

THE COUNTY COLLEGE OF MORRIS' AWARD-WINNING STUDENT NEWSPAPER

# YOUNGTOWN EDITION

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## Navigating a tragedy from the sidelines

BY ROY BERKOWITZ  
*Editor-in-Chief*

Families severed. Babies crushed under rubble. City centers obliterated in less than twenty-four hours. The 7.8 magnitude earthquake in Turkey and Syria is nothing short of devastating. As of now, the natural disaster has claimed over 40,000 lives and counting. The world community now works together to mourn this unforeseen catastrophe and rebuild communities piece by piece.

It goes without saying that the enormity of this terror is unimaginable for the average person in the United States. Our own homes and domestic communities stand unstirred and unshaken, at least on a material level. And while our nation is far from free of hardship and systemic inequality, we find ourselves in a position of privilege compared to our friends in the Middle East. While people in Turkey and Syria continue to suffer, we celebrate Super Bowl Sunday and continue on with



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The aftermath of the earthquake that struck Turkey and Syria on Feb. 6.

## Community colleges offer accessible education locally, and for a fraction of the cost

BY NIKKIE RIKER  
*Features Editor/Staff Writer*

When students are deciding where to enroll for school, they have a plethora of options to choose from. Every state in the United States has schools to offer varied educational paths for students, but they all come at a large cost for most. In addition, many students will have to move away from home to attend the school of their choice, which is not the ideal situation for everybody. This is one situation in which local community colleges can be a solution.

Community colleges are an accessible access point to higher education. They typically serve

a large quantity of students who are low-income or first-generation students, as well as those who are underrepresented groups in higher education, such as older adults and minorities. According to Brookings, "last year roughly 1,000 community colleges enrolled more than 5.5 million students." The organization also stated that about half of bachelor's degree students in the U.S. previously attended a community college.

Community colleges are often local to the students, which helps with accessibility as well. Students do not need to pay for on or off-campus housing, which adds to the amount of money saved. According to the Wall

Street Journal, "Community college tuition costs roughly one-tenth what an average private, four-year university costs, even less when you factor in on-campus housing. While financial aid can reduce private tuition bills, it can also make community college nearly free." Low tuition and overall accessibility are key to the importance of community colleges, and to expanding upon higher education opportunities.

Community colleges also often have a vast option of support systems for students to help them succeed, and this is crucial to the happiness and success of students. From disability assistance services, to free tutoring services by professors and other

students, there is often a program in place to help any struggling student. Mental health services are also often accessible while on-campus for students in need.

Brenna Jones, who is in her first semester of school as a media and design student, chose to attend community college specifically because of the accessibility. She said, "I deal with a lot of chronic illness, so getting to campus every day can be difficult for me. Thankfully, my school has a forgiving attendance policy if I do the work, and I can also attend a couple of my classes online to reduce the time I must spend on-campus. It really is a blessing." Brenna said, "I utilized the disability services

center at my school already, and they have been so helpful with handling my concerns. They really help me feel more prepared for all my classes."

Not every student will utilize student support systems while attending school, but every student benefits from knowing that the programs are there if they need them. Angelina Flores, a current student at CCM, was asked about her experiences with student support systems, and she said, "I haven't used any support systems yet at CCM, but I have very bad anxiety, so I might look into some type of support through the school."

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# Controversial call late sours a Super Bowl for the ages

BY TYLER KARPMAN

Sports Editor

Super Bowl LVII, played between the Kansas City Chiefs and Philadelphia Eagles in Glendale, Arizona, was shaping up to be one of the most exciting Super Bowls in recent memory. After the Eagles jumped out to a 24-14 halftime lead behind a stellar performance by their quarterback, Jalen Hurts, the Chiefs came roaring back in the second half. With just under two minutes to play, the game was now tied at 35, and the Chiefs were in prime position to strike again.

NFL MVP Patrick Mahomes had led his offense down the field calmly on this drive, including a 26-yard scamper that was made all the more impressive by the ankle injury he had appeared to suffer earlier in the game. However, with 1:53 on the clock, the team faced a 3rd and 8 from the Eagles 15-yard-line.



PHOTO COURTESY OF TWITTER

Eagles cornerback James Bradberry was called for holding near the end of Super Bowl LVII Feb. 12, giving the Chiefs the opportunity to run out the clock and kick a game-winning field goal.

After taking a shotgun snap, Mahomes appeared to overthrow Juju Smith-Schuster, which would force a 4th and 8 for the Chiefs, leaving about 1:45 for Hurts and the Eagles offense to try and tie the game, should the Chiefs kick a field goal. Except, there was one small problem.

A flag had been thrown on the play, calling Eagles corner-

back James Bradberry for holding, giving the Chiefs a fresh set of downs. With the Eagles only having one timeout left, the Chiefs were able to run down the clock and kick a game-winning field goal to secure their second Super Bowl win in four years, by a final score of 38-35.

To many fans watching, and even to the broadcast team cov-

ering the game itself, the flag on Bradberry did not seem like it was the right call. While watching the replay, many were quick to point out how little contact was made between Bradberry and Smith-Schuster. Others, however, seemed to notice that Bradberry had, in fact, tugged on Smith-Schuster's jersey, which by rule is a holding call.

Bradberry himself even admitted after the game to having held Smith-Schuster. "It was a holding. I tugged his jersey. I was hoping they would let it slide," he said in a postgame interview. So then, if even the player being flagged agrees with the call, where is the controversy?

That comes with how the game had been called up to that point. Many analysts pointed out that the holding penalty was the first defensive penalty called on either team up until that point. For many, players can not be faulted for playing the game to

how it had been called. The other big point of contention was the timing of the call. With under two minutes to play in a tie Super Bowl, many fans and experts alike felt that the refs should have overlooked a very minor bit of contact by a defensive player.

Unsurprisingly, many fans came out of the game feeling irritated at this late penalty seemingly ending the game prematurely, instead of giving Hurts and the Eagles one more chance with the ball to potentially force overtime. Many have also used this controversy to once again call for more accountability to be placed on NFL referees, especially when their decisions can impact the game in such a manner.

And perhaps, when the most discussed aspect of an intense, one-score Super Bowl between the two best teams in the NFL is a singular call, some examination by the league and its officials should be in order.

## COLUMN: Suffering from abnormalities or fitting in with the rest of society?

BY LEAH FACELLA

Contributor

"Things can be so much worse." "It's all in your head." "But you always seem so happy." "I know exactly what you are going through." These are some key phrases to avoid saying when talking to someone who is struggling mentally, whether that be with anxiety, depression, obsessive compulsive disorder (OCD), attention deficit/hyperactivity disorder (ADHD), and/or post traumatic stress disorder (PTSD). In reality, a person struggling is already going through so much. They do not need to be compared to someone else or have their own feelings and thoughts invalidated by someone who does not understand what they are going through. Those with mental health concerns are already going through so much. Heart racing. Gasping for air. Shame. Numbness. Anxiety. Worthlessness. Invalidation. Jealousy. Guilt. Despair. Envy. Hate. Paranoia. Regret. All of these words have negative connotations to go along with them. One of the scariest parts is that those struggling can have a very convincing fake identity to the rest of the world.

As a society, we tend to judge people. If they have an overall positive "vibe" to them the majority of time, then they have a good life and can not possibly be suffering. Often, those who are struggling the most are the best at hiding it, in fear of what others may think of them. It is important to not downplay any signs of someone struggling with mental health related issues. It is also important to know some tell tale signs regarding different disorders. For example, signs of anxiety include having fears and

worries about everyday things happening in life. Of course, there are times in everyone's lives where they will be worried. But it is when these worries become excessive that they hurt someone's ability to live a happy and healthy life.

Similarly, depression can interfere with someone's daily habits. Many signs of depression include sadness and anger outbursts over small situations, or losing interest in activities that once were pleasurable, and even possibly disturbances in sleep schedules. Another disorder is obsessive compulsive disorder (OCD), where people will have irrational thoughts or fears that cause them to undergo compulsive behaviors. These thoughts can range vastly from fear of germs. Symptoms include always washing your hands and cleaning, or feeling the need of things to be "perfect," which causes issues on its own, as one person's ideal world is likely very different from another's. An additional disorder, attention deficit hyperactivity disorder (ADHD), can be characterized through inability to focus, hyperactivity, and/or acting upon impulses. Lastly, post-traumatic stress disorder (PTSD) is characterized by recalling memories from the past that are traumatic emotionally, physically, or mentally. No matter which of these disorders someone is going through, they may worry that they are alone and fear the judgment of others. In reality, nobody is alone in these situations. All people struggle. Famous, wealthy, or poor, everyone has their own struggles and coping mechanisms.

Even though so many celebrities put on a certain face to their adoring fans, they too can be

struggling. If we take a look into actors and musicians, we can see how similar the famous are compared to everyday people like us. For example, Demi Lovato, a singer and star of multiple TV shows, has had a very rough life. She has admitted to having addiction, bipolar disorder, depression, and self-harm ideations. Though a young person attaining stardom at a young age, she still has her own daily issues to deal with. Leonardo DiCaprio, a famous actor known for his roles in many films, including Titanic, has been diagnosed with OCD. Not only do actors suffer from mental disorders, but athletes do, too. Steve Young, a former quarterback for the 49ers, admitted to having anxiety. Michael Phelps, an American gold medal Olympic swimmer, suffers from ADHD. Lady Gaga, a famous American singer known for songs such as "Bad Romance" and "Shallow," has admitted to being a victim of rape at 19 and struggles from PTSD. Shawn Mendes struggles from anxiety disorders. This caused the postponement of his own 2023 Wonder concert as a way to be able to better focus on himself and his own needs. Tragically, all of these celebrities have one major thing in common: they have the courage and responsibility to open up about their mental health struggles to the entire world. This gives their adoring fans wisdom and less fear to try to get the help that they need.

Unfortunately, there are people who hide all their emotions inside. These emotions slowly eat them up inside until there is no longer a life to be lived. Many celebrities either commit suicide or overdose. Kurt Cobain, an icon from the band Nirvana, died by suicide because he was unable

to deal with all the pain he was going through. This first began from his parents' divorce which hurt his childhood. His stresses then developed into physical ailments, from chronic bronchitis to chronic stomach conditions. All of the struggles in his life finally got to be too much, so he took his own life. Similarly, Anthony Bourdain, chef and host of the popular television show, Anthony Bourdain: Parts Unknown, hanged himself because he was unable to deal with the everyday struggles he was facing. Additionally, Mac Miller, an American rapper, struggled from depression and drug abuse, which led to his downfall and death in 2018. Even though most of these celebrities had opened up and got some sort of help for their problems, the

help they got was not enough.

There can be help for everyone. Luckily, mental health awareness has become a more widespread concern than it was ten years ago. There are many types of therapies to help you with your struggles. Remember, there is nothing to be ashamed of. You are an important member of society and deserve to feel validated. If you or someone you know is struggling, do not be afraid to get professional help. It is much better to get help when it is not needed than to need help and not get it. If you or someone you know is having life threatening mental disorders, you can always call 911. If you or someone you know is suffering from suicidal thoughts, call the suicide hotline at 988.

### THE YOUNGTOWN EDITION

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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.



# COLUMN: Obstructing obesity

BY LEAH FACELLA

Contributor

According to studies created in 2022, about 42% of all Americans suffer from obesity. This is a large chunk of the population, so the country as a whole needs to learn how to solve this ongoing issue. Obesity can be measured through body mass index (BMI) calculators, which can be found online. This tool compares your height and weight to determine if you are healthy or not. Sometimes, however, these calculations can be false. For example, body builders may have high BMIs, but their excess weight comes from muscle, not fat. BMI calculators can be rough estimates to determine how healthy you are, so the higher your BMI, the more likely there is a need

for change in your daily routines. There are a few easy solutions that can help prevent you from suffering obesity like exercise and diet.

Exercise is a vital aspect to keeping people healthy. It is recommended to get 150 minutes of moderate exercise in addition to incorporating muscle endurance and muscle strengthening exercises twice a week. Even though this may seem like a lot of time, you can divide this amongst the whole week. Obviously, you are allowed to partake in more than the recommended amount, but it should be a personal goal to try to at least get the recommended amount of exercise. Motivation is a key factor that plays a role in whether or not you will accomplish your exercise goals. Try to find yourself an exercise bud-

dy. This will allow you to have someone to do the exercises with, and thus you will be more likely to do them. Both of you are able to push the other one to the best that they can do.

If you are lacking motivation because you find it boring to do exercises, you can try to join a team. There are many recreational teams to join, such as softball, soccer, basketball, tennis, and more. If you do not want to be super competitive, you can get a group of friends and do pickup games. Any form of exercise is better than none, so trying to find something that you enjoy doing will make you more motivated to actually do it. Additionally, give yourself a set schedule for exercising. Blocking or planning out time during the week will make it more likely that you really will

follow through with the exercise plan. Exercise may seem intimidating, but once you start, it really makes you feel better.

Diet is another vital part to keeping a person healthy. It is important to incorporate all the food groups into your daily diet. This means that you have fruits, vegetables, protein, and grains throughout the day, and try to have a fairly equal amount of each of them. Most people find it easy to go to a fast food restaurant, as this can be time efficient compared to cooking yourself. Unfortunately, fast food chains do not typically have the key nutrients needed to keep you healthy. These foods are covered in oils and are a main factor in the obesity problems in the United States. An easy fix to this solution is going to the grocery store,

picking up food, and making home cooked meals. There are so many recipes online that you can look for as a way to change up what you are eating, so you do not get bored having the same meals over and over again. Often, you can make the same meal you would get at a restaurant, but with less oils and unhealthy fats. This is a key way to diminish the obesity issues in America.

Ultimately, there are many things that you can do for yourself to help stop obesity, whether this be exercising more regularly or changing your diet. Incorporating more healthy activities into your lifestyle can save you from becoming a statistic of obesity. Do everything in your power to help yourself in order to keep yourself strong, healthy, and live a longer life.

## Library Titles for Black History Month

A list of 17 titles from the library's collection: <https://ccm.on.worldcat.org/list/19194421>

An additional list 12 poetry titles: <https://ccm.on.worldcat.org:443/list/19191915>

### Eyes on the prize: America's civil rights years, 1954-1965

Authors: Juan Williams and Julian Bond

Summary: From the Montgomery bus boycott to the Selma-Montgomery March, thousands of ordinary people made up the American civil rights movement. This volume tells the story of those people.

### African American Art: Harlem Renaissance, civil rights era, and beyond

Authors: Smithsonian American Art Museum, Richard J. Powell, Virginia M Mecklenburg (Virginia McCord)

Summary: A beautifully illustrated survey of African-American art of the twentieth century,



including many never-before-seen works by the most important artists of the period. African American Art presents a powerful selection of paintings, sculpture, prints, and photographs by forty-three black artists who explored the African American experience of the twentieth century.

### Heart and soul: The story of America and African Americans

Author: Kadir Nelson

Summary: A simple intro-

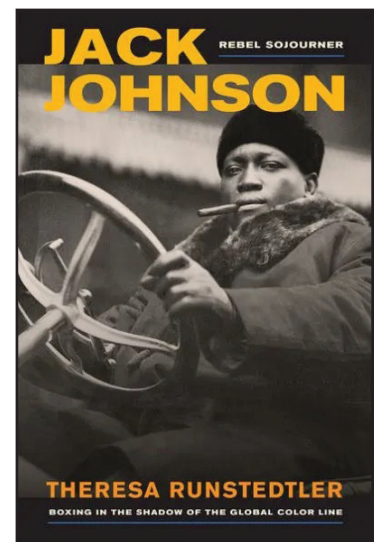
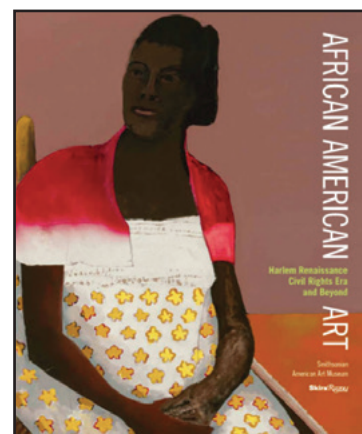
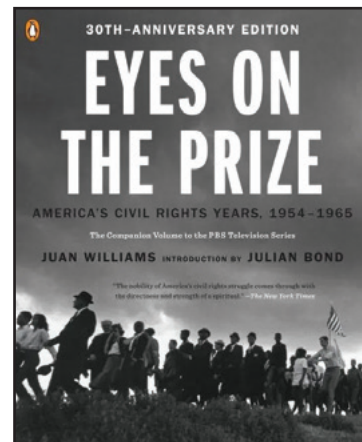
duction to African-American history, from Revolutionary-era slavery up to the election of President Obama.

### Jack Johnson: Rebel sojourner: boxing in the shadow of the global color line

Author: Theresa Runstedtler

Summary: Discusses the life and boxing career of Jack Johnson.

For more on exhibitions and shows, visit: <https://blackhistory-month.gov/>



## TURKEY

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the minutiae of our daily lives. For those who have the luxury of caring, it can be hard not to feel somehow implicated in all of this.

So what can we do? Donating is often the first action that comes to mind in a national tragedy. The Center for Disaster Philanthropy and Plan International are highly-esteemed charity services for the relief. Giving what we all can sometimes feels like the only option that yields any productivity in such a tragedy.

Still, there is more to do. Helping out on a community level is fruitful not only for those at ground zero, but also for those of us who want to be of service. Here at CCM, clubs like

the Muslim Student Association (MSA) have organized donation drives, asking for essentials such as socks, diapers, and other clothing. Tangible ventures like these are vital to building hope and community. These efforts remind us on an individual level of the good of humanity and the power of teamwork. In such a dark time, hope is the only antidote.

While we work to assist in any way we can, we must also remember that even here, not all of us are fortunate enough to think of this tragedy in the abstract. People at CCM have lost friends, siblings, parents, pets, and other loved ones in this natural disaster. So, for those of us less affected, it's imperative to be a voice of support and comfort rather than doubling down on our despair. We must center the feelings of those impacted.

All of this said, anyone fortunate to sit on the sidelines of this tragedy must also have compassion for themselves. It's easy to forget that we are all individuals with a limited mental capacity. Guilt and compassion are useful emotions only insofar as they can effect change. When these feelings run rampant, however, they can quickly turn ugly and damaging. Burnout is unproductive for us and for the people we intend to benefit. In a time where we are constantly inundated with tragedy after tragedy, it can feel like our emotions—and our willpower—are finite resources. So remember, we are allowed to feel our feelings. It's OK to feel sad, overwhelmed, or even hopeless. But after we do what we can, it's crucial to give ourselves time to disconnect and live in the present—for the sake of everyone.

## COST

CONTINUED FROM PAGE 1

Community college is often not the end goal for attending students. Often, students are starting at community college to save money while working towards their general education credits completed, but they have plans to attend a four-year school afterwards. Rachael, who declined to give her full name, is one student who did just that. Majoring in psychology, she finished her associates degree at her local community college, and then transferred to High Point University, where she is working towards her bachelor's degree. Rachael had a lot of positive things to say about her experiences at community college, but she credits a large por-

tion of her success to the disability services center on her campus. She went on to say, "if it weren't for [disability services] on campus, I would have struggled so much more with my classes because of my learning disabilities. They were always very helpful, and provided me with a quiet and supportive environment to take my exams."

Community colleges have so much to offer their students and their communities, and it's about time we look past the stigma and toward the positives. Affordability is a huge aspect of accessibility, and community colleges do that best, and with all of the available options for student support services, any struggling student can get help. Community colleges want their students to succeed.



# A Moment for All-Time: Kareem Abdul-Jabbar and LeBron James

**BY PROFESSOR  
KENNETH A. SHOULER**  
*Moderator of the Youngtown Edition*

When LeBron James hit a fadeaway 15-footer in the third quarter against the Oklahoma City Thunder on Tuesday, February 7, he surpassed Kareem Abdul-Jabbar to become the NBA's all-time leading scorer. Entering the contest, James knew he needed 36 points to pass the 7'2" New York City native. James tallied 39 to finish with 38,390, three points ahead of Jabbar. Thus ended Jabbar's 39-year reign as the league's scoring champion, which he took over from Wilt Chamberlain in 1984. Chamberlain had held the title since 1966.

After hitting the record bucket, James ran down court to the opposite foul line, arms raised above his head. The camera cut to Jabbar standing courtside. The moment joined two extraordinary performers. It's uncommon for NBA stars to play two decades. But Jabbar played 20 NBA seasons following mythical stints at UCLA and Power Memorial High School in New York. James is finishing his twentieth season.

It is hard to compare James, a 6'9" player who resists classification—since he has played small forward, power forward, point guard and shooting guard—with a back-to-the-basket 7'2" center. Despite their differences in stature and positions, they had much in common. Each

was feted in high school, as if success was inevitable. Both sit atop the league's all-time scoring list. Each played for the Lakers, who James brought a title in 2020.

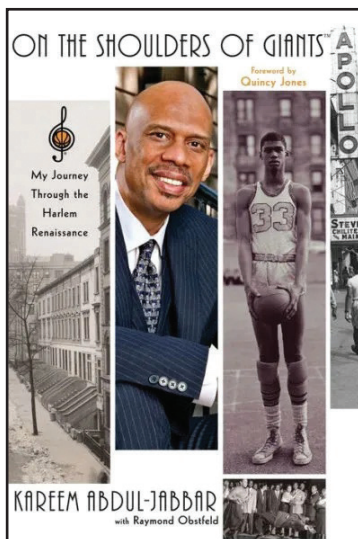
Jabbar manned the pivot for the championship "Showtime" Lakers in 1980, 1982, 1985, 1987 and 1988, arguably the greatest quintet ever assembled.

Differences abound. Aside from manning different spots on the floor, Jabbar cemented his lofty reputation at UCLA. James didn't attend college. So insuperably dominant was Lew Alcindor (later Kareem Abdul-Jabbar) in his three years at UCLA, that he is inarguably the greatest college player that ever drew breath. Over his three years (he couldn't play as a freshman), the UCLA's Bruins ran up a ridiculous 88-2 mark, winning three titles.

Born in New York on April 16, 1947, the day after Jackie Robinson integrated baseball, Alcindor played for Power Memorial, a Catholic High School in Upper Manhattan. He averaged 28 points and 18 rebounds his junior year, and Power ran its unbeaten streak to 52 straight games, one short of the New York City record. The mirror image of Power was DeMatha in Washington, D.C., a regional



**PROFESSOR  
KENNETH  
SHOULER**



Kareem Abdul-Jabbar's book *On the Shoulders of Giants*

power that produced excellent teams. They too were unbeaten when the two met in the University of Maryland Fieldhouse in Hyattsville, Maryland before a rabid throng of 14,000, Power won 63-52, as Alcindor scored 35 and grabbed 21 rebounds.

The teams squared off again in Alcindor's senior season, with Power's winning streak at 71 straight. Using two 6'8" players to play in front and back of Alcindor, DeMatha shut down Power's inside game and forced them to shoot outside. The strategy worked and they won 46-43. In his last high school game on March 8, 1965, Power drubbed Rice High School 73-41 for the title. Alcindor entered the game needing 28 points to equal the all-time New York City scoring record. He netted 32, grabbed 22 rebounds, and blocked eight

shots. All told, Power Memorial High School won 78 of 79 games after Alcindor's freshman season.

Fevered speculation surrounded Alcindor's next move. He visited UCLA and liked the quiet authority of coach John Wooden, didn't feel pressured, and knew he could get an education. He decided, against his parents' wishes for him to go to a New York school, to travel 3,000 miles to play for the school that had just won an NCAA championship.

On December 3, 1966, he scored 56 points in his varsity debut against USC at UCLA's Pauley Pavilion. He would top that total once, scoring 61 against Washington State. That was not his preferred style, he said. He sought to integrate his skills with the team. It was routine for other teams to rough Alcindor up in the pivot, but Coach Wooden saw the rough treatment as ineffective. "He always plays his best when it gets tough," Wooden said. Noticing the roughness on the road courts, Notre Dame's Johnny Dee said, "The only way to beat Alcindor is to hope for the three Fs—foreign court, friendly officials, and foul out Alcindor." None of it—not even freezing the ball—worked. "Lew-CLA," as the school was being called, went 30-0, including a defeat of Dayton in the '67 Final, 79-64. Alcindor scored 20 and grabbed 18 rebounds. He averaged 26.5 across five games and won Most Outstanding Player (MOP) of the tournament.

Before he began his junior season, the NCAA Rules Committee made it a violation to dunk the ball. Facetiously known as the "Lew Alcindor Rule," the "no-dunk" ban (which lasted ten years) seemed to incense Alcindor, who admitted that he hadn't played up to his ability as a sophomore and could still improve. Their reasoning was disingenuous. They said it was "not a skilled shot" and could lead to "harm," since, according to their records, there were some 1,500 incidents in which players near the backboard were injured during the previous year. Those weren't the real reasons for banning the dunk. The "no-dunk" edict was instituted to neutralize college basketball's greatest player.

After 47 straight wins, UCLA met Houston, ranked second. On January 20, 1968, a college record 52,693 fans in the Astrodome saw Houston upset UCLA, 71-69. Houston center Elvin Hayes outscored Alcindor, 39-15, and outrebounded him 15-12. Guy Lewis, the Houston coach who saw UCLA eliminated his team from the NCAA semi-finals, 73-58, the year before, proclaimed, "I wouldn't trade Hayes for two Alcindors."

Lewis would soon have occasion to reconsider that evalu-

ation. UCLA met Houston for a third time in the NCAA semi-finals, on March 22, 1968. UCLA staged a basketball clinic and won 101-69. "That's the greatest exhibition I've ever seen," said Lewis. Elvin Hayes, who had averaged 37.7 points for the season, was held to ten points and five assists. Alcindor posted 19 points and 18 rebounds. In the Finals against North Carolina, UCLA breezed again, 78-55, with Alcindor netting 34 points and grabbing 16 rebounds. "This is the best team of all-time," said North Carolina coach Dean Smith, "and Alcindor is the greatest who ever played college basketball." With Alcindor UCLA had won 59 of 60 games. He had won two NCAA championships and two tournament MOP awards.

In '67, Alcindor revealed a consciousness that extended beyond the rectangular confines of the court. He headed to a Cleveland press conference to join Jim Brown, Willie Davis, Bill Russell, and John Wooten—to support Muhammad Ali's refusal to be inducted into the United States Army during the Vietnam War. Alcindor's protest was to personally boycott the 1968 Summer Olympics in Mexico City, reasoning that "a boycott was one way to express yourself about racism in a racist society." He didn't want to sacrifice his B- average at UCLA and risk not graduating on time in June of 1969. While the United States swept through the foreign competition, Alcindor was home on the streets of Harlem with friends and NBA players Emmett Bryant and Freddie Crawford, working for Operation Sports Rescue, teaching ghetto kids to play basketball and urging them to stay in school.

In the NCAA Finals during his senior year Alcindor shot 15 for 20, scored 37 and hauled in 20 rebounds as UCLA throttled Purdue 92-72. For the third time he was the tournament's MOP. He averaged 26.4 points, 15.5 rebounds, and hit a stratospheric 63.9 percent of his shots over his college career. During his three years, UCLA won 88 and lost two.

Between his NBA debut in '69 and retirement in '89, he led the new Milwaukee Bucks to a championship in '71, their third year, the fastest ever for an expansion team. Aside from winning six NBA MVP Awards, also a record, he holds one more NBA mark. He has written 21 books. <https://www.thriftbooks.com/a/kareem-abdul-jabbar/255301/>

Considering the sum of their statistical distinctions, both Jabbar and James are in the top five players ever to live. I choose Michael Jordan first, Jabbar second, James third, Wilt Chamberlain fourth, and Bill Russell fifth. We may not see the likes of any of them again.

To attend these sessions, students will need to schedule an appointment on the TutorTrac scheduling system at <https://tutortrac.ccm.edu>; please use your CCM student credentials to sign in. Upon signing in, select "Search Availability" under Student Options on the left-hand side of the screen. Next, select "Writing Center" and then select the course and date range. Please note the title of the session may not appear when scheduling an appointment, please make sure you select the appropriate date and time for the session you would like to attend. Appointments can be made up to 6 days in advance. **Please make your appointment no later than 24 hours before the day of session.** Students that have scheduled an appointment will receive an email on the morning of the session with information on how to join the Zoom session.

DATE/TIME	TIME	PRESENTER	TITLE	ROOM
Thursday, February 23	12:30 p.m.	Dr. Yoonha Shin	Introductions and Conclusions	ZOOM
Tuesday, February 28	12:30 p.m.	Dr. Evelyn Emma	Why Not Just EasyBib? MLA Citations, Works Cited, Sources, and Format	CH 260
Tuesday, March 7	7:00 p.m.	Professor Laura Driver	Don't Get Caught: Integrating Sources and Avoiding Plagiarism	ZOOM
Tuesday, March 21	12:30 p.m.	Dr. Ann Patten	Using Literary Terms	CH260
Wednesday March 22	7:00 p.m.	Professor Kevin Moore	Grammar and Writing Basics: Punctuation, Shifts, Agreement, and Essay Structure	ZOOM
Wednesday April 5	7:00 p.m.	Professor Kevin Moore	The Nuts and Bolts of Writing an Essay	ZOOM
Tuesday, April 11	12:30 p.m.	Dr. Yoonha Shin	Crafting Compelling Resumes and Cover Letters	ZOOM

If you have any questions or need assistance, contact the Tutoring Center via email at [tutorcenter@ccm.edu](mailto:tutorcenter@ccm.edu), call 973-328-5367, or stop by in-person DH156. If you need to make a one-on-one writing tutoring appointment visit [www.ccm.edu/tutoring-center](http://www.ccm.edu/tutoring-center).