longer follow a plot, but in exchange, I would use the comics to talk about student life so that they are more relatable. Either way, I hope that my comics have been enjoyable.

SURVIVES

CONTINUED FROM PAGE 1

for an ambulance to navigate its way through campus, the professor who had the heart attack might not have survived if it had not been for faculty from the Nursing and Radiography departments.”

Chase makes his stance on the nurse and her emergency aid very clear.

“In the meantime... no one should under any circumstances waste precious time seeking emergency help from the nurse,” he said.

This is true. In case of an

emergency, students and faculty should reach out to the Department of Public Safety, as that is what multiple posters around campus tell people to do. Call the number mentioned, 973-328-5550, identify yourself, your location, and the nature of the problem, and stay on the phone. Help from the department will arrive shortly.

Administration has recognized the necessity of having life-saving equipment on campus, including investing in 18 automated external defibrillators that are located in multiple locations around the campus.

Along with this, the college

has implemented a red envelope initiative, in which professors have a red envelope that encases their medical history, medicines, medical conditions and emergency contacts.

Students can sign up for a one-credit course named Cardiopulm Resus-CPR, HES-283. In county, students pay \$103, whilst out of county students \$303.

“We are all integral parts of a continuum of emergency care,” said Ackerman. “CCM DPS is happy to provide safety training to groups on campus. Helping you help others is an important part of our mission.”

PROJECTS

CONTINUED FROM PAGE 1

project itself. Bilal getting people to talk about and get involved in the project shows that his efforts were not in vain.

In the presentation, a video log taken during the 30-day period of Domestic Tension was shown to the audience. Dozens of paintballs were being fired from the paintball gun in the span of minutes by eager Internet users. A room that had once been white was now stained bright yellow -- thousands of paintballs were being shot and splattered everywhere.

“While Domestic Tension was happening, Internet users did not resist the temptation of be-

ing able to virtually fire at Bilal through the click of a mouse,” the NYU professor said. “The website had 80 million visits, and there were 128 who were actively firing the paintball gun.”

A total of 70,000 shots were fired at him throughout the 30-day period. This seems to show that Bilal has been successful in getting people to engage with his projects.

One student asked if it was difficult for Bilal to try not to take personally what was happening to him in Domestic Tension. She was discussing specifically the fact that people were hitting him with paintballs.

At first, Bilal did take the shooting personally, the performance artist said. But, he realized from a friend that if he wanted to

make a change and have the project in the first place, there had to be people firing at him.

Another student asked if Bilal have plans for more projects in the future.

In response, he answered the audience member by describing a future project of his.

Bilal said his new project is taking a different direction. It will involve creating a digital scan of sculptures from the Metropolitan Museum of Art in New York City, translating the code of the sculptures into Morse code, then inserting the code into a protective wheat plant, he said. This is so that the sculptures can be safely protected from the ISIS terrorists destroying the artifacts, and the sculptures can be regenerated when need be.



Cartoon by Samantha Shimabukuro

Business Department Marketing Showcase

On December 12, at 12:30 in Cohen 100, the Business department will be hosting our third annual Marketing Showcase. Students from 4 sections of Principles of Marketing will be presenting their marketing plans and will be competing for CCM Book store gift cards.

Opinion: Conclusion to the climate change chronicles

BY ADAM GENTILE
Managing Editor

Climate change is here, its impacts can be seen in severe weather events, drying areas, and mass migration of people. Movements are being formed and individual actions are being taken to confront the task, but as Antonio Guterres, U.N Secretary General said on Dec. 1 at the Conference of the Parties (COP) 25 summit “What is still lacking is political will.” This lack of political will most likely come from the decades of powerful corporate interests funneling billions of dollars into lobbying groups and disinformation campaigns designed to create or stall lackluster legislation and dissuade and distract public opinion on the matter.

According to a joint report from NASA and the National Oceanic and Atmospheric Administration (NOAA) “Temperature Anomaly report” all 10 of the top 10 warmest years on record have occurred since the year 1998, and most climate models continue to predict ever-increasing temperatures as shown with an October 2018 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.

Also according to the NASA and NOAA joint report it was calculated that in 2018, that in the U.S alone there were 14 weather events that caused over a billion dollars in damage this includes wildfires in California, tornadoes hitting the midwest, and hurricanes Michael and Florence that together the two hurricanes caused over 49 billion dollars worth of damages.

These climate catastrophes have not been exclusive to the United States alone, across the world, climate change has been causing flooding, droughts, and other extreme weather events, that has lead to the displacement of tens of millions of people, either because their traditional homelands have become inhabitable, or the home countries don’t have the economic resources to repair the damages caused by the disasters.

Returning to U.N Secretary-General Guterres his statements

preceded the COP25 which is the UN’s conference on climate change which this year Guterres mentions the main goal for him is that a framework for a global emissions market will be created as part of Article 6 of the Paris Climate Accord. Guterres message towards the end of his speech seemed to show that he understands the urgency of the climate crisis

“The point of no return is no longer over the horizon,” Guterres said. “It is in sight and hurtling toward us.”

On one hand, it’s great and relieving to hear a senior member of the U.N publically go on a podium and discuss the urgency of climate change, and blame our lackluster efforts to fight climate change on political inaction. On the other hand, it’s hard to treat Guterres’s message as nothing more than trite phrases that are meant to hold an ever-growing movement of people at bay.

The reason why I say this is because Guterres’ message lacks politics, its a message that does not explain the dynamics that have led to and continue to cause global political inaction, if Guterres really wanted to send a message that the people in power are willing to tackle the issue of climate change than he would have mentioned how the COP25 has been hijacked by the arsonists who are burning the world.

According to reports from El Periodico de la Energia Spanish minister of ecological transition Teresa Ribera made a request for companies on the IBEX35 (which is like a Spanish equivalent of the DOW Jones) to each donate 2 million Euros into the fundraising of the event. The IBEX has companies in a variety of different industries such as finance, airlines, construction, natural gas, electricity, and fossil fuel.

Also according to El Periodico de la Energia “Santander and Iberdrola, who are willing to make a greater economic effort and position themselves as the main partners of the event.” Iberdrola is one of the largest electric companies in Spain, the electric industry accounts for 25 percent of total carbon emissions, according to data from the EPA. It has also been reported that the Spanish government will provide tax breaks

for companies that help sponsor this event. Spain is not alone in allowing the major polluters of their country to sponsor the COP25 last year at the COP24 the main sponsors for the event were Polish coal companies.

Guterres’ hope for the ongoing summit is that Article 6 of the Paris Climate agreement is passed. This article and how it’s designed has been described by many as a make or break for the entire agreement. If Article 6 places several strict guidelines and goals, as well as a proper redistribution mechanism that impacts those who contribute most to carbon emissions then the Accord, could be a success.

However, as Kelly Levin, World Institute senior associate, said to Carbon Brief "How these rules are decided is really going to make or break the ambition of the Paris agreement. Weak rules could lead to an increase of global emissions."

The major point of contention in Article 6 is the concept of carbon credits that are trying to be implemented, carbon credits will be given out to countries who have exceeded their established goal of reducing carbon emissions and will be able to sell these credits to countries who have not met their established goals.

Opponents of this argue that countries may either take less ambitious actions in curbing carbon emission so they don’t end up flooding the carbon credit market and sell them for a higher price. Also, opponents have argued that it becomes a possibility for wealthier nations to just buy up these carbon credits as opposed to crafting an ambitious policy of their own. Another issue may become more profitable for a company to outsource a plant from a wealthier country to a more developing country, then since wealthier country’s carbon emissions have decreased they could receive more carbon credits that the developing country could now buy to make up for the added emissions of that new plant.

A major proponent of the carbon credit system is the International Emissions Trading Association (IETA) who believes that the establishment of a carbon credit market is the best way to have international suc-

cess and cohesion against climate change. As said in Sep. 24 press release, "To cut emissions at the pace and scale that the science demands, we must harness the most powerful force we have — the power of markets. Countries can take an important step forward at COP25 in Santiago by agreeing on strong guidance under Article 6 of the Paris Agreement.”

It should be noted that the IETA is funded by companies like Chevron Corp., the Electric Power Research Institute, European Bank for Reconstruction and Development, and Royal Dutch Shell. These companies have a decade long history of misleading the public and mitigating the effects and solutions of climate change through policy institutes like the IETA, and any solution that is so enthusiastically supported by them should be viewed with nothing but strict scrutiny, for we shouldn’t want foxes to guard the henhouse.

Climate change is a multifaceted issue and needs to be dealt with in that manner. At the bare minimum, any climate policy should account for the growing number of refugees and displacements from harsh weather and climate events, hold to account and focus on the 100 companies that are responsible for 73 percent of total global carbon emissions to my knowledge very few lawmakers address this fact. The number of government funds given to green tech companies should at least be equal to the amount of money that is donated to fossil fuel and other high pollutant companies, ideally, funding would be pulled from these companies altogether and the government would own the rights to any new green technology produced from its own research. Implement strong public transportation which is greatly needed in the U.S as a way to reduce our reliance on personal vehicles. Also, have a job program that guarantees a job to a person who lost theirs as a result of climate legislation.

While I do believe that the main focus on climate change should be focused on large scale structural change and improvement to our systems there are things that we as individuals can do and should do to mitigate our very small impact on the

Climate. We can shop locally and offline reducing the overall need non-eco friendly delivery trucks. Drink from reusable bottles to reduce the need for plastics and other materials that take a while to decompose. Eat vegetarian a few times a week this has been predicted to reduce our annual ecological demand. But probably most importantly stop living in excess if something breaks then replace it but if you don’t need something or have to replace it don’t get it, this, in turn, will have a global impact and will reduce manufacturing demand leading to fewer emissions from countries like China and India.

Ultimately climate change is here and at the moment the world could go in a couple of directions. We could currently be doomed and already past the point of no return recent studies have found that methane leaking from the icecaps is much higher than what was previously predicted, so who knows what other models have been too conservative. Due to decades of misinformation paired with an ever-increasing number of people realizing that climate change is a crisis people may be drawn to unnecessary and immoral actions of eco-barbarism such as killing off refugees and immigrants, as expressed in a manifesto of an Australian mosque shooter from last March or implementation of one-child policies which has been suggested by some misguided politicians who try to blame climate change on individuals with little political power and not on massive systems corporations. Hopefully, humanity is able to tackle this issue as seen with the ever-growing and more frequent climate protests that have been popping up with in the last year made up of us from the younger generations who want are sick worrying how awful life could be like when we get older. Personally, I’m optimistic and think that humans can accomplish this task so long as it’s not too late so long as we are like flowers, for no matter what covers the flower whether it be dirt, concrete, or asphalt the flower continues to grow and reaches for the sun. Regardless action must be taken for climate change is an existential threat to humanity.

Financial Aid Workshops

****The Financial Aid Office will be conducting a series of Financial Aid Workshops to complete the Free Application for Federal Student Aid (FAFSA) or the NJ Alternative Financial Aid Application (NJ Dreamers) from Saturday January 18, 2020 through Friday, January 31, 2020. Appointments are required!**

To view the details and register for a session click on the following link <http://www3.ccm.edu/FinancialAid/FafsaFilingSessions.pdf>

Sessions are open to County College of Morris’ new and continuing students. As space is limited, students may be accompanied by 1 guest only.**

Iacono’s Six Decrees for a successful semester’s end

BY DR. ANTHONY
IACONO
President of County College of Morris

Now that the Thanksgiving holiday is behind us, the semester tends to move even more quickly. To help support a successful conclusion of the fall semester, I encourage students to stay focused. This sounds simple but in reality, it can be quite difficult. Life offers many competing priorities. For many students, work, family, health issues, and other commitments can be an added challenge when trying to make academics a top priority. Nevertheless, stay focused on completing your classes. With final exams and projects just around the corner, I encourage you to consider practicing the following:

1. Assess the status of your grades in each class. It is important to know what your current grades are and to determine if there is a need or any opportunities to improve.
2. Strive to continue learning until the very end of the course. Talk with your professors if you need additional help. Use the tutoring center or CCM’s live and fully online tutoring system provided by Smarthinking. Visit the Learning Resource Center which offers both an active learning envi-

- ronment and quiet space along with Starbucks and a staff that is highly knowledgeable and is endlessly nurturing of your success. Organize and participate in study groups to reinforce learning while boosting your confidence.
3. Make time to eat right, exercise, engage in social activities, and, above all, get plenty of rest. These four conditions can help reduce stress, combat physical and emotional exhaustion, and promote a positive outlook that can help you improve your academic focus.
 4. If you have physical or mental health issues, make them a continued priority. Your health is an invaluable part of your success and happiness. Focusing on the conditions listed in item three is important but, if you are under the care of a doctor, follow your health care provider’s directions carefully. In many cases, they will include more than the previously listed and broadly defined recommendations. If you need additional support with your health, talk to CCM’s Office of Counseling and Student Success.
 5. Prepare for next semester by meeting with your advisor, talking with members in the Office of Financial Aid, and registering for winter and/or spring courses. Registering before the end of the semester is important

for numerous reasons including increasing the likelihood of getting the classes you want when you want them. Early registration can also help with a positive mindset by allowing you to engage in thinking forward. With plans for the future in place, you may find it easier to focus more intensively on the end of the current term knowing the outcome of your classes will impact your future aspirations.

6. Remember that success is not permanent and failure is not fatal. If you do well in a course, keep practicing the habits that help ensure your success. If your academic performance was less than you hoped, talk with your professor, your advisor, or a staff member in The Academic Success Center (TASC). Reflect on the conditions or habits that could have prevented you from achieving your goals and create a plan to help improve your future performance. Remember, you are part of a learning community. Reach out to others, ask for help, and believe in yourself. You came to CCM with the goal of learning and earning a degree that would improve your life. Never give up on your dream. It may take you down roads you did not anticipate. Be adaptable. It may require that you adjust your plans. Change should be embraced and not feared. It may

require you to ask for help. No one achieves great things without the support of others and, I truly believe, people like to help others. So, ask.

I am glad you chose County College of Morris and I hope you will remember that success requires hard work, sacrifice, delayed gratification, and focus.

As a community college graduate, I know the importance that comes from “starting right.” It is my honor to be your president. Like hundreds of other members of the CCM community, my greatest professional joy is to see you succeed. Please do not hesitate to let me know if I can help you.

THE YOUNGTOWN EDITION

The Student Newspaper of the County College of Morris

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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.



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