Rutgers Professor Speaks on Increasing Hurricane Threat

By Joseph M. Reiner

On Wednesday, October 26th, Dr. Alexander Gates of the Department of Earth & Environmental Sciences at Rutgers University-Newark gave a lecture on the history of hurricanes in New Jersey.

The event took place in the Paterson Room from 2:00-3:00pm, and covered the meteorological breakdown of the formation of hurricanes. A hurricane is a weather system that requires specific conditions to create.

Dr. Gates explained that in the case of the Atlantic Ocean’s hurricanes, hot, dry air in northwest Africa blows west over the Atlantic Ocean, where it becomes moist air and rises. As this occurs, less air is left at the surface, creating low surface air pressure. The high pressure in the surrounding area pushes into the low pressure system, and this “new” air warms up and also rises. This reaction creates a swirling of the air in the surrounding areas. Continuing this cycle, the warm, moist air cools and forms clouds as it rises, eventually creating a cyclonic storm.

Dr. Gates went on to say that these systems only form in waters that are 79°F or above, which is why they only form in the tropics, near the equator.

Dr. Gates went into detail about the classification of tropical storms (winds 39-74mph) and hurricanes (winds over 74mph). He also discussed the Saffir-Simpson Hurricane Scale which places hurricanes in a category 1 through 5 rating, which most of are familiar with from hearing on TV weather reports.

Because of such a warm water requirement for hurricanes to form, there had been zero hurricanes on record from 1899 to 2010 to directly make landfall in New Jersey, where the Atlantic Ocean is typically cooler. In 2011, Hurricane Irene downgraded to a tropical storm before entering New Jersey, and in 2012, the historic Hurricane Sandy made landfall and became the state’s most damaging storm.

Dr. Gates explained that because of the orographic and topographic conditions in New Jersey and the Atlantic, hurricanes had a tendency to hook out eastwards historically. He noted that recent years have seen the waters off the coast of New Jersey increasing in temperature, with global temperatures expected to rise between 2°C and (Continued on Page 16)

Speaking with Deputy Fire Chief Michael Allora

By Lismery Luna

On October 20th, 2016, I spoke with Deputy Fire Chief & Fire Science Program Coordinator Michael Allora about his involvement with the Mental Health First Aid Program, the National Council for Behavioral Health, and speaking for the U.S. Congressional staff on Capitol Hill.

LL: How did you become an advocate for the Mental Health First Aid program?

MA: I was a student at the National Fire Academy’s Executive Fire Officer Program in Emmitsburg, MD. I had written an applied research paper on the Orthodox Jewish Community, and that paper was selected for a National Outstanding Research Award. A couple of people read the paper, one of whom was someone who worked at the Mental Health Association of Passaic County, located in Clifton. [They] recommend- ed that I take a course that had a one-hour cultural block of instruction. The other 39 hours of instruction were on mental health relat- ed issues. That was the Crisis Intervention Team training program; which is a 40-hour program primarily geared towards law enforcement.

I was the first fire service person in New Jersey to complete the CIT program; that relationship with the Mental Health Association of Passaic County started my in (Continued on Page 6)

TRUMP WINS PRESIDENCY

Expectations Run Very High Post-Election

By Joseph M. Reiner

Donald Trump was elected our 45th president on November 8th, stunning nearly every media narrative in the process. The general election has been extremely polarizing and many Americans are having varying emotional responses to the results.

Trump has promised (amongst other things) to jail his opponent, Hillary Clinton, repeal the Affordable Healthcare Act, build a massive wall along the Mexican border, punish women who have had abortions, and ban all Muslims, 1.6 billion people, from entering the United States. But is this really what we need as a nation?

For 60,265,858 Americans, the answer is apparently “yes”.

Many citizens simply do not trust Clinton or her ties to corporate America. The controversy surrounding her federal e-mail investigations, combined with continuous information leaks that exposed her for-profit Goldman Sachs speeches, convinced many moderates to vote for the establishment outsider, Trump, despite his vitriolic rhetoric.

Trump has also repeatedly promised to rebuild our econo- my, stronger than ever before. While the USA did experience job growth under Obama, many of these (Continued on Page 17)
By Katherine Tapia

On October 14th, 2016, an interactive videoconference between PCCC students and Kar- en Wilson, the Director of Educational Initiatives at NASA, was held at the Paterson campus. The videoconference, during which students could ask questions freely, was exclusively held for PCCC students interested in the NASA Community College Aerospace Scholars program (NCAS) and the opportunities it presents.

However, this did not happen overnight. Everything started back on April 29, 2016, when Mrs. Jackelyne Silva, a mechanical and aerospace engineer, presented an event at PCCC in which she talked about her curiosity for science got her into NASA. After the event, she contacted the STEM department at PCCC to let them know about the NCAS program opportunity. NCAS is a unique and superb opportunity for those majoring in Science, Technology, Engineering, and Mathematics (STEM) that would be attracted to NASA, as manifested New Jersey with a relationship between the NASA Community College Students, any PCCC student with in close collaboration with NASA in the task of trying to ignite and develop curiosity for science amongst their students.

However, this partnership is still quite special since PCCC is the only community college in the nation and develop curiosity for science got her into NASA. After the event, she contacted the STEM department at PCCC to let them know about the NCAS program opportunity. NCAS is a unique and superb opportunity for those majoring in Science, Technology, Engineering, and Mathematics (STEM) that would be attracted to explore the possibility of an internship at NASA.

Mrs. Silva first approached Professor Russell Gambino, who in turn approached Mr. Carlonamgo Ontaneda from the program (NCAS) and the opportunities it presents.

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<th>By Katherine Tapia</th>
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| On September 29th, 2016, Professor Jennifer Gasparino presented an event on understanding domestic violence in the Paterson Room. The event was sponsored by the Human Services Club, and the Center for Violence Prevention. Professor Gasparino, as the guest speaker, aimed to educate the audience and debunk some myths about domestic violence, such as those referring to it happening only to poor people in inner cities, or that only women can be the victims.

October is National Domestic Violence Awareness Month. Domestic violence is considered any kind of physical, verbal, sexual, economic, or emotional violence or abuse perpetrated within the family nucleus of a domestic setting which includes both heterosexual and same-sex relationships.

Although most of the victims are women—an estimated of 85 percent—men can still be victims as well, and so can children. While domestic violence is a complex matter, the first step toward ending it is to create awareness, bear a non-judgmental attitude, and for the victims to speak up.

The central message of Professor Gasparino’s speech was to bring awareness on what domestic violence is, and to provide a more comprehensive understanding on its complexity. She emphasized that it is important to understand, not to judge, and not to have preconceptions about it.

When asked about what could be done to stop the violence cycle within a family, she said that “it starts with education, awareness, and ad- charge for the students in its entirety since NASA will cover the cost of it, including transportation, boarding, and meals. For those who would like to apply to it, there is a process that needs to be completed. The first step is to contact Professor Gambino or Mr. Carlonamgo Ontaneda from the STEM department to learn more about the program, its requirements, and the online application process. Broadly, some of the requirements for the online application process are an essay explaining the student’s desire to be part of the program, having completed 9 credits in STEM classes, the student’s transcript, and a professor’s letter of recommendation.

After this step is completed, NASA will select students for online classes in January. If the student performs as expected, he or she will be invited to participate in a technical conference in late March or early April for four days at the NASA location right outside Washington, D.C.

The training is known to be very intense, but once this phase of the selection process is concluded, NASA will finally select the most dedicated students with the highest potential for a paid summer internship at its SA's locations.

There are other community colleges across America that are also in close collaboration with NASA in the task of trying to ignite and develop curiosity for science amongst their students.

This content is free of charge for the students in its entirety since NASA will cover the cost of it, including transportation, boarding, and meals. For those who would like to apply to it, there is a process that needs to be completed. The first step is to contact Professor Gambino or Mr. Carlonamgo Ontaneda from the STEM department to learn more about the program, its requirements, and the online application process. Briefly, some of the requirements for the online application process are an essay explaining the student’s desire to be part of the program, having completed 9 credits in STEM classes, the student’s transcript, and a professor’s letter of recommendation. After this step is completed, NASA will select students for online classes in January. If the student performs as expected, he or she will be invited to participate in a technical conference in late March or early April for four days at the NASA location right outside Washington, D.C.

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While the NCAS program is targeted mostly at STEM community college students, any PCCC student with an interest in any of the STEM’s disciplines is encouraged to see an advisor to evaluate their possibilities of qualifying for it. For more information, please see Professor Russell Gambino (rgambino@pccc.edu) or Mr. Carlonamgo Ontaneda (Contaneda@pccc.edu). |
Adanna: Her Father’s Daughter
By Katherine Tapia

On October 5th, 2016, seven writers met at Watchung Booksellers in Montclair, for an intimate evening of personal poetry reading, open to the public. The particulars: the writers were all ingenuous women from diverse backgrounds, coming from different places, some as far as Belgium, with the sole purpose of sharing their passion for reading, writing, and love for vibrant knowledge with others. Nancy Gerber, Maureen Fielding, Bénédicte Kusendila, Rosemary McGee, Ilene Millman, Carey Salerno, and Sherry Stuart-Berman were the featured readers for this event. Their work is showcased in the sixth edition of Adanna, a literary journal that focuses on women and women’s issues. Adanna is a Nigerian word that means “her father’s daughter.” While this may sound as a definition of women by their role, as it traditionally has been the case, it actually is an empowering word that speaks of the power of women and the capacity they have to shape society from many roles and perspectives. It highlights where women come from, the values they can acquire from there, and it leaves the way open for the many wonders they can work on by utilizing the foundation bestowed to them.

Adanna, under the direction of its founder, Professor Christine Redman-Waldey, is a published poetess and creator of the Journalling option at PCCC—encourages appreciation for women and their work, while inspiring creativity. Women are the main contributors to this journal, but Adanna accepts work submissions from both men and women with the only requisite of maintaining women’s topics at its core.

This powerful journal affords its readers the possibility to freely navigate through prose and verse. But Adanna aims to do more than just publishing the written word. It also seeks to actively engage people in activities, like this event, that would help create awareness and spark interest in the value of women and the many talents that they have to offer.

By Annikea Bernard

Events like this evening’s reading carry something powerful on their own. They foster an ideal climate for close interaction, which helps bring authors and readers together. Authors are able to make their work public to others, and be nurtured from the energy and feedback they get from their public. Readers get to experience the emotions the author went through when crafting their material. Hence, the relevance of events like this.

“Events like this are so important to bring authors and readers together, and to create awareness of how much we can express as women,” shared Bénédicte Kusendila, a renowned author that didn’t hesitate to travel all the way from Belgium just to assist the event and share her craft.

The event revolved around poetry, and each author presented a different view of it. Kusendila, as well as her fellow poetesses, delighted the audience with poetry readings as versatile and unique as every woman is. Some centered on relationships and self-discovery, while others gravitated more toward topics such as motherhood and love. Overall, it was smooth, rich evening full of clever insights and warmth. Everyone is invited to explore Adanna and what it has to offer. To learn more go to http://adannajournal.blogspot.com/

A Second Chance at Life: Graduates seek a second degree at PCCC

Several students at PCCC have stated that they are currently in debt due to their previous student loans. They are now forced to take out more loans in addition to the previous loans that were already taken to pay tuition fees. These students have all graduated from a university and are now attending the local community college as a second-degree student. Many have stated that they are leaving the career path they love because the income is impossible to live off. However, they did not attend graduate school and do not possess a license in the field they are in.

Nursing major Danielle Murray, 34, stated that she absolutely loves the work she is currently doing, but cannot afford to stay within it. Murray graduated from City College in 2006 and has been working as a social worker ever since. Murray also expressed being a social worker is hard and the pay does not compensate for the work done.

Murray is now attending Passaic County Community College as a second-degree student completing all prerequisites for the Nursing program. Murray stated that completing all prerequisites at Passaic County is cheaper than most community colleges, and most definitely a university. Murray believes that attending a community college is the way out for now, as it is more affordable.

Murray stated that her reasons for going back to school as a second-degree major are based on her not being able to sustain herself financially, due to her low-income earnings. Murray is currently making $38,000 annually, and is barely able to make rent and other requirements. Murray was living in the Bronx, and was forced to move to an area like Paterson, where the rent appears to be more affordable.

Although Murray can make her rent, she continues to struggle significantly; she dislikes that she was forced to move into a community where there are high crime rates because the rent is more affordable. Murray stated that it is almost impossible to live out there.

Murray expressed that prior to moving to New Jersey, she lived in a community where the neighbors worked together in regards to keeping the community clean, and the crime rate was not as high as the rates where she is currently residing.

Another student, Shanay Betz, 29, a Pharmacology major, completed her BA in 2015 and works as a residential counselor in a group home. Betz stated that she has been working the same job for years; since graduation, she has not been successful with finding something else because of a lack of experience. Betz previously attended William Paterson University and completed her BA in Sociology.

Betz is unable to live on her own as she is only making $27,000 annually. Betz also stated that this income includes overtime. She cannot afford to pay any bills, as she has to repay all previous loans. Betz stated that she loves taking care of the elderly, but can no longer work with them as she is unable to sustain herself.

Both Betz and Murray love the work they do, but are forced to leave their careers behind because they are unable to be financially stable. Betz and Murray do not qualify for any form of public or educational assistance because they both currently have income, and do not have any children. Betz stated that for her to make her bills and repay her tuition, she must work several hours of overtime.

Murray stated that going back to school for her BSN in Nursing will be beneficial. It will allow her to make a sufficient income, and she will be able to move back to where she once lived. Murray will also become licensed and will be able to maintain all the necessary expenses of life.

Betz stated that her reason for returning to school is simply because she, too, would like to be in a field where a license can be obtained and the income is more than sufficient. These individuals are attending school as second degree students in hopes of being able to secure a more sustainable income, which will allow them to live a safe, worry-free, and positive life.

Both Murray and Betz believe that going back to school and pursuing a career that requires a license will bring them higher wages and maintain stability within their career choice. Murray and Betz said with higher income, they will be able to live in peace and out of poverty.

The focus has been expressed as stability and security. Betz and Murray are willing to change changing career paths; these individuals would rather have success over comfort, they are looking forward to new beginnings. A new beginning that will provide ease of mind.
The Art of the Elevator Pitch

By Katherine Tapia

Getting that call or e-mail from a potential employer is just what would brighten up any job seeker’s day. They are looking for that little window of opportunity, where they will be able to showcase all of their ideas and talents. But for many candidates, getting that opportunity may be harder to attain than imagined, at first.

How can they ever show employers their worth and separate themselves from the rest if they are not granted the opportunity of a job interview in the first place? The answer: a powerful elevator pitch.

On October 27th, the Business Leadership Club held a workshop, “The Art of the Elevator Pitch,” in the Paterson Room. The workshop’s main focus was to present students with information regarding what an elevator pitch is, and provide them with tools to effectively craft one of their own.

Students also got the opportunity to observe brief simulations intended to show how an elevator pitch could be successfully used in real-life situations, and how opportunities could be missed when certain conditions, such as body language, choice of words, and proper enunciation are neglected. Assistants were also provided with a handout containing information on how to make a good first impression, which directly intertwines with a successful elevator pitch.

Thomas Moore, facilitator of this event, defined the elevator pitch as a short, yet assertive, description of who we are, what we do, what we can do for our listener and how, and what we hope to achieve. This should be followed by the exchange of contact information and/or a request for an appointment.

Mr. Moore stressed that as much as the message contained in the elevator pitch is important, per se, it is equally vital for its effective delivery to sustain proper eye-contact, display appropriate body language, and a confident and adequate pace, pitch, and volume in our voice.

The elevator pitch gets its name from its casual nature and short duration, about 30 to 45 seconds, sometimes even less, which is the approximate time that an elevator ride would take.

Due to the unplanned nature of the events in which people might be able to use an elevator pitch, Mr. Moore advises that being prepared is key. Addressing the listener with respect, maintaining an adequate dress code—neutral colors such as black, gray, and navy blue are a safe choice—keeping a well-kempt appearance, and having rehearsed one’s elevator pitch are imperative.

Mr. Moore also pointed out that there is a big misconception regarding the purpose of the elevator pitch. He emphasized that the goal of it, for job seekers, is not to get them a job, but rather to spark interest in their listener, so that they would want to hear more about them, ideally in an interview setting, where they can go over skills and talents at a greater length.

In the end, the elevator pitch should give a feeling to the listener that it is all about what the potential employee can do for the company, and not what the company can do for him or her.

Students meet Pulitzer Prize Winner Junot Diaz

On October 14, 2016 ELS students had the opportunity to meet award winning author, Junot Diaz, at Middlesex County College for “An evening with Junot Diaz,” in honor of Hispanic heritage Month. The trip was coordinated by ELS professor, Kathy Esquiche.

An Evening with Junot Diaz

Students learn about business careers and transferability

By Helwa Aburas

On Thursday, October 6, 2016 from 1:30-3:00 p.m., the “Business Career and Transferability Event” was held on the Main Campus in the Paterson Room. It was coordinated by Professor Kourani, the business leadership club advisor. Presenters included: Dr. Cox, the Chair of the Business Department. Dr. Gheorghiu, Prof. Kourani, Prof. Khoneissier and Counselor Varvara from Wanaque campus. Students learned about PCCC business classes/majors and the event prepared business students to transfer to a four-year college/university. Students additionally learned about the Business Department’s opportunities and requirements for Internship programs. For more information about the club, contact Prof. Kourani at: kkourani@pccc.edu.
Money Management

The Importance of Budgeting

By Carlos Gonzalez

Now, more than ever, it is important for us to carefully analyze where our money is going and if there are any improvements we can make to secure a better future. The revenue produced by the job that we have typically is consumed by bills, clothing, gas, and groceries. But what do we do with the extra money that’s left from these expenses?

Some people save, whereas others just spend the rest of it without thinking twice about it. Many of us do not think about a future investment or putting cash away that can serve us on a rainy day—for example, a medical emergency or a mechanical issue with our cars. Some people may say, “I have a credit card and in case of an emergency I can use that.” I believe that credit cards should only be utilized for emergencies.

I also believe this to be a bad idea, because we live in a society where people are in debt because they don’t have immediate cash for these types of situations. If you’re not careful, credit card debt will creep on you and before you know it, with all the interest, you’re in a financial mess.

Not only does this cause financial trouble but also puts stress on health and relationships. Thus causing more issues down the road. That is why it is extremely important for us to start to prepare ourselves now, so that when an emergency occurs we are not running around not knowing what to do.

It’s…to commit to this because starting this thing and then falling away from it is very easy if you’re not one hundred percent serious—

The first thing I would suggest to do is create an Excel budget sheet where one can keep track of all their expenses including everything, from the personal expenses to fun money and savings. Now, if you don’t know how to create an Excel sheet, I would suggest to go on YouTube and search a tutorial on how to create a home expense budget Excel sheet.

You will find many examples to choose from there.

The next thing that I would suggest would be to cut back on spending, any way possible. For example, do you really need to spend a hundred dollars on those Rock Revival jeans or four hundred dollars on that pair of Jordan’s.

I’m not saying that you shouldn’t splurge on yourself once in a while, but remember that saving money and spending as little as possible is priority, which leads to my next tip: opening up two savings accounts—one would be for immediate emergencies like medical or car troubles, the other would be strictly for retirement, and each pay day you deposit an amount into both accounts even if it’s just a hundred dollars—it’s something and you will be on the path to build- ing your finances slowly, but surely.

Now these are just examples but hopefully you can get an idea of what I’m talking about here and put it to use. It’s also very important to commit to this because starting this thing and then falling away from it is very easy if you’re not 100% serious—this should be a priority goal in life because you’re talking about your financial security.

The temptation of spending money is everywhere we go and although we should enjoy ourselves, it is also important to understand that life is getting more expensive and we should be preparing for it.

Do you Spend More Money in Summer or Winter?

By Paola Lemonier

Many of us love summer but then there are lovers of winter also.

Both seasons have their special activities. Most females and males who are in their 20’s and 30’s at PCC talk about the reality of their budget, depending on each season.

Angel Pimentel, 37, a Marketing Major said he spends more money in summer, because he has a lot of activities to go to, such as barbecue parties, basketball games, and trips to the lake. Pimentel said that summer time means going out every weekend, buying drinks and going out to dinner with friends.

Also, friends from his country come to visit and he takes them out to places. He said that he doesn’t care a lot about buying clothes for summer because you can wear whatever you like; it is always hot. In winter, he normally stays at home, watching football games.

Pimentel added that he saves a lot of money during winter because he rarely goes out to his friends’ houses. During holidays, he doesn’t buy a lot of gifts because most of his family lives in the Dominican Republic.

Hannah Liriano, 21, a Politics, Economics, and Law major, said she spends a huge amount of money in summer compared to what she spends in winter. She said she shared a lot with her friends and every time she goes out, she needs to provide money. She spends a lot of money on clothes, because every summer there is new fashion. Also, she needs to buy new bathing suits for all the times she goes to the beach in summer.

Liriano always plans her vacations to different places in summer. On the other hand, Liriano explained that in winter, everything is individualized, because you buy food for yourself and you only buy clothes that you know you need. Also, you prefer to stay at home watching Netflix, instead of going out in the middle of the snow and cold weather. She thinks twice before going out to a friend’s house and she said the holidays balance the situation a little bit more, so you can spend some money on gifts in this season.

Julio Tejeda, 26, a Business Administration major, said he kind of loves and hates summer because he spends too much money, but he likes to go out and enjoy the weather. He said he has a lot of friends and every weekend he has different activities. During summer months, it’s very weird if he stays home during the week;

...most people plan their summer a long time before it arrives. --

Wilmaris Mora, 21, Accounting major, said that she personally spends much more money in summer. She said she doesn’t know why, but in summer everybody has more free time to share. In addition, she said most people including herself, plan their summer a long time before it arrives.

Otherwise, in winter she doesn’t spend a lot of money. She explained that winter is more monotonous in her life, because classes start and she also works. Mora said she doesn’t like the cold weather at all, so she prefers staying home. She spends more money on summer clothes, because she has a lot of activities to go to.

She said she would never change summer for winter; she loves the hot weather, like back at her home country, the Dominican Republic. Mora said she is a Caribbean girl.

https://www.impactofbudgeting.com

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November 2016

By Carlos Gonzalez

Now, more than ever, it is important for us to carefully analyze where our money is going and if there are any improvements we can make to secure a better future. The revenue produced by the job that we have typically is consumed by bills, clothing, gas, and groceries. But what do we do with the extra money that’s left from these expenses?

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volvement with Mental Health First Aid.

MA: I’m not doing that yet through the classes at PCCC. I’m teaching Mental Health First Aid for the Public Safety Program, locally and nationally. I recently presented at the First National Firefighter Behavioral Health in Emotional Wellness Conference in Rosemont, IL. I co-facilitated the Mental Health First Aid program at that symposium. I’m scheduled to present the Mental Health First Aid program at the Virginia Fire & Rescue Conference in Virginia Beach in February. [I’ll be presenting an abbreviated, one and a half-hour version of the course at the New Jersey Accreditation Coalition Annual Conference at Princeton University. We did train 130 of our firefighters in Clifton, in mental health first aid. I’m hoping that more fire departments, locally and nationally, will be interested in attending or hosting the program.

LL: In regards to that (mental health first aid), what are your ultimate goals?

MA: Well, my ultimate goal was to start it out for me as the program was going to be used for professional development. We were going to teach [our] people how to better serve the community and be aware of mental health related issues. As it turns out, I’ve been much more involved and seeing much more benefit from the program within our organization. For instance, I’ve had several conversations with fire service colleagues, both in Clifton and nationally, that were struggling with issues such as anxiety, depression, and thoughts of suicide. By making people aware of the signs and symptoms of mental health related issues, I’m hoping that we will reduce the stigma associated with mental health related issues, [and] create a more open and inclusive culture about it in the fire service. I am a member of the Clifton Stigma Free Committee—we use the Mental Health First Aid program as part of our Stigma Free Campaign.

LL: So how did it feel to speak at Capitol Hill at the event?

MA: The first time? I was nervous. I’d never been there before. I didn’t know who I was going to be speaking with or to. Then, once I got there, many of the people in the audience were Congressional staff and not actual Congressional members themselves. I felt more comfortable because most of them were twenty years younger than me. The second time was much easier; I was reading from a prepared statement, and not from memory. It was very exciting, it’s an honor that they asked me once, let alone twice.

LL: You are the Deputy Fire Chief of Clifton; what’s the job about?

MA: As the Deputy Fire Chief, I’m responsible for 30 firefighters & fire officers for a 24-hour period. I’m the chief officer in charge of all emergency & non-emergency operations throughout the 24-hour period, in a city of 80,000 people. So, it’s busy and there’s a lot of responsibility, but it’s very rewarding.

LL: Is there a stand-out moment from the job?

MA: One of the moments that I remember the most, as it pertains to mental health first aid: shortly after I received the training, we were dispatched to a call for a man who was in crisis. He was threatening suicide. I could use the knowledge, skills, and abilities that I learned throughout the course. I sat down with him for over an hour, [he] was obviously struggling. I was able to convince [him] to go to the hospital without incident. That was probably one of the more memorable days that I had as a Chief.

MA: Well, my involvement is more in pre-incident awareness than dealing with post-incident operations. So, I’m doing work in an educational capacity rather than the incident response. I’m currently working on proposals for out-of-state departments that have asked me to come to their departments, to deliver the training. I’ve also proposed offering the Mental Health First Aid for Higher Education here at PCCC. [We’ve had] some discussions with Dean Goldstein; there seem to be a lot of genuine interest in offering that program here. The adult version of Mental Health First Aid has several specialty modules; one of which is Public Safety & Higher Education. So I am really interested in bringing that Higher Education module to PCCC.

LL: How did you get involved with the National Council for Behavioral Health?

MA: Interesting story. I was invited by the staff at the Mental Health Association to a partner summit at the Robert Wood Foundation in central NJ. I was asked to wear my dress uniform, and I think the [people] at the National Council were more interested in my uniform than they were in me. Once I started to speak to them about some of the work I had done, some of the research that I had done serving diverse communities, and just my feelings in general about engaging the population, the President of the National Council, Linda Rosenberg and I developed a very good working relationship and it’s been a relationship on the fast track since that point.

LL: What was the most memorable part of being in D.C.?

MA: Taking my picture in front of the Supreme Court building. I’ve never been to the Supreme Court before. It’s a beautiful building.

LL: Did you feel, like, an aura from it?

MA: The picture that I have with the sun—it’s an all-white building that I did not know was there. I’m walking from the Capitol Building, so being that I was walking from the Senate office to another building, we walked past it and I was struck by the large white columns in the front; it was breathtaking, it was amazing. Actually, there’s another one, if you want to hear another good story?

LL: Yes, I do.

MA: When I went down the first time, it’s better than that one. [They] had arranged for me to speak with some of the legislators from New Jersey, Congressman Pascrell, who’s local here, his office is right around the corner, I went to go meet with him. He and I know each other from my work on firefighters’ grants. One of his staff persons walked me down to what I thought was his staff office, and we were standing outside of a door. At one point, another staff person opened the door; turns out it wasn’t his office, it was the door of the Ways & Means Committee, which is the oldest in Washington, D.C., from what I’m told. So, we walked out onto the floor of the Ways & Means Committee while it was in session! That was a more memorable moment. It was amazing, to watch government in action like that.

LL: Would you one day, like to be involved in politics?

MA: My wife swears I would be good at it. I don’t think that it would be for me, but I do like helping people, so you never know.

LL: It’s kind of like a “don’t close the door before it even opens” kind of thing?

MA: That’s right, there. You got it, that’s a good way of putting it. I like that.

LL: What was your personal experience with the briefing? I read about it, but I wanted to know about your experience.

MA: In September, that was in the Senate office building, and I was asked to come down; myself and one other person, a Mental Health First Aid trainer, to speak. We were partnered up with the Eating Disorders Coalition. I got to meet Miss America 2008, Kirsten Haglund, who was very nice. It was interesting to hear their perspective on eating disorders and how it tied to the work that we do. Eating Disorders is a component of Mental Health First Aid; it was very interesting to see. I wanted to change my statement, there was a recommendation that if I wanted to keep my statement the same from the first [briefing] the same way, I could do that. But I wanted to say something different, and it turned out that a week before I was going to Washington, I had an opportunity to help a colleague at a class I was in, and I wound up reading the e-mail that he sent me, in response to the assistance I gave [him]. I struggled to read it without getting emotional, as I am still [struggling] to speak about it without getting emotional. That was very meaningful to me, speaking not only about how the program benefitted me, but how the [program] benefitted someone in crisis, and have it be so current and so meaningful. It meant a lot to me. I’ve seen how the program works if you allow it to work.

LL: Do you have any advice for students here, at PCCC, who might know someone in a crisis or are in a crisis, but might not know what to do?

MA: I do, I do, as a matter of fact. It can be scary. For instance, if you know that they are struggling, without having been educated or trained on what to say. Say something to someone. There are people on staff here at PCCC that can help, Dean Goldstein being one of those people. I’m another one of those people. If you’re a professor, a friend, a staff member, tell someone. It’s been my experience that people who are struggling, especially at this age—there’s pressures associated...
Six am and the alarm goes off. Some people are still sleeping, others are probably getting out of work, while others are getting ready to start their day.

For mothers, their mornings might consist of waking up, showering, making breakfast, waking the kids up, and dealing with them not getting ready. Not even an hour has passed and the day already sounds exhausting. But that’s the routine that every mom must follow almost every day.

That’s just the morning routine we are talking about. What about the rest of the day? What if the father is not in the picture? Are things more complicated? That’s the case for Martha Martinez, a single mother of one, who works a fulltime job and studies, yet still manages to be a “supermom.”

Born and raised in Patterson, Martha, 27, majoring in English has always been a strong person. When she was just 17-years-old, Martinez got pregnant by her boyfriend of two years. “I honestly didn’t care that I was pregnant because I was in love with him,” said Martinez. In fact, all her life she had dreamt about getting married and having a family. It was a dream that, as soon as her son was born, became a nightmare. Shortly after the baby was born, his father left. “It was senior year and I couldn’t enjoy those senior activities such as prom and senior cut day,” said Martinez. When her boyfriend left, everything became devastating; she was lost and confused. Martinez even admits that she thought about suicide, but she clearly knew that was not the answer.

“Thankfully we live in a country with so many opportunities,” said Martinez. Although she couldn’t assist in any of her senior activities, she felt a little bit happy because the school provided her with a daycare for her baby while she studied. To have this privilege, however, Martinez needed to have excellent grades. Thanks to that push, she graduated with great grades and went on to attend college. Martinez got accepted to great schools, but to save money she decided to attend PCCC. Unfortunately, after a semester, she dropped out. As much as Martinez wanted to stay in school, she couldn’t handle two jobs, school, and her baby. Not only was the father not in the picture, but Martinez didn’t have the support of her family either. And like most mothers, Martinez didn’t trust leaving her child for long hours with a stranger, so the best decision for her was to drop out.

The years passed and the only focus Martinez had was to work, day and night, to provide her child the best that she could. Martinez admits that it was painful seeing her child growing up because she wasn’t there for him that much; she really missed out on activities such as the first day of school, plays, and so on. Until one day her life changed. Martinez’s son was working on his math homework; he told his mom that it was complicated. Martinez said to her son, “Don’t give up, you can do it, if you want to become someone important in life you need to study and succeed in school.” “You’re not in school, why should I?” replied her son. Martinez knew that was the eye-opener that she needed to go back to school. And she did. As soon as Martinez returned to school, she couldn’t give up, she had to study and succeed in school. “You’re not in school, life you need to study and succeed in school.” “You’re not in school, life you need to study and succeed in school.”

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that exchange happened, she registered for the upcoming semester. “I couldn’t be any happier, although I was nervous,” admitted Martinez. The last time she was in school was around eight years ago, so for her, this was all new again, but that didn’t stop her.

Martinez went back to PCCC again, but this time, for good. Now she’s on her first year and it’s going great. While her son is at school during the day, she works. At night, she takes her online classes which are more convenient. “Thanks to this new technology, I can study and spend tons of time with my son!” exclaimed Martinez.

As for the future, Martinez wants to finish her Associate Degree in English next year, and hopefully apply to William Paterson University, which has been her dream school. Martinez wants to give her son the good example that regardless of what obstacles you have in your life, you can surpass them all. “I knew it took me long to get where I am now but it’s never too late to start a new chapter in life,” said Martinez.

James Sanders III, 39, a professor at PCCC, is that one teacher that impacts his students by providing an atmosphere for change. Sanders can best be described as a classic man. He is an avid sports fan, loves music, and is a health fanatic. His attire is a fitted suit with a matching tie, pressed and wrinkle-free. He is always freshly groomed and ready for business.

Sanders is from Newburgh, NY. He just became one of PCCC’s newest full-time professors. Sanders comes from a long line of teachers. Sanders’ mother was a teacher for twenty years, then became a Principle. Sanders’ father taught history for thirty-three years.

“There was definitely pressure,” Sanders said.

Sanders lived on the road to PCCC started at Orange County Community College. After graduating with a two-year degree in Humanities, he then went to SUNY in Old Westbury, NY. Sanders completed SUNY with a Bachelor’s in Media Communications and achieved his first Masters from New York Institute of Technology in Communication Arts. He is currently in the process of a second Masters in Education.

Sanders is a full-time professor here at PCCC. He teaches Public Speaking, which is a general education requirement for most students. “This position has changed my life,” Sanders explained.

Sanders feels he has been given an opportunity to realize his calling and it allows him a chance to enhance the lives of students here at PCCC.

Sanders elaborated, “breaking people out of their comfort zone gives me a chance to re-move their vulnerabilities, and instill in them a sense of confidence and self-worth.” The gratification that Sanders gets when he sees a student grow is unlike any other feeling.

Sanders feels his biggest challenge as a professor is not letting his students down. The feel of his classes is something students have to experience to fully understand. “Aside from [being] my calling, doing what I love gives me peace of mind. I have been very fortunate to have good people in my life to see me be successful, and I value what I do; I value it very seriously.”

Sanders is grateful for his position here at PCCC and it is apparent in his classes. “I have persevered through not having the appreciation and value of what I can do.” The evidence of this is the fact that in just two years, he became a full-time professor here at PCCC.

“I have a responsibility to all of my students, because the college has afforded me the chance of a lifetime.” Sanders said. Some life years he need to study at various other institutions and teach at PCCC. Sanders has the time to get to know his students and even encourages them to meet him in his office for simple clarification or general help if needed.

Sanders does not have to commute to other campuses because he solely works at PCCC. This fact helps Sanders focus on the needs of his students here. He still lives in Newburgh, NY and plans on moving closer to PCCC, which will allow him to dedicate even more time to his students.

Sanders started his education in a community college. He understands what it is like for the typical PCCC student. He has been given an opportunity to be successful and wants to pass it on by giving his students the same opportunity. He tries to encourage students by giving those who attend his class and participate a real chance to succeed.

When interviewing students who have taken his classes, it is clear Sanders leaves an impression on his students.

Laquanda Adams, 27, a Mental Health major said, “The speeches were great! I love his style. He believed in me and I was glad to hear he is full-time here. He should be here because he’s a great teacher. He helps me grow inside the class and outside the class. He’s a great teacher and everyone should have him.”

(Continued on page 14)
Understanding Domestic Violence

(Continued from page 2)

mitting that there is a problem. There are clearly systemic, generational problems. But just leaving is not a solution. There must be an understanding of where it comes from, and a commitment from families. Sometimes people are not aware that they are being abused, and sometimes people can be abusive and not realize it. It may be culturally accepted in some places, but it is never okay.”

Professor Gasparino also compelled the audience to pay attention, get educated, not to judge the abuser or the victim, and realize that domestic violence is very real.

The event was very well attended, and many people participated during the discussion portion of it. The office E217, located on the Paterson campus, provides some on-campus services to students regarding awareness and prevention of domestic violence.

The office’s purpose is to be a safe place to learn about domestic violence and its many forms, provide guidance, and be a starting point for students to get acquainted with services offered within the community.

More resources are available off-campus at the Passaic County Community Center.

http://www.mbslawco.com
Thanksgiving Traditions Vary by Culture

By Jazmeka DeLane

On Thanksgiving Thursday, my sister and I would wake up to the sound of music, either some classic Michael Jackson or Maxwell would be playing through the radio speakers in the kitchen. We’d hear water running in the sink and pot and pans clashing. Mom would be on the phone with grandpa, who would most likely be coaching her through the cooking process. Grandpa’s trick was to always cook the turkey upside down. “That way the turkey won’t be dry!” he’d say.

The smell of an abundance of flavor and spices from the turkey and stuffing would fill the air, making it hard to resist peeking into the oven.

Mom would immediately put us to work in the kitchen. My older sister, Jessica, would help me make the filling for the sweet potato pie, or some other cake-like chocolate cake. We’d try to get everything cooked before our guests arrived but that was almost always a losing battle.

Thanksgiving is a holiday that is highly anticipated by many college students; mainly because of the food. Lots of people get to go home and see their family, enjoy a home cooked meal and a chance to take a break from classes.

According to Smithsonian.com, the first Thanksgiving dinner was originally called a harvest festival and took place over 400 years ago. Civilizations have been celebrating the fall harvest for centuries; it is a tradition that can be traced as far back as ancient Egypt. Since high school we’ve been taught about the pilgrims and native people of the land and the first Thanksgiving dinner that took place in 1621. There have been some main dishes that have continued to be the staples in millions of kitchens every year.

According to some historians, the first Thanksgiving meal consisted of turkey, pumpkin, and various wheat and oats, like corn. Many people look forward to eating their favorite Thanksgiving dishes — those favorites have changed a bit from the first Thanksgiving dinner.

Over time, families of different cultures have added their own traditions and dishes to the menu representative of their culture.

Amanda Kweku, 28, a Communications major, celebrates Thanksgiving every year with her family. “I am the one who cooks, I cook a lot too!” said Kweku. Some of the traditions that her family has added to their Thanksgiving dinner has roots in Ghana.

It is traditional for her to make Jollof rice on Thanksgiving. Kweku said her family prays together, and everyone takes a turn saying what they’re most thankful for. Some of her and her family’s favorite dishes to have on Thanksgiving are sweet potatoes, collard greens and turkey.

Danielle DeLane, 30, a Fashion Marketing major, said she used to celebrate Thanksgiving. She no longer celebrates the holiday for many interesting reasons. “Thanksgivings are no different than any other Sunday. Every Sunday, we have food and family. However, when DeLane did celebrate Thanksgiving, some of her memories include helping the family prepare dinner. Her favorite foods were baked macaroons and cheese, and, “my mom’s homemade stuffing — I miss that so much!” DeLane would also visit other friends and family.

Mecca Johnson, 26, Early Childhood Education, celebrates by helping her mom cook. “We prepare a boatload of food!” Johnson’s family also takes the time to include her two young daughters with the cooking. Much like the early traditions, the men of the family hang out and have libations while the women of the family handle the cooking. “We’re used to it, if the guys were in the kitchen cooking with us, the food might not taste as good.” Her family’s favorite dish is the honey-glazed ham and her mom’s “sock-it-to-me” cupcakes.

Patricia Wade, a Sociology major, gathers her family together and they go to church. “We’ll go to church, come home and eat with family.” A family tradition of hers is also for the family to recite what they are most thankful for.

Also, another family tradition on Thanksgiving is to have the oldest and youngest of the family break the wishbone of the turkey; the person who has the longest piece of the wishbone has good luck.

Dishes and traditions will vary depending on the home. Many cultures have their own traditions for Thanksgiving. A tradition in my family that I keep practicing is to invite friends to come over and have dinner with my family if they have nowhere to go or no one to spend the holiday with. There would be so much food that we’d be feasting on leftovers for days and coming up with new ways to remix the leftovers.

“A Kneeling Kaepernick Stands Up to Racism”

By Jeremy Perry

Colin Kaepernick, the San Francisco 49ers starting quarterback in Superbowl XLVII, knew he had to do something when he refused to stand during the national anthem at the start of NFL games. His silent, nonviolent protest aims to highlight issues like police brutality and racial bias in America.

America is built on a foundation of resistance and protests. It started with colonial women holding sewing bees in town squares to raise money for the American Revolution. It started with colonial resistance and protests. It started with colonial women holding sewing bees in town squares to raise money for the American Revolution.

The young quarterbacks protest being done by some other players in the NFL have started to show support and join in with the protest by also kneeling during the anthem, or stand with a fist raised in the air during the anthem.

The entire Seattle Seahawks team stood arm in arm during the playing of the national anthem at their home opener. With the NFL season opening on Sunday, September 11th this year, the fact that this protest happened on the fiftieth anniversary of the 9/11 tragedies seems to be the biggest source of outrage from opposing sides.

Both sides have taken to Twitter and Facebook with their outrage.

Jelan Jenkins, inbacker for the Miami Dolphins also chose to kneel with Kaepernick at his game on September 11th. After the game, he commented on why he chose not to stand. “I chose to get involved to see if I could create change, raise awareness. I want to make it clear that there is no disrespect to the military or to police officers. I’m not about that. I would like to keep moving forward in the right direction with everybody having equal rights and equal opportunities. It doesn’t seem that its happening, that’s why I took a stand.”

When I spoke to Julia Kenyon, 18 and a Psychology major from Montclair State who was visiting the Wanaque campus, she commented on the timing of the protests saying “I think he is doing a good thing, bringing awareness to how minorities are treated in this country. I just think the timing was terrible, with 9/11 and all. I don’t remember that day, but my mother was working in Manhattan that day and she remembers.”

Craig Harrison, 28 and a Mathemics major at PCCC, said, “Changes need to be made in this country, but why dump all over the flag and a country that you make millions of dollars in?”

Colin Kaepernick may have thrown himself into controversy by refusing to stand for the national anthem, but it has gotten people talking. The next step is to take all that good talk and exposure and start doing some real work. Make some real changes in this country, so that we are all free and all equal.

Our biggest goal should be to get past these racial issues and get to a bigger issue, the ever-widening gap between the rich and the poor in this country and around the world.
Making Strides Against Breast Cancer Walk 2016

Some of the Lions Club Member at the Making Strikes Against Breast Cancer Walk 2016. From left to right, Leslie Rivera, Brenda Rojas, Raquel Sanchez (PCCC Lions Club President), and Katherine Tapia.

Making Strides Against Breast Cancer - Registration Tent - Photo by Katherine Tapia.

Making Strides Against Cancer - Inside the Survivors’ Tent - Photo by Katherine Tapia.

Walking for a cause: Men also had an active role in the event - Photo by Katherine Tapia

PCCC Lions Club members participating on the Making Strikes Against Breast Cancer Walk 2016. From left to right: Leslie Rivera, Joseph Vargas, Raquel Sanchez (PCCC Lions Club President), and Winster Ceballos.

Making Strides Against Breast Cancer - Photo by Katherine Tapia.

Making Strides Against Breast Cancer - Registration Tent - Photo by Katherine Tapia.

Making Strides Against Breast Cancer - The Survivors’ Tent - Photo by Katherine Tapia.

Making Strides Against Breast Cancer - Photo by Katherine Tapia.

Making Strides Against Breast Cancer - Photo by Katherine Tapia.

Making Strides Against Breast Cancer - Inside the Survivors’ Tent - Photo by Katherine Tapia.
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In your email please include the medium, and the size of your work. If you are a musician, poet, dancer, or actor, please submit a video or audio of your performance. Also, make sure to include your first name and last name, ID number, and a list of all equipment that will be used.

Submission Deadline: November 21, 2016 at 12:00am.

Have any questions? email Marcos Salazar at msalazar@student.pccc.edu

Making Strides against Breast Cancer

By Katherine Tapia

On October 16th, 2016, the PCCC Lions’ Club participated in Making Strides Against Breast Cancer, an annual walk to support ongoing efforts on research, awareness, prevention, and treatment related to breast cancer, by the American Cancer Society. The walk took place on the New Overpeck County Park, in Ridgefield Park, New Jersey. Registration started promptly at 8 a.m., while the actual walk started at 10 a.m.

It was a well-attended and emotional event. There were many survivors and their families. There were those still fighting. And there were those standing there in loving memory of someone they still care for. Adults and children, they all joined the walk to raise awareness and bring a message of hope. They wanted to show others that yes, it can be conquered.

Reflecting on the importance of the event, Cecilia M., a woman from North Bergen, New Jersey, shared that she had joined the walk with her husband and son because “I wanted to show others that breast cancer can be conquered. Cancer, especially breast cancer, is the elephant in the room. My friends ask me why I walk. I’m a survivor, so it gives me a good excuse to talk about it.”

Sandra L. from West New York, New Jersey, is a survivor. She manifested that “events like this are so important because they raise awareness and bring hope to all of us. Hope that there is a brighter future, a feeling that we are not alone. We all become a big family united by pain, and then joy.”

A pink ocean of cheers welcomed participants as soon as they arrived to the park. Past the registration tent, there were many other tents, some with fun activities such as a photo booth, and others where people could get pink extensions in their hairs in exchange for any donation they wanted to make. But there was also a special tent dedicated to empower survivors. Survivors got pins, pink t-shirts, pink ribbons, free samples on cosmetics and personal care items, a discount coupon booklet for major department stores, and a small breakfast. Every detail was crafted to make them feel special.

While the majority of participants were women, men were also an important component of the walk. Saul R., a resident of Hoboken, New Jersey, shared his thoughts on men and breast cancer. “What many don’t realize is that breast cancer is a silent killer for many, many men. We are the silent victims that don’t think it’s even possible to fall prey of this disease. That’s why I think we don’t get check-ups done on time, and then it’s just too late for so many of us.”

Understanding the importance of this event and in accordance to its mission of service, the PCCC Lions Club attended this event to show its support by joining participants on the three-mile walk. Events like this are crucial on promoting awareness and demystifying false beliefs such as breast cancer being a type of cancer that only women can get, or that only older women are prone to it. For more information please refer to www.makingstrides.acsevents.org
October was Breast Cancer Awareness Month. Technology is making available more promising treatments every day, and there has been a notable increase in the quantity and quality of research done on it.

But there is more to breast cancer than just statistics and numbers. How about the survivors? And those we have lost? How about their families? Many people only know breast cancer from the outside. But the real impact of breast cancer goes beyond what its economic cost represents to the health system or to the work force with all those working days missed.

The real cost is seen in its people and what breast cancer has meant—and means—to them. You must be an insider to understand that.

My mother was touched by this disease in Peru, back in 2006. It caught my family off-guard at a moment when we thought we had all under control. My father had just gotten a new job, and my younger sister was finishing high school. My middle sister was in college, and so was I.

I was actually in the process of thinking of continuing my education here, in New Jersey. We couldn’t understand what went wrong. My mother would go for a check-up every year, but just before the year the diagnosis, she missed an appointment.

We did not think of it as a major issue, and let the months pass by candidly. By the time she got her next appointment, my mom, who had always been a healthy person, was diagnosed with stage 3 breast cancer, and was given little to no hope of survival. We were struck. How could it have possibly gone that far so quickly?

And so, we were lost, and we didn’t know where to go, or who to speak to. The options of treatment became overwhelming, but we were fortunate to find a doctor that pointed my mother in the right direction. My mom, being the incredible force of nature that she is, got ready to fight. As a family, we joined her in her journey.

To my mother, it meant countless hours of chemotherapy, surgery, and radiation sessions.

To my younger sister, it meant delaying her admission test for college. To my middle sister, it meant taking less courses so she could spend more time with my mother. To me, it meant postponing indeﬁnitely my chances of pursuing a better education away from home.

How could I leave? We had always been very close, and that was not just about to change.

To my father, it meant waking up before anybody else and helping around the house so we could continue studying, leaving for work, and then come back tired, just to start the same routine all over again the next day.

We all went through a signiﬁcant amount of emotional distress. It was sad and harsh, but at the end, as my father said, it was all worth it: we won.

We won our Vilma back, and now we cherish her more than ever before. But my mom was different. I guess, as she says, after going through cancer, you can never be the same person as before.

In 2006, while my mother was still on treatment, a doctor founded a support group for breast cancer patients called “El Club de la Mama” – “The Breast Club” – and asked her, still a patient at the time, to help organize and lead it. My mother had already met wonderful doctors and many other people that helped her along her way, so she was thrilled at the opportunity of giving back.

Life acquired a new meaning to my mother, and to us, her family. Caring for others helped through her own healing process.

Money is only one of the many issues that breast cancer patients deal with, so she focused on informing people, organizing prevention talks and walks, and providing emotional support, which was a revolutionary concept in Peru at the time.

We saw her become a stronger leader every day as she did, my family and I felt that we were ﬁnally ready to start resuming our regular routines. At the beginning, she thought she would be working with the cancer patients for some months, or perhaps a year or two, but she never left. Ten years later, she is still a volunteer.

My mother’s volunteer job went on to impact me on a personal level as well. It inspired me to do more for others. I enlisted as a volunteer at a hospital, and brought my sister along with me.

My mother’s journey has certainly shaped my character, made me more appreciative of life, more passionate and empathic to others’ needs, and inspired me to the will to help and give others voice whenever they cannot speak for themselves.

As a result, I became an advocate and chose my current major, journalism. I want to let people know that at the beginning, you have to be an insider to fully understand breast cancer. The illness may be gone, but the changes it brings last a lifetime.

When I asked my mother what did she regret, I thought she would give me the “nothing” typical answer, but she didn’t. She told me that breast cancer is very treatable but very deadly, so she regretted not having that annual check-up that she missed.

She said that because she didn’t detect it sooner it costed her more pain, and she lost more time. But she also told me that she didn’t regret having cancer because it changed her life.

“Life is wonderful, a unique wonderful present given to us,” my mother shared. “Every moment is an opportunity to do something for us and for others. Don’t be afraid. Many times a problem is an opportunity to change. Life is unique, live with joy.”

And so, that is what my family and I have learned. We are not the last, and while we may not be able to control all that happens to us, we have learned to make a difference on the way that we respond to it.

Breast Cancer Today

By Katherine Tapia

My mother, Vilma Dextre, and I after the Making Strides Against Breast Cancer Walk on October 16th, 2016 - Photo by Katherine Tapia.
“Kaepernick’s National Anthem Protest Receiving Mixed Reactions”

By Michael Tyler

When Colin Kaepernick first sat out the national anthem to start the 2016 NFL Preseason, he was alone and unnoticed until the third week of the preseason. On August 26th, Kaepernick has been sitting out the national anthem, Fanning responded, “I am not going to stand up to show pride in a flag that oppresses black people and people of color. To me, this is bigger than football and it would be selfish on my part to look the other way. There are bodies in the street and people getting paid leave for murder.”

Since his protest first garnered national attention, Kaepernick has been the biggest story in the NFL this season while only making his first start for the San Francisco 49ers this season in week 6. The willingness of Kaepernick to continue this protest has caused many to differ in opinion on whether this peaceful protest is pro or anti-American.

Colin Kaepernick’s national anthem protest has made people think about what they are standing for during the national anthem, and while that has caused much anger and backlash, some people are also rushing to support the movement. Sean Fanning, 21, a Business major, was offended by the protest. Emma Sullivan, 24, a Nursing major, had a neutral stance. Anthony Green, 23, an Accounting major, grew up proudly standing for the national anthem at baseball and football games but supports the protest fully. He states, “What Kaepernick has done has brought attention to a very important issue in America. I’m glad more athletes are following Kap and taking a stand by using their stage to raise awareness,” said Green. “As the movement gains traction, more people will grow to want to understand and respect each other; I think the protest will get us closer to a society without police brutality.”

Not everybody agrees with Colin Kaepernick’s protest and many people were offended by the refusal to stand for the national anthem. Emma Sullivan, 24, a Nursing major, was offended by the protest. When asked if he would ever sit out the national anthem, Valley answered, “I can’t see myself sitting out the national anthem, but I can respect that the people doing it are acting within their constitutional rights and that’s what makes America great, people have a right to an opinion.”

Kaepernick has continued his protest throughout the 2016 season, trying to create change while also trying to be respectful to the men and women of the armed forces he may have offended. Kaepernick invited Nate Boyer, former Green Beret and Seattle Seahawks long snapper to San Diego prior to a military appreciation night game to discuss how to be more respectful in protesting to not offend military.

The two decided that for Kaepernick and any teammates joining the protest, taking a knee among teammates during the anthem would be more respectful to the troops than isolating himself and sitting alone on the bench as Kaepernick had done in the preseason.

“I have great respect for the men and women that have fought for this country,” Kaepernick said. “I have family, I have friends that have gone and fought for this country. And they fight for freedom, they fight for the people, they fight for liberty and justice, for everyone. That’s not happening. People are dying in vain because this country isn’t holding their end of the bargain.”

What Colin Kaepernick did by protesting the national anthem was not only shed light on the issue of police brutality, but also show America just how divided it is. When protesting for the equal rights of all, Kaepernick quickly found out that many people would not accept the movement because of the manner in which the protest was done.

So far the protest has seemed to work, and people are discussing issues in this country with more understanding and compassion for each other and even though they may disagree on the manner of the protest—issues that were previously too uncomfortable to talk about are now being talked about.

Hopefully by understanding and communicating with each other, Americans can respect each other as equals and live in an America that meets everybody’s needs.

“Taking to the Halls to Speak to Students”

By Janelle Dizard-Britt

Everyone has a passion for something, and if they are determined enough, they might pursue an education that will eventually lead to a career in that passion. For many, PCCC is one stepping stone in the journey to a brighter future, so I took to the halls and interviewed a few of these young, aspiring adults.

Students had positive things to say about their college experience thus far at PCCC. Based on conducted interviews, 75% of participants mentioned that the overall environment of the college was open and friendly. About 63% of participants had at least one professor they felt needed recognition for their enthusiasm, support, and/or teaching style.

Two areas that 37% of the interviewed students mentioned needed improvement were class/course availability for some majors and financial aid. Another common trait between the majority of interviewed students was the fact that they did not participate in trips, events, or clubs because their focus was on academic success.

Computer Science major Jason Williams, 20, shared that the number of friends he gets to see from his high school is one of the things he loves most about PCCC. Williams also shared that, in his opinion, Sociology Professor Kassandra is absolutely noteworthy, “She is the perfect definition of not changing and being steadfast in ones beliefs.”

Williams said that he doesn’t currently participate in any clubs, but that he hasn’t entirely ruled joining one out yet. Williams also mentioned that he and a few friends would enjoy seeing wrestling as a new addition to the college’s already extensive club offerings.

Communications major, Stephanie Pinto, 22, also had positive things to say about PCCC. Pinto shared that two professors she believed were worthy of recognition were Professor Walter Behr and Professor Wrathel Gause, and that she enjoyed their classes and the level of enthusiasm they each exuded.

The 22-year-old also gushed that she recently joined the school newspaper and was excited to see what was in store for her there.

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Taking to the Halls to Speak to Students

(Continued from page 13)

Pinto hasn’t attended any of the trips offered to date, she did mention that she hoped to see more trips to museums offered.

For an area that she thought needed improvement, Pinto commented, “I think there should be more 12 week classes available, and parking at the Passaic campus.” One major factor that lead to her attendance at PCCC was that the college was close to her home, and a great stepping stone to William Paterson University, which she plans to attend for future degrees.

PCCC offers a variety of opportunities for prospective and current students. One such program is the Dual Enrollment Opportunity program (DEO) geared toward helping high school students transition into college. With this program, high school students are allowed to earn up to 30 college credits.

Biology majors, Pouja Patel and Hale-mah Allen, as well as Nursing major Mitul Jariwala, all 17, have taken advantage of this program. Patel shared that she is grateful for such an opportunity, and that she would recommend PCCC to others because of the activities and helpful tutoring centers available on campus.

Allan commented that Professor Mo-sely was a standout professor, “He is passionate about what he teaches, and offers in-depth guidance, pointers, and advice to students who show they are serious about their education.” Allan shared she found that the college cafeteria offered decent food, particularly the coffee that keeps her fueled throughout the day. Allan also commented that a major reason why she chose to attend PCCC was because of the DEO and how portable the college is.

Jariwala said he appreciates the staff at PCCC, and wanted to give a shout-out to Mr. Lopez, who cares for the dual enrollment stu-dents, as well as the Gateway Center’s ability to help with “anything.”

Biology major, Helly Patel, 19, said the environment is especially conducive to learning. One professor that was worthy of a mention to Patel was Dr. Kala Mayur, “She is always there to help her students with understanding assignments, as well as with transfer planning.”

Patel shared that she doesn’t partake in any extracurricular activities the college has to offer, outside of the B2B events for STEM ma-jors. Patel went on to say that even though she doesn’t participate in other clubs she would like to see more cultural clubs.

From the mouths of students, PCCC has successfully offered a well-rounded experience when it comes to affordability, location, and education.

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Staying Fit During the Winter

By Janelle Dizard-Britt

Students at PCCC open up about how they stay fit when winter arrives.

Trying to stay active, as well as healthy, when the cold weather hits us, is a very difficult thing to do. You can’t go outside anymore and enjoy a nice morning run without feeling a shiver down your spine from the cold winds. The walk from your car to the gym and back is excruciatingly painful.

Full time student Daniel Lopez, 19, Computer Science ma-jor at PCCC, agrees with the struggles of having to stay fit during the winter. Lopez stated, “It’s so hard to find the motivation to go to the gym and exercise when it’s so gosh darn cold out there. I would rather stay in my room, than wrap myself up like a ball and roll my way to the gym.”

Lopez, no matter what the weather might be, continues to go to Jujiitsu every day and to the gym right after Jujiitsu, twice a week. Through his motivation and hard work, Lopez managed to go from 170lbs. to 136lbs. last winter. He also mentioned that due to lack of motivation, he had to start eating healthier for those lazy days that he just wanted to stay in and be warm.

What pushed Lopez from 170lbs. to 136lbs. were the work-outs he did at Jujitsu as well as the gym. He would go to Jujiitsu 5 times a week, every week, and wrestle 200lb. guys for 2 hours.

Lopez mentioned that after the first 5 minute rounds, you are already starting to break a sweat and by the end of those two hours, you are drenched in sweat. The whole time Lopez wrestles, his heart beat is at a close rate of 200 beats per minute (bpm) for an hour and a half.

This means he loses 20-25 calories per minute, equaling leaving her house to go to the gym. Fiorella said, “I hate, hate, hate, HATE the winter! All it ever makes me want to do is just stay in bed all day and watch Netflix.”

Fiorella also mentioned how she doesn’t seem to find much fresh fruit or variety in her meals, making it difficult for her to eat healthy in the low temperatures. Fiorellas usual choice of food and drinks for the winter are, hot choc-one and a half hours and burns an average of 10-15 calories per min-ute at the gym. This, in total, burns 900-1350 calories per session.

She says her end goal for the winter is to keep looking good for her boyfriend and maintain her progress towards her beach body. Although the challenges of winter are rather extreme, most PCCC students bear through it all and find a way to still work out through these tough weather con-ditions.

Doing Jujiitsu or going to the gym for at least an hour, 2 or 3 times a week, is definitely a step to either starting a healthier, more active lifestyle or to keep yourself fit during the winter.

Lopez, who cares for the dual enrollment stu-dents, as well as the Gateway Center’s ability to help with “anything.”

The consensus seems to be that James Sanders III is an essential addition to the full-time PCCC staff. Sanders is a professor that stu-dents can relate to because of shared experience and he is a professor who successfully engages his students to succeed.

“I want my students to understand that hard work, dedication and commitment have af-forded me, many opportunities. My message to my students is go after what you want.”

The Professor Who Cares:

James Sanders III

(Continued from page 7)

Alejandra Sewell, 21, a Criminal Justice major, “I liked class. It was always interesting. The way class came across was informative and just naturally flowed from first speech to the last. I would take his class again.”

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Debate or Reality Show?

By Yessaret Cardenas

Elections are over, America’s nerves have been at all-time high. Donald Trump has been elected into office and will be moving into the White House in the next few months, while watching the Obama family leave. Even though he had no choice because of term limits, Obama will be leaving the White House in the next few months. The students at PCCC express their feelings of the past eight years with Obama as our president, his near departure from the White House, and the new incoming president.

Angela Pizarro, 20, a Business Administration major, said she did not follow politics, but due to so much gossip about it, was very well informed. “I thought it was crazy that America had gotten to that point where the candidates were so bad.”

While laughing, he continued on saying, “I mean, I’m no expert in this, I’ll tell you the truth, but were we really that bad? Did we really not have better options? Was the same guy who boshed Bernie Sanders also the same guy trying use his name through most of his debate? What was going on?”

As he continued asking rhetorical questions about the candidates, Charles also went on to say that Trump was not the kind of person he would want as a president. “You know, this was a man who did not answer the questions we needed answered. He talked in circles and just dug himself deeper every time he spoke. Trump was incredibly ignorant and did not respect anyone. But let’s face it, Hillary was no better.”

Shapria Hancock, 23, a Business Administration major, was quick to bring up Mitt Romney in comparison to Donald Trump. “During the Romney debate, everything was very respectful, even though they both had different ideas, no one bad-mouthed, or got rude with one another. When did the presidential debate become a ‘reality show?’” When asked if she voted, she replied saying, “Of course, this is still my country and I had to choose the lesser of two evils.”

English major Aliyah Branch, 19, said she had still not accepted that this was where we were as a country. Branch said, “I thought it was sad. I mean, every one was watching the elections for the entertainment, not for the politics. They were all waiting to see what nonsense one of them would say next.” While expressing her concerns for the country, she also mocked the candidates. She ended her interview saying that the whole election was a joke, and Americans should have cared a bit more.

Oksana Schevuck, 20, Bi- ology major, said she felt embar- rassed admitting that she had been watching the debates just to get a laugh. She did not agree with either candidate, but always knew who she was voting for. “Overall, I’m a Republican, so I was always going to vote for Donald Trump. Now, don’t get me wrong, I didn’t agree with every- thing he was saying. I still think his approach on racism will come back to haunt him, but he didn’t have all bad ideas.”

Schevuck said that if we listened to some of Trump’s plans, he did make sense to some extent. She continued on to saying, “I didn’t think they were the best options; I know a lot of people would have said the same. I also still think Hil- lary is dirty, and there was no way I was voting for her.”

A lot of the students were concerned with the presidential candidates and questioned their professionalism. If a group of ran- domly selected students had loosely the same opinion, what did the rest of America think?

Were both candidates losing supporters based upon the topics discussed in recent debates? PCCC students decided to speak up, in addition to many other college stu- dents. They were concerned about their futures, and the person who would end up leading them.

“I don’t care about Hillary’s e-mails and I don’t care for anything Trump had to say in general. Enough with the ‘she did, he did’. They were not being professionals at all.”

“People like Daniel DeMar- co, 25, a Criminal Justice student, disclosed that the last eight years have been a complete disappointment and have been some of the most stagnant years in U.S. history. There has been no increase in wages and poor economic growth.”

DeMarco mentioned that he voted for Obama and used to be for him, because he was disen- chanted with Republicans and the Bush administration. However, he feels, like many other Americans, that they were fooled by just another politician.

DeMarco noted that he is glad to see Obama leaving. He voted for Donald Trump, because he feels that as controver- sial as Trump is, Hillary Clinton is more dangerous. He urged people to do fair and balanced research on Clinton’s many scandals. In his view, he believes Trump has said many dumb things, but the media has twisted much of it to mean something else.

He added, “Corruption is the most dangerous threat to us as a nation. Trump has put forth an ethics policy to effectively end cor-ruption in lobbying.” He claimed he had done extensive research on both Trump and Clinton’s policies, and Trump’s seemed more like what our nation needed.

Michael Sanchez, 20, a Fashion Marketing student, strongly disagrees with President Obama’s policies. Sanchez says Obama used his charisma and charm to influence people that his policy was the correct one.

Additionally, one of his concerns was that, “Obama’s poli- cies have left us stuck in the mud. Obama ran the country for him- self and his special interests. He increased our national debt to $20 trillion.” Sanchez believes Obama used his executive powers to do things without the approval of Congress.

He also believes Obama constantly pushed climate change as the most dangerous threat to the immediate future, more so than terrorist attacks. Therefore, even though he doesn’t feel content with the new president, he is content with Obama leaving office.

Not all students have an idea on the politics surrounding them, or even their future of living in America.

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With Barack Obama’s presidency coming to an end, PCCC students reminisce on what he has accomplished throughout the years.

By Evelyn Hernandez

On November 8, 2008, history was made with the first African-American president, Barack Obama. Obama was the nominee from the Democratic Party, alongside Joe Biden. For eight years, Obama has been the leader of this country, and many people are sad to see him leave. PCCC students had positive things to say about the decisions Obama has made during his presidency.

Jeremy Vasquez, 22, is an Engineering major who is proud of the many things that Obama has done while being in office. “One thing that Barack Obama has accomplished was pass the healthcare reform,” Vasquez said. “Obama passing this bill helped many Americans that didn’t have health insurance.”

In 2010, Obama signed the Affordable Care Act, which covered 32 million uninsured American citizens. Vasquez also stated, “The healthcare reform bill is important because Obama wanted to make insurance available to those who couldn’t get employer insurance.” He believes it is important for young people, like college students, to have health insurance.

This bill helped millions of young Americans remain insured under their parents’ employer insurance until age 26. Vasquez went on to say, “This bill makes sure Americans get the treatment they need from healthcare providers. It also makes healthcare more affordable to us lower and middle income Americans.”

Another very important task Obama has accomplished, according to Vasquez, was end the war in Iraq, started by Republican president George W. Bush. In 2010, Obama ordered all the US military forces out of the country and on December 18th, 2011, the USA had fully withdrawn from the Middle Eastern country.

Vasquez stated, “When Obama ran for president in 2008, he said he was going to end the war in Iraq, and he did just that once he became president. He kept his word, which most politicians don’t do.”

Nursing major Aniya Patterson, 26, believes Obama has accomplished many things to better and protect the country.

To Patterson, an important highlight in Obama’s career, was when the American military caught Osama bin Laden. “The death of bin Laden was historic because it brought 9/11 closure.”

On May 2nd, 2011, Obama ordered special Naval forces to raid a secret compound in Pakistan, where Osama bin Laden was killed.

“The killing of bin Laden brought justice to what he did to thousands of Americans,” said Patterson. “It was an emotional night for many Americans; it was a time to celebrate a moment that affected many people.”

Patterson believes that increasing support for veterans was something important that Obama did for many people. Increasing support helped soldiers coming home from Iraq and Afghanistan with physical and mental health problems who were waiting a long time for medical services. “Veterans were being denied the care they needed which isn’t right,” said Patterson. “Some one that is serving this country shouldn’t have to wait or get denied the care they need.”

To Patterson it was not fair that they needed to wait a long period to be taken care of. “They put their lives on the line to protect our country. The least we can do is make sure that their physical and mental health is taken care of once they return home.”

Rachael Diaz, 19, a Fashion major, is proud of the president she has had for the past eight years: “Obama has been such a caring person and has done so many things to better the nation.” Diaz claims that Obama’s improving of school nutrition was important. “A lot of children lack having good nutrition [at home],” said Diaz.

Obama improved school nutrition alongside his wife, Michelle. He signed the Healthy Hunger-Free Kids Act in 2010. This was a $4.5 billion spending boost for higher nutritional and health standards for school lunches, which doubled the amount of fruits and vegetables available and required only whole grains in food served to students.

“Obesity is very common in America,” said Diaz, “It was a good idea for them to improve school nutrition. Many children do not go home to fruits, vegetables, and whole grain food. Families that can’t afford it won’t have a good nutritional meal in their household. It’s important that children can now have a nutritional meal when they go to school.”

Diaz also believes that fixing international relations was an important moment in Obama’s presidency. The US opened its embassy in Cuba and the administration is taking further steps to make it easier to travel to and do business with Cuba. “There are many people in the US that are from Cuba,” said Diaz. “It’s important to have that relation with Cuba for that reason. Cuba is such a beautiful place to travel to. Everything is so old school. We will also be able to learn more about Cuba, travel, and see everything they have to offer us.”

Paul Williams, 20, a Criminal Justice major, hates to see Obama’s presidency end. He likes how Obama ran the country and the legacy he left behind.

Williams was most proud when Obama legalized same sex marriage: “This lets people be who they want to be, love who they want, and be able to be married to that person.”

In June 2015, same sex marriage became legalized. This guaranteed same sex couples the constitutional right to marriage.

“Many people have committed suicide or been bullied because of the decision they made in liking the same gender,” added Williams. “They don’t feel accepted and no one should feel like that. Everyone has their type and that should be okay to other people—everyone deserves to be happy.”

Paul also agrees with the improved school nutrition. “Not everyone has a good income to be able to afford nutritional food. It’s not a bad idea that the kids now are able to have good nutrition at school.”

Williams enjoys what Michelle Obama had to do with improving school nutrition. He said, “Michelle Obama is all about the children. She has all these different programs to get children and adults to go out and stay healthy. It’s important to have these laws to do this because so many people look up to her.”

Throughout the years that Obama has been in office, he has changed many laws that have impacted people’s lives for the better, according to many college students. Obama passed the healthcare reforms that have helped millions of Americans that were previously uninsured.

Bringing Obama bin Laden to justice was a huge accomplishment that Obama made because it helped the many people that were affected by the terrorist acts of 9/11. Creating the hate crime bill and legalizing same sex marriage helped many people feel better and safer about the who they are.

Many people believe that Obama has done a lot to make this country as good as it can be. Let us see what the next president of the United States will have to offer.

Rutgers Professor Speaks on Increasing Hurricane Threat

(Continued from page 1)

6°C by the end of the 21st century. The warmth of Atlantic water creates the conditions necessary for hurricanes to sustain in New Jersey.

Another issue that Dr. Gates point-outed has led to increased flooding is the development of residential areas in floodplains. He reminded the audience that these areas are called floodplains because they flood.

Dr. Gates concluded with telling the audience about the Garden State LSAMP program available to undergraduate science students. The LSAMP program is aimed at increasing the quality and quantity of students successfully completing STEM baccalaureate degrees, particularly those from populations underrepresented in these fields.


Dr. Alexander Gates
President Obama Departs White House

(Continued from page 15)

Michael Lopez, 21, a Business Administration student stated he wasn’t too familiar with Obama’s presidency or his policies. Therefore, he wouldn’t contribute any of his opinions about Obama, or the president elected into office.

Keilani Ramos, 21, a Graphic Design student claims she didn’t know much about Obama’s policies, but she was aware of some of his accomplishments as president.

Ramos was happy to hear Obama helped remove most of the troops from Iraq, but with that followed the ISIS threat. She also disliked the Affordable Care Act and believed it should have been repealed and replaced.

In her opinion, Obama is extremely likeable, funny, and charming—some good things and some not-so-good things resulted from that, but in the end he always had good intentions.

Speaking with Deputy Fire Chief Michael Allora

(Continued from page 6)

with getting good grades, peer pressure, the future—don’t ignore it, say something to someone. Then, seek out a Mental Health First Aid program, get trained in not only how to engage people in conversations appropriately, but also to learn about some of the resources that are available in this area, so that you can connect people to the care they truly need. There is a curriculum for college-aged students and staff, I highly recommend it. It takes a lot of courage to ask a simple question: are you okay?

If you are interested in learning more about mental health and the Mental Health First Aid program, please visit mentalhealthfirstaid.org to learn more about what you can do for someone in a crisis or how to help prevent it. Also, contact the College Behavioral Intervention Team, here at PCCC or contact Michael Allora, MAS, EFO, Fire Science Coordinator at mallora@pccc.edu or (973) 684-5048, in regards to the program or any questions you may have pertaining to mental health.

TRUM P: W I NS P R E S I D E N C Y

(Continued from page 1)

jobs were low paying and part-time. For aver-
age Americans, keeping up with property and income taxes is an everyday struggle, one that they felt Obama and the DNC did little to help them with.

I’m sure many college students, like myself, do hope to see Trump keep his promise to not only reinvigorate the job market, but to help Americans who are financially struggling. Exorbitant tuition fees and predatory student debt interest often cripples college graduates financially, during a crucial period when most are trying to establish careers.

Another promise Trump has made is to ensure better treatment of our nation’s veterans.

It is estimated that 11-20 out of every 100 soldiers who served in Iraq or Afghanistan struggle with PTSD today. Many become reliant on prescription pills to self medicate, while many even take their own lives. Clearly, the treatment and support that veterans currently receive is in dire need of revamping.

During his late-night acceptance speech, Trump stated that it’s now time for all Americans to unite as one. If nothing else was learned this past year, it was that our country stands starkly divided on many critical issues. Income inequality, police brutality, climate change, gender fluidity, social injustice, and what it means to be patriotic have been argued over almost endlessly, with social media seeming to fuel this contentious flame.

I, personally, cannot stand many of the things that come from Donald Trump’s mouth. But I’ve got friends who voted for Trump. I’ve got friends who voted for Clinton, friends who voted for either Gary Johnson or Dr. Jill Stein, friends who voted for other candidates, friends that cannot legally vote, and friends who proudly do not vote.

The election hasn’t changed my friendships and hopefully it hasn’t changed yours, either. In fact, the lesson that we, hopefully, can take away from this past year is that this diversity is what makes America great.

Academic “Safe Spaces” Promote Anything but Academia

By Kevin Leiva

Recently, many college students have been pushing for “safe spaces.” These spaces are often considered a “safe, judgment free” zone in which students can openly discuss a range of issues from race, to gender, gender identity and more.

Except, discussions are out of the question if you disagree with anyone. For example, one of the protected groups are people who identify as “trans-species.” People who believe to be trans-species believe they are a different form of animal, other than human. Many would argue that two humans could only produce another human. However, in a safe space, that opinion is considered hate speech. These limitations on speech and opinion are not limited to the example.

Harvard University had a string of protest-related issues of gendered pronouns, and administrative members of the institution were targeted simply for not implementing gender-free terms. The protesters, so-called “social justice warriors” argue that people should be addressed the way they want to be addressed, and be completely free to identify as they choose. Harvard was forced to implement said changes, offering students a way to give their preferred pronouns ahead of time.

Social justice warriors, also know as SJW’s, consider any use of unwarranted gender terms a “micro-aggression.” They also often claim that women, minorities, and different sexualities are systematically oppressed, and that white males should be stripped of their “privilege.” At one such SJW rally, one SJW said, “White men are instantly respected in society for being white, and having male genitalia; safe spaces even the playing field and provide equality.”

However, instead of providing a safe place to discuss topics that may need to be talked about in more detail, safe spaces often empower supporters of one side of the arguments, silencing anyone who speaks against them as hostile. Using terms like “sir,” “ma’am,” “guys,” “ladies and gentlemen,” or anything of the like will often result in being rejected and silenced by the safe SJW crowd. This makes two-way discussion impossible.

In the University of Toronto, such mistakes as referring to someone by the wrong gender, or disagreeing with an SJW could cause a greater issue. Recently, a bill was proposed that could result in criminal charges against anyone who misuses pronouns or otherwise criticizes anyone of any sex, gender, race, or faith.

Rather than promoting discussion over the bill, when college students of the university rallied to speak against this bill, which they argued greatly limits freedom of speech and makes it possible to be pressed with criminal charges for having an unpopular opinion, SJW’s intervened. They blasted white noise out of speakers, making it nearly impossible for the students to rally effectively. It would appear SJW’s want opinions to be shared—so long as they approve of the opinion.

Colleges and universities have long been the place of thought and debate. We can often learn more by debating with a well-prepared opponent than we can by going to a lecture. If universities begin to adopt policies and “safe spaces” that hinder discussions in such ways, it goes against a long-standing tradition of academics.

In school, learning from another’s varying opinion is part of the point of taking classes as a group. Silencing one another, and “protecting” everyone from any kind of scrutiny is not any way to learn. Creating spaces where people hide away and can’t speak the truth to the victims of a systemic oppression is wrong. Colleges are here to teach—and censorship does not give us more to work with, it just robs us all of a bigger picture.
Climate Change Advocate Proven Wrong
Tall Claims Not Backed by Science
By Kevin A. Leiva

Global warming and climate change has been a heated topic for decades. From green initiatives to Al Gore’s fear mongering “The Inconvenient Truth,” people of all walks of life have tuned in to the terms “climate change” and “global warming” quite frequently. This year, one of the tallest claims made by global warming advocates has proven completely false.

Peter Wadhams, ScD, is professor of Ocean Physics, and head of the Polar Ocean Group in the Department of Applied Mathematics and Theoretical Physics, for the University of Cambridge. In 2007, he wrote a book, entitled “A Farewell to Ice: A Report From the Arctic.” The book details his experiences as an artic ice researcher, and his theories concerning ice. His most famous was that all of the artic ice would disappear by 2013. In 2012, he updated his theory of complete melting to September of 2016.

Arctic researchers with the NSIDC have found that ice in the arctic has actually increased by 33% since 2012. This year had one of the fastest northern refreezes ever recorded by the NSIDC. “There are ongoing several studies, but preliminary findings show that the ice is now where near melting.” He went on to state that the ice has been slightly declining for centuries, carving the mountain and giving it an iconic form, but they do not believe it will disappear completely in the near future.

For the time being, it seems we get to chill a little longer.

Is the War on Drugs a Failure?
Addiction Continues Despite Decades of Incarceration
By Chloe Lockwood

A leading crisis our country faces is the overwhelming amount of drug-related accidents and deaths. The surge in homelessness is unavoidable; we ask ourselves if we are taking enough of the proper precautions to help those afflicted. Students at PCCC had differing opinions on how to take the necessary steps to defeat this pandemic. A law that was initiated to aid in saving more lives is the “Good Samaritan Law.” In loose terms, it allows a person to call the police for assistance with a medical emergency without fear of getting arrested for your involvement or non-involvement. This was implemented for the simple reason that people were afraid to call for help when someone was dying because of fear that they would be arrested in connection to the alleged crime.

Student Amy Beil said, “To be honest, I would be frightened if I saw someone overdosing. I would freeze up, but I know I would have to do the right thing and call 911. I can understand the feeling of wanting to run away, and I’m sure that intensities if they are your friend or someone you did drugs with. It’s probably easier to run away and pretend it didn’t happen at all, unfortunately.”

The alarming numbers of addicts in jail instead of drug rehabilitation is staggering. Desperate attention is needed to correct and reverse discriminatory laws that line the pockets of politicians and businesses who profit off of incarcerating our nation’s sickest individuals.

Student Alyssa Gonzalez, 24, stated “I believe it all has to start from the top. Lawmakers and our country’s leaders need to end the war on drug addicts. Putting people in jail will never fix this problem and will only perpetuate their need for the drug. You get a criminal record, and then you cannot find a job, and then you’re stuck.” However, there are those who believe in more of a tough love concept. Former student Alex Galagutti, 22, rebutted when asked if he believed we should mitigate change in our court systems in order to help those with addiction problems: “The policemen and women do what they are supposed to do. People do drugs voluntarily; no one is forcing them to break the law. Therefore, they must accept responsibility and answer for their actions. The laws we make are in place to keep future children and ourselves safe. If you do drugs, you go to jail. That is simple.”

Not everyone was swayed to one side or the other. Tim Gattolari, 33, a current student stated, “I believe that if you have a true problem, and you aren’t selling or distributing, that you deserve a chance to get your act together and to go to rehab. No one should be thrown in jail if they have a sickness. However, if you do get caught, and then you are on the street corner selling dope again, then proceed at your own risk. You asked for it, if you ask me.”

Hailey Peep stated, “Perhaps it’s not a totally disagreeable thought to let people off on their first or second time with minor drug run-ins. Save the convictions and criminal records for the people who are actually doing the harm, and that’s the people who are making and selling the drugs. The addicts are just byproducts of this man-made disease that rides on the shoulders of the sick. As citizens, we all need to help each other through this and we can only accomplish that by changing the laws.”

Rick Vazquez, 24, and former student thinks that, “Without a doubt, this upcoming election will play a role in seeing this problem getting resolved. There are candidates who will only encourage this war on drugs and then there are some who will do their part in seeing this dealt with. If you want to help make a change, vote in November!”

There are an array of different avenues and opinions on how we should tackle this issue. By listening to and understanding people’s needs, we can come up with an effective solution and through that, we will save lives. That is what ultimately matters.

Opinion
November 2016

Watch Your Mouth!
If You Don’t, Keep Good Track of What You Say!
By Kevin A. Leiva

Criticism of presidential hopeful, Donald Trump, sparked quite the backlash. Recently a conversation he had behind closed doors came to light. While opinions on this vary, here’s what few are taking away from it: privacy is dead.

In a bathroom, dressing room, locker room, and so on, people have an expectation of privacy. In fact, in the great state of New Jersey, Code 2C:14-9 addresses expectations of privacy in bathrooms, dressing rooms, locker rooms, and other such private areas that are reasonably expected to be discreet for personal reasons.

The code specifically cites it being anywhere from a fourth-degree to a third-degree crime to record, photograph, videotapes, films or otherwise attempt to capture sound or images of a person in such a private setting.

This is alarming, because clearly an invasion of privacy took place in Trump’s case, and no one cares about that. People are concerned with content or scandal, when in reality this is bad news for us all.

We now live in a system where it is too easy to put ourselves in a compromising situation, to the point where people are willing to record us illegally to get something “juicy.”

For anyone with any ambitions, this means keeping quiet, or being willing to stand by what you say for the rest of your life, no matter where you end up.

The best thing we can do to protect our rights is to know them! Learn about where you have a legal expectation of privacy, and then hold your ground. You may just thank yourself someday.

The Trump Card
(Continued from page 12)

matter. This is discouraging and in the end we continually settle for what we get.

As the nation accepts the new president a lot of the politicians that were not standing behind Trump are now getting in line. U.S. representative Paul Ryan and current president Barack Obama both said in the past that they do not support Trump.

Recently both are now asking for Americans to give Trump a chance. In an attempt for unity the nation is trying to swallow what it bit off in this election. Unfortunately, even if America gets this mouthful down, it’s going to be awhile before that bad taste subsides.
TBA Registration Woes
By Joshua Copeland

Have you ever registered for a class and under “Professor’s Name” it says “to be announced”?

At Passaic County Community College, every semester is the same. Whether registering online or in-person on campus, it rarely informs students who will be teaching the course they are selecting.

A student runs the chance of dropping a course if the professor is unknown at registration. Most professors on the first day will inform students of their unique teaching style. A professor once told a class, “I have an accent and if that’s a problem, I suggest you drop this class.”

Every student should become familiar, if they are not yet, with their own personal learning style. Most students are familiar with a professor they had, at one point or another, whose monotone lectures put them to sleep, even after a Redbull.

If you are lucky, an instructor teaches the way you learn. If a student at least has a chance to know a professor’s teaching style in advance, students would have a better chance of completing the course.

Once you find a professor you like, you will take as many courses as possible with that same professor. There is a relationship students have with professors similar to dating; there are expectations, requirements, and deal breakers. If a student cannot connect with a professor on some level, the relationship is doomed.

It is hard enough selecting classes here at PCCC. With registration down, there are fewer class offerings and times. If that is not hard enough, we must select specific classes in our degree audit. A change in professor, in a class a student has failed previously, can be beneficial.

The next issue is even if you knew the professor’s name when registering it would not matter if the student is unfamiliar with the professor. Every teacher, whether full-time or adjunct, should be required to have an “About Me” page on Blackboard.

A quick biography about teaching style and general temperament would be extremely helpful to students. If a professor knows that they have a predominant lecturing style, for example, they could state this. They could also specify exact expectations for students who attend their classes and include common practices of students who do well in their classes.

PCCC staff might say it is impossible to know who will be teaching courses prior to the current 14-day period. Some of the reasons might be because 70% of the teaching staff are adjuncts or there is not enough registration staff to know ahead of time.

The reality is students are paying for an education and they deserve to know what they are buying. In order to invest in a new generation of college graduates to run our community, it is imperative students have every opportunity to succeed.

What EOF Did For Me, EOF Can Do For You
By Janiece Carter

In the summer, I was fortunate to be accepted into the EOF program at PCCC. I had my doubts and was very worried that I wouldn’t last the summer, or college. However, I was completely wrong about not being able to last. I had the most amazing professor that believed in me even when I didn’t believe in myself.

The summer program taught me so many things and brought out many strengths that I didn’t even know that I had. In addition, I was also introduced to resources and people that helped me strengthen my weaknesses.

For example, Mr. Ronald Chavious, EOF Education Specialist, in the EOF lab is the best at helping students revise and edit their papers.

Even though there were amazing times in the summer, there were also disappointing times and obstacles. Overall, I leaped over my obstacles and disappointments, prevailed, and got through it. By the end of the summer I was more confident with my writing and improved my areas of weakness.

When I started the EOF program I had just received a job; however, my mother wasn’t working. My mother didn’t have any money for the summer so we were forced to rely on family members to help us out.

This wasn’t the first time that my family had helped us out so that we could get by. This was my primary reason for coming to college; I never wanted to see my mother struggle like this again.

We cried, prayed, and comforted each other. Eventually I had to start using the money that I received from my job to buy food for the house so we wouldn’t go hungry. During this crisis, I continued attending class every day for those six weeks. It kept my mind off all the things that were going on and I put all my pain and emotions into my papers.

By the end of the six weeks I received an A in the class and jumped from DE-010 to college level English.

I remember when I came to the first orientation. Stephen Bryant, EOF Counselor, gave a speech to advise the students what was to come for our college career. He said one thing that stuck with me and got me through the summer. He said, “It’s not ‘can you,’ it’s ‘will you’.”

What EOF means to me is a chance. It means that I am starting somewhere so that I can finish. It means that I can be successful in whatever I do.

EOF gave me the hope and confidence back. EOF was very compassionate to give a girl like me a chance to have an opportunity to get an education and provide me with the extra support that I needed.

EOF has provided me with a family that I will always be a part of. I will be eternally grateful for EOF giving me a chance to further my education.

Who’s Your Academic Counselor?
By Faith Morris

When students come to register, we get placed on a long line, and get a blue paper with a number on it. We sit in a room of desks with hundreds of other agitated, impatient students. Hours later, we get called into a small cubicle, and we stare quietly at the unfamiliar face before us. “What is your major?” is always the first question asked. When I respond “Human Services,” I face a long moment of silence, followed by a piece of paper with a list of classes I have to take that semester.

“Next.”

Students would probably agree with me when I say we do not receive the right direction when we are advised by counselors in making academic decisions.

The main issue is that we are not seeing counselors who are advising in our majors. If a student says, “I want to be a nursing major” and the counselor is an English professor, they might not know the correct path for the student to take.

So I say to you, PCCC administration: guide students toward success, rather than just toward graduation. The administration, counselors, and advisors should come up with a better plan to get students registered.

We understand that money is tight, and it may be an issue to hire enough counselors to address our needs, but with proper planning, this can be less painful.

One suggestion for the college is to plan certain days for certain majors. For example, nursing majors can have specific days over the registering time period to come in and sit with a nursing counselor to get them a schedule, and so on and so forth, with every other major. This could be a good plan because then you have less students at a time waiting impatiently to be called on.

Many students spend more than two years at PCCC. By creating a way to make schedules for students who are on the track to graduation, it could help get students to the next step at a higher rate.

I have spoken to friends at PCCC that have told me straight that they feel they are wasting their time at PCCC and not getting anywhere. If a student feels their education is being wasted, there is an issue. College is not cheap, and if people are spending their money and more importantly, devoting themselves to a better life, they should never feel as if they are wasting their time.

PCCC is a great place to be. It’s a great place to learn, make friends, learn to live a professional life, and to become a smarter and more humble person. Making a change as small as that could be the change that we students need to be more successful.

November 2016
Donald Trump has been elected as the new president of the United States of America. As a citizen of this nation, I respect the ballot results, but these results beg some questions. How suitable is Donald Trump to be president? How safe do minorities feel? There is hate amongst both supporters and detractors of president-elect Donald Trump already displayed on the streets, marches, and worse, in middle schools. Our nation is divided, but we must reconcile our differences and find a way to piece our country back together. President Barack Obama has called for unification, respect, and working together for a greater purpose. His meeting with president-elect Donald Trump is an invitation to all of us to work toward a better society.

President-elect Donald Trump has also spoken about working together regardless of party affiliation. My hope is that his message will translate into an initiative for engaging in more tolerant, peaceful behaviors. However, the concern remains as Donald Trump is known for speaking his mind and not knowing when too much is too much. His words have tremendous power, as they resound in the minds of all cohorts, especially younger generations.

Trump represents every person in our country. All eyes are on him, and whatever he says will be taken as a measure for unveiling our nation’s true feelings. The USA is the most powerful nation in the world, and as such, every other nation looks up to us. Consequently, our diplomatic relationships with other nations can be as fragile as a whisper, and any thoughtless behavior or comment could vanish them. Our nation is more than just its president. It is its people and the work and morality that derive from them, all of which needs to be afforded respect and care.

I fear for what the results of this election may bring for many of us, not only internationally, but internally. I cannot speak for the thousands of Muslims that feel threatened and unsafe to walk within their own neighborhoods, or the disabled people that have been mocked, or the people of other faiths that fear oppression could knock on their doors unexpectedly. But I can certainly speak for myself. As a woman, as a mother, as a Latina immigrant, and as part of a minority group, I do not feel safe.

While there are indeed criminals amongst Hispanics, it is important to bear in mind that there are good, hardworking people as well. Therefore, it’s unfair for Hispanics to be under the same umbrella, while our qualities and assets are far from being mentioned. We have been labeled as criminals, terrorists, drug dealers, and for women, housekeepers.

The offense to one is an offense to all. I have the right to an education, and as the Constitution grants me, to the pursuit of happiness. Hence, as an educated woman, I feel compelled to raise my voice and remind everyone that we all have rights, and that many immigrants thrive in many fields.

I am an immigrant, a mother of three, and a woman. I am not a criminal, a drug dealer, and certainly, I am not a terrorist. Prejudices must be abolished. We need to set our differences aside, wake up to reality, and work together to make the most out of it.

On Trump Winning: Is the Show Already

By Katherine Tapia

Were you surprised with the election results? Are you happy?

Jigar Patel, Pharmaceutical major
“He’s a business person, and I run a small business. I hope he is going to help us increase the economy.”

Emily Choque, Biology major
“I feel like Hillary Clinton should have won because she has more experience in politics, and Donald Trump just won because so many people expect so much from him.”

Diana Ross, Nursing major
“I feel like Hillary Clinton should have won because she has more experience in politics, and Donald Trump just won because so many people expect so much from him.”

Glen Bencivengo, Reference Librarian at PCCC Main Campus
“Well, I’m very disappointed in the results of the election. I hope this country can survive. We all have to work together now, we should make sure that we do things that will help our country. When we feel that something is going in the wrong way, we have to fight back. I don’t believe in just laying down and not doing anything, but I will try to cooperate with everybody else. I’m just one citizen, I don’t have any power, but I’ll do the best I can.”