

Fall 2018

September 21st, 2018

Issue 1

The Crier



The College Life Staying Active: Exercise and Nutrition

AUTHOR: Leah McCarthy

According to research conducted at Northwestern University in 2014, “95 percent of college students fail to eat the recommended amount of fruit and vegetables, and more than 60 percent report not getting enough physical activity.” Proper nutrition and physical exercise is vital for students, and not giving your body what it needs could hold you back. In 2012, American Intercontinental University shared an article with three reasons why college students should make time for exercise and nutrition. First, exercise and proper nutrition helps the brain to focus and concentrate. When students are better able to focus, schoolwork becomes

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easier. You won't feel sluggish and will have more energy to tackle whatever project is thrown your way.

Secondly, exercise and nutrition help with memory retention. Does your brain ever just feel foggy and after hours of studying for the upcoming quiz; you still don't feel like you have the answers? Well, if you exercise and eat properly, you'll no longer have that problem. Studying will be easier and quicker.

The final reason that students should make time for exercise and nutrition is because they boost your mood and relieves stress. As a college student, classes can become overwhelming and stressful. If a student is working on top of taking classes, that stress can become overpowering and drastically impact your mood. It can cause students to feel depressed, but exercise and proper eating can fight those feelings and help boost your confidence.

SUNY Corning Community College offers many outlets and help to all students when it comes to exercise and eating properly. Professor Brian Hill, one of the professional sports/health professors at CCC, offers practical and fun ways to stay active and eat properly. His Nutrition for Exercise and Sport and Weight Training classes are excellent. A vegetarian himself, he guides students in a Vegetarian Adventure, providing them with sound instruction and leading them through healthy habits that can last a lifetime. Other credit courses include Principles of Getting Fit; Walking; Eating Well; Nourishing Mind, Body, and

Spirit; and many others that offer exceptional ways to boost overall health and mood. Additional ways to stay active are participation in intramural athletics or a hike at Spencer Crest Nature Center.

Did you know that CCC offers free BMI tests and exercise/nutrition consulting? On the lower floor of The Commons, past Public Safety is the Health Office. There professional and welcoming nurses serve all students on campus.

Lastly, CCC offers a comfortable and completely free fitness center for all students to workout. All you need is your CCC ID. Locker rooms with showers are available for changing between workouts and water fountains are available on the first floor.

Take advantage of these outlets offered by CCC, and take a step towards boosting your overall health and mood. It could help you do better in school and be overall happier.



Freedom of Speech and Football

Author: Vianna Koegel

For years, issues such as police brutality and the right to protest have divided our country.

From 2016 until now, one of the most controversial instances has been Colin Kaepernick's decision to kneel during the national anthem before a football game. In September 2018, Nike decided to use Kaepernick for its 30th anniversary of the *Just Do It* slogan, reigniting the controversy. The company also agreed to donate to his "Know Your Rights" campaign.

Colin Kaepernick first played college football for University of Nevada. He was drafted in 2011 by the San Francisco 49ers and became a starting player in the middle of the 2012 season when a player got a concussion. He left his contract in 2016 after the controversy and became a free agent.

Before the 49er's third preseason game, Kaepernick stayed seated while the "Star Spangled Banner" was played. When asked for his motive, he said, "I am not going to stand up to show pride in a flag for a country 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 and getting away with murder." He took a knee at the fourth and final preseason game and continued to do so through the normal season.

Many people took offense to his act



of protest. Some saw it as disrespect towards U.S. veterans and the country itself. Some believed that the NFL should fire players who kneeled. However, others understood the message that Kaepernick was trying to relay and supported him. Others just wanted politics to stay separate from a sport that they enjoy watching.

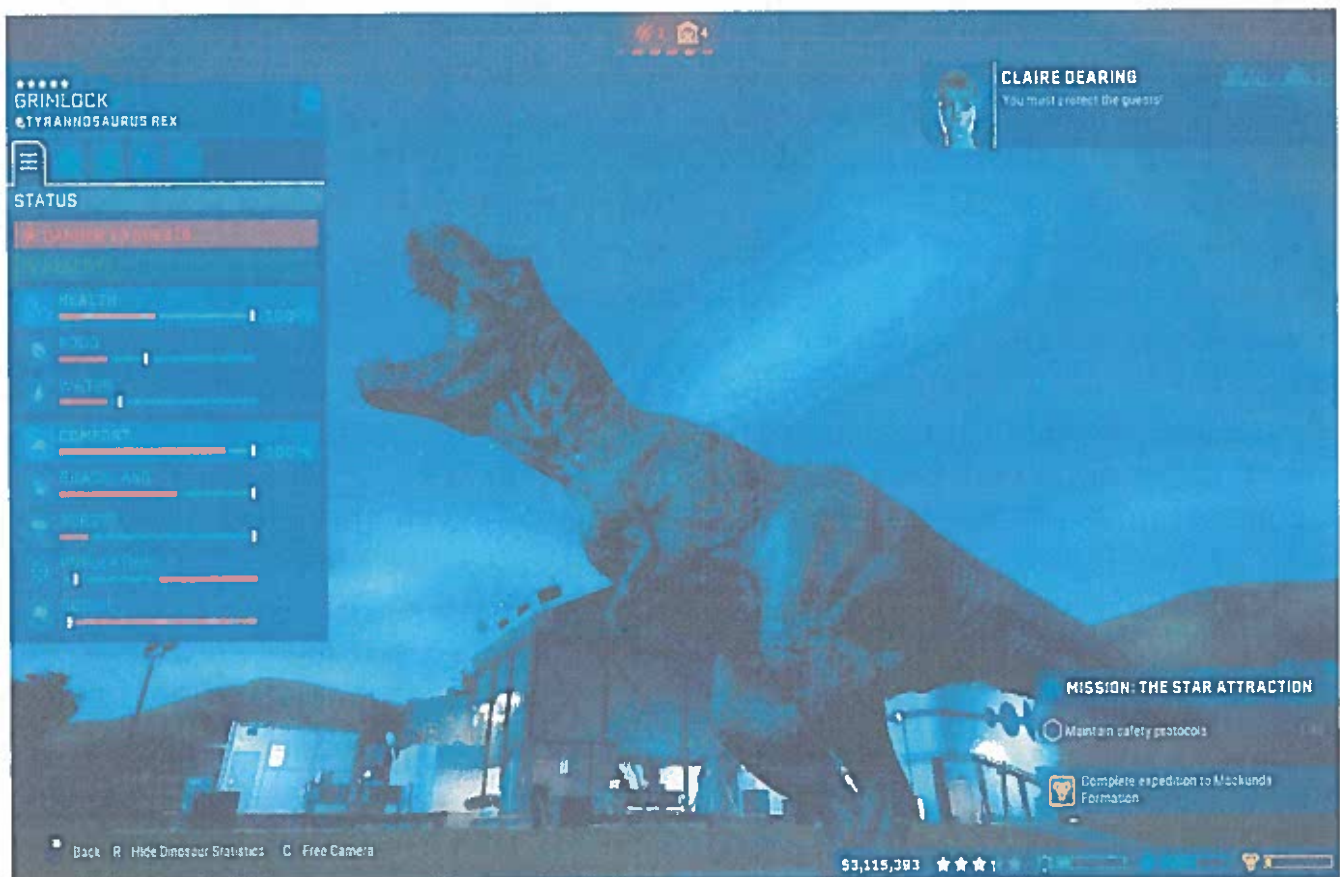
Earlier this month, Nike decided to use Kaepernick in their ad. The ad shows his face and says the phrase, "Believe in something, even if it means sacrificing everything," referring to the protests. Ever since Nike released this ad, the country has been split over the issue. Many people are taking videos of themselves burning their Nike merchandise, and some are boycotting. Others are very supportive of Kaepernick, and overall, Nike's sales have risen 31%. This leads to some important questions: Should companies stay out of politics? Should the First Amendment right extend to everyone, whether they are protesting unjust issues or protesting a company's choice to support a political act? These issues concern the whole nation and will continue to divide us until the issues are addressed.

Jurassic World Evolution

AUTHOR: Jake Gross

Jurassic World Evolution, the latest release from Frontier Developments, places you in command of your very own dinosaur theme park. Released on June 12, the game takes place on Las Cinco Muertas and the infamous Isla

game fills in some gaps chronologically between 2015's Jurassic World and this year's Fallen Kingdom, the latter of which the game was released in connection with. Throughout the gameplay, new and old characters give



*Excuse me Claire, but who let the Indominus loose on Nublar?
Oh yeah, not me!*

Nublar. The player has to contend with tropical storms, rampaging living fossils, and picky walking Happy Meals; excuse me, *valued guests*. The

their two cents and help progress the story, including the famed chaotic Dr. Ian Malcolm, once again voiced by the excellent Jeff Goldblum. Bryce

Dallas Howard and B.D. Wong also reprised their respective roles of Claire Dearing and Dr. Henry Wu. The game starts out on the tranquil Isla Matanceros, ending on Site B, Isla Sorna. As the player progresses through the islands, they unlock access to new buildings and upgrades, such as Monorail stations, bowling alleys, and gyrospheres. Currently, forty-eight species of dinosaurs are available in the game, each able to be personalized with names and certain genetic modifications to their behavior and skin color. These include the iconic Tyrannosaurus Rex, the cuddly Triceratops, the fearsome Indominus Rex, the long necked Apato- and Brachiosaurs, the pack-hunting Velociraptors and the terrifying Indoraptor. The player gets more in-depth control over managing their parks by being able to manually drive and fly the Ranger jeeps and Asset Containment Unit helicopters. In an update that released on Sept. 13, several changes that were primarily player-driven hit the game. These included size changes to the T. Rex, Ceratosaurus, Giganotosaurus, and Spinosaurus and the ability to view the dinosaurs from attractions, as well as infinite lifespans and dinosaur feeders in the sandbox mode. A new challenge game mode, reminiscent of Jurassic Park Operation Genesis from fifteen years ago, places players behind the eight ball with time constraints, increased difficulty, and tax-

es as the player attempts to five star a park on Nublar. Isla Nublar, the titular setting for the original novel, and three out of the five movies, acts as the sandbox island. Everything you unlocked in Las Cinco Muertas is available, as well as the ability to “..spare no expense..” as John Hammond would say. There are a number of achievements available that reference the movies, some of which unlock special skins for your Ranger teams such as the 1993 Jeep from the first Jurassic Park movie.

Sound exciting? Jurassic World Evolution is available on Steam, Playstation, and X-Box.



Common Seasonal Traditions

AUTHOR: The History Club

We all love fall don't we? The weather becomes cooler and the leaves turn red. Though many of us take for granted the various traditions that accompany the season, you may be surprised to hear the origins of some of our beloved fall-time culture.

As you might have guessed, Pumpkin Spice is first on this list. With about eighty-six million hits on Google, and more than 200 million cups sold (that's Starbucks alone) since its inception, isn't it a wonder how this drink became so popular? Pumpkin Spice, in its purest form, is a blend of the household spices cinnamon, ginger, nutmeg, allspice, and cloves. Yet after its premiere in 2003, the flavor has been all the rage with the Pumpkin Spice Pringles, hand soap, makeup setting sprays, and even shampoos. In the end, the credit for the rapid rise and popularity goes to the Seattle based Starbucks.

Another iconic fall-time tradition is Homecoming. This event's original 19th century purpose was to welcome home alumni and former residents back into the area. It generally revolved around a central event such as a dance, game, or feast. And it worked! The first recorded Homecoming event was in 1911 when the University of Missouri held a "Homecoming Football Game" for postgraduates and locals. Since then, many new activities have been incorporated to the day such as bon-

fires, pep-rallies and the creation of spirit week.

Not least of the fall traditions is the annual turkey pardon performed by the President each Thanksgiving. Off the record, the first turkey pardoned occurred in 1947 under President Harry Truman, though there are records of the former President admitting to still eating the dish. Officially, President Ronald Reagan is the first American President to "pardon" a turkey. This did not occur until his final year in office, but his successor, George H. W. Bush, did continue it during his first year in office in 1989 in response to the protest of animal rights activists.

All in all, autumn has some pretty exciting traditions aside from the main holidays. Be sure to cash in on all the fun catching rays for last times, settling down with your favorite warm drink, and enjoying the prolonged nights.



Is That Tree Real? Probably.

AUTHOR: Max Rogers

On a clement day in fall you're walking down Market Street and notice how cool the air is and how a brick sidewalk is un-settled by a tree planted in a soil cutout. These things provoke our senses so often that the image of a tree and the feeling of cool fall air are very easy to remember and not taken at a second glance.

You can touch the tree with your hand and see it with your eyes. To ask whether or not the tree really exists seems like a non-question. It's a type of question taken very seriously by French Enlightenment era philosopher René Descartes.

Descartes felt obliged to write one of the most important philosophy works of the 17th century, *Meditations on First Philosophy*, to find out whether or not we know that the tree is real. Descartes sets out to answer an epistemic question: how do we know that what we think we know is true? An epistemic question is one that relates to the theory of knowledge, that is, what we are able to know and how we can find out. In the first of his *Meditations*, Descartes argues that there is no way we can be sure that the tree exists. Lmao.

Descartes first imparts that he wants to find out what is "indubitable," meaning what we know to be absolutely certain. The belief that there are things that cannot be doubted and can be used to serve as justification for other beliefs is called Foundationalism. Descartes thinks about how he's able to look at his own hand and see that it's real; it exists in reality. This, along with the paper he writes on and the fire he sits next to, must be real, right? Descartes entertains this assumption until he remembers that there are times when his senses

trick him. This happens to many of us. Say you see someone walking toward you from the end of the street who you think is your friend until you're closer to them and realize that they aren't your friend but a different person who you mistook for your friend. Because of instances like this, Descartes argues it is wiser to doubt the senses, and they can deceive. He then argues that under better conditions for observation, it's reasonable to trust the senses, like when you're able to see your friend from close up, or like when you're looking closely at the tree on Market Street during the day time.

This he also entertains until remembering that during sleep he's dreamt very vividly and has mistaken his dreams for real life. People who lucid dream also experience dreams that are so similar to real life, the distinction between real life and their dreams may become blurred. This is argued by Descartes to be a reason that even what we can see and observe with our senses can be doubted! Because we can't be sure that what we are experiencing right now isn't an extremely vivid dream, we can't be sure that any of it truly exists, according to Descartes.

This isn't Descartes's final conclusion on the topic! He goes on to doubt even that we can doubt that the things we dream about don't exist in reality.

Whether the tree exists or not, I'm still able to walk to class at the Chemung building and complete my degree requirements. I won't worry about what a 17th century French philosopher said about the trees I pass on my way there, but still, I could be dreaming...

Sustainability: Low Mow

AUTHOR: Leah McCarthy

Six years ago, SUNY Corning Community College adopted the low mow initiative in effort to be more environmentally sustainable. What is low mow? It is not mowing areas of lawn that do not need to be mowed. This initiative is sustainable for the environment for a few reasons.

First, not mowing the unneeded spaces of lawn on campus saves energy, prevents the emission of fossil fuels, and saves the use of manpower. In the span of a year the amount of energy saved adds up and leaves a positive impact on the environment.

Second, not mowing or only mowing in certain areas on campus once a year encourages the growth and regrowth of native plants. (Examples would be goldenrod and milkweed). These native plants foster a home to bugs and wildlife, preserving their natural environment.

Next time you walk around campus, look around; you may see a low mow sign. If you do, take note of the beautiful native plants and wildlife, considering how much energy was saved by simply giving them a home.



#CheckUsOut

AUTHOR: Leah McCarthy

Every semester SUNY Corning Community College hosts the famous #CheckUsOut, bringing students together. This event is special because every club on campus is gathered into one place, providing an exciting clash of student interests and ideas.

This semester #CheckUsOut was held on August 30th. Tables lined The Commons open floor with waiting club members ready to greet passers-by, and waves of students filled the table-lined halls.

If you were one of those walking among the wave of curious students seeking out ways to get involved, then you can recall the sound of Christmas music played by the theater club, Muse of Fire, echoing off the walls. You may also recall the brightly colored balloons at the Student Association Executive Board table, the free T-shirts, or the calling out of giveaways from Student Life. Also, how could one forget the free pretzels handed out by CCC's President, Dr. Katherine P. Douglas next to the American Sign Language and Chess Club tables?

If you missed this exciting event and were not among those excitedly taking in the long row of busy tables, but would still like to join a club, it isn't too late!

Simply type "Corning Community College Clubs" into your browser, click on the first link, and scroll down through the long and diverse list of clubs with attached contact info.

Find those who share your interests on campus, and join one of CCC's 25+ clubs!



Women's Home Soccer Game: The Corning Barons vs. The Jefferson Canonneers

AUTHOR: KAITLYN KOWALSKI



The Game Has Just Begun

The Corning Red Barons emerged victorious against Jefferson Canonneers Sunday, September 16th; SUNY Corning Community College's women's soccer team dominated the field, securing a 5-0 lead over their Canonneer rivals. On the bleachers, the audience donned parasols, bringing both chairs and sunscreen. A sweltering game was upon the Barons and the Canonneers, and both teams stood their ground.

Barons Exude Promise

Despite various failed attempts by the Corning offense to score a goal, the Barons persevered, and freshman midfielder, Laura Kercher, stealthily snatched the Barons a 2 to 0 lead against the Canonneers with less than 15 minutes left of the first half. The Canonneers' sophomore goalkeeper soared to the edge of the goal to halt her swift shot, only to plunge to the field as the soccer ball made contact with the interior of the net.

Teamwork Makes the Dream Work

As the audience cheered, the Corning Red Barons formulated a tremendous play, and the ensuing goal was assembled: Laura Kerch (#7) sends the ball to CCC's Sophomore Forward Taylor Sutryk (#1), who then delivers to Sarah Proper (#8). Proper, the Baron's freshman defense, thus triumphs with a nimble kick into the goal, scoring the third goal of the evening.



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The Corning Barons certainly radiate positivity and community both on and off the field, loudly declaring their openness to receiving a pass and also developing unifying friendships outside the field; consequently, the team is well organized and highly communicative, promoting its success over the season.

On Da Fence For Strong Defense

With a quarter of eight minutes of the game remaining, both Corning and Jefferson goalies fiercely warded the ball away from the net.

However, the Corning offense more frequently arrived in a position for a potential shot as the Baron's defense was

consistently steady, and they were excellent guarded against an offensive strike by the Canonneers.

Refreshing Red Baron Lead

At the arrival of halftime, the Corning Red Barons were up 3 to 0 against the Jefferson Canonneers. This break provided ample opportunity for the teams to rehydrate and refresh. Finally, the players were able to shield themselves from the broiling sun, which burned the individuals without sunscreen. Fortunately, the audience was prepared for the heat, and the rivals powered on throughout the match in spite of the hot weather, which progressively cooled over the course of the game but was hot, nevertheless.



Barons Hustle, Canonneers Crumble

Would the Corning Red Barons maintain their lead over the Jefferson Hornets throughout the second half? Or would Jefferson be able to rise to victory despite their current loss?

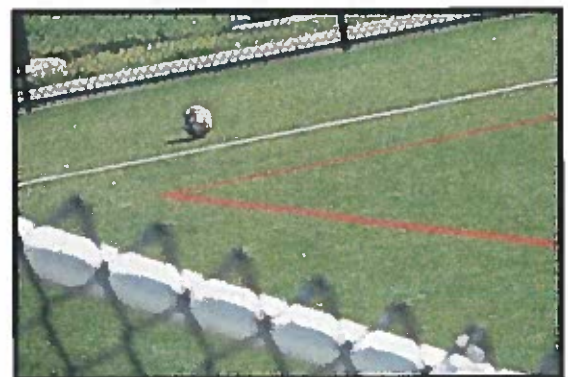
Laura Kercher (#7), a freshman at CCC, was determined to continually hustle throughout the second half as she knew that “even if you let up one bit, the whole game could turn around.” Thus, Corning would “keep fighting till the end,” in spite of their 3-0 lead, as to hinder Jefferson from scoring and turning the tables. They would claim the win just within their grasps by never ceasing and by keeping up their guard.

If They Don't Floss, That's Their Loss

As the second half begins, the Jefferson Canonneers wrestle perilously with the Corning Barons to score a goal. Ten minutes into the second half, midfielder Laura Kercher (#7) once again sets-up and delivers the ball to freshman forward Kerene Johnson (#19), who propels the soccer ball into the goal. After scoring the fourth goal of the evening (4-0), Kerene proudly celebrates with the trending choreography of the “floss-dance” and subsequently regroups with her teammates for the following plays.



Goalie vs. Goalie: One Will Prevail
In desperation to regain lost ground, the Canonneers fouled, thus granting Corning a penalty kick. Taylor Gray (#0), freshman goalkeeper of the Barons, scored the final goal for Corning, launching the soccer ball directly into the goal. Her precise trajectory of the high velocity ball into the goal caused the Jefferson goalie to miss the catch by a large margin, both in terms of speed and distance.



In contrast to Jefferson's goalies, sophomores Mikenna Merry and Kelsey McLaughlin, the Baron goalkeepers, freshmen Taylor Gray (#0) and Bailey McGannon (#99) have demonstrated a wider range for both their kicks and their tosses out of the penalty box and into the field. The Jefferson Goalies utilize an alternative strategy, and toss the ball gingerly to a teammate within their half of the field. Though the strategies diverged, the lengthy kicks of the Red Barons were quite successful in securing a win over the Jefferson Hornets.

Soccer balls kicked by the goalkeepers of the Corning Red Barons soar exceptionally far; three kicks in the second half by the Corning goalkeeper traveled approximately five eighths of the field, slightly less than three quarters across.

Corning Red Barons Eradicate the Jefferson Canonneers

Overall, Corning exhibited excellent defense, offense, and communication, contributing to their monumental plays. The crowd animated with joy as the Corning Red Barons captured their third win of the season. Currently, the Corning Red Baron's Women's Soccer Team has a 3-3-1 season, both winning and losing three games, as well as having a tie game for one match. Regionals could be in their future as the season progresses, and the next home games are September 29 and October 6 against Finger Lakes and Cayuga.

Get Your Kicks, and Come Support the CCC Women's Soccer Team!



Announcements

Student Life

Did you know that there are resources available to you in Student Life?

- Daily Snacks
- Free Food Pantry
- Giveaways

Stop by Student Life (located in The Commons) at any time to take advantage of these, and many other, resources available to you.

Every Vote Counts, So Register to Vote!

Learn about the issues, policies, and candidates; help shape the future; and let your voice be heard by voting on November 6th.

You can register at Student Support Services (CHM 100) or you can register on line.

NY residents last day to register is Oct. 12:
<https://www.elections.ny.gov/>

PA residents last day to register is Oct. 9:
<https://www.votespa.com/Register-to-Vote/Pages/default.aspx>

Want to stay updated on the latest events on campus? Follow @comingccevents on Instagram and Twitter!





Educational Planning Center

TRANSFER COLLEGE FAIR

Friday, October 19, 2018

11:30 a.m. to 2:00 p.m. - CCC Gymnasium

Meet with college admissions representatives and discuss your transfer questions.

Institutions registered as of 9/13/18.

SUNY University Centers &

Doctoral Degree Granting Institutions:

Binghamton University ----- Binghamton
 SUNY College of Environmental Science
 & Forestry (ESF) ----- Syracuse
 University at Albany ----- Albany
 University at Buffalo ----- Buffalo

SUNY University Colleges:

SUNY Buffalo State ----- Buffalo
 SUNY Cortland ----- Cortland
 SUNY Empire State ----- Corning
 SUNY Fredonia ----- Fredonia
 SUNY New Paltz ----- New Paltz
 SUNY Oneonta ----- Oneonta
 SUNY Oswego ----- Oswego
 SUNY Potsdam ----- Potsdam
 The College at Brockport ----- Brockport

SUNY Colleges of Technology:

Alfred State College ----- Alfred
 SUNY Canton ----- Canton
 SUNY Cobleskill ----- Cobleskill
 SUNY Delhi ----- Delhi
 SUNY Morrisville ----- Morrisville

NEW YORK - Private:

Alfred University ----- Alfred
 Canisius College ----- Buffalo
 Cazenovia College ----- Cazenovia
 Clarkson University ----- Potsdam
 Davis College ----- Johnson City
 Elmira College ----- Elmira
 Hartwick College ----- Oneonta
 Hilbert College ----- Hamburg
 Hobart and William Smith Colleges ----- Geneva
 Houghton College ----- Houghton
 Ithaca College ----- Ithaca
 Keuka College and Keuka College ASAP ----- Keuka Park
 Le Moyne College ----- Syracuse
 Medaille College ----- Buffalo
 Nazareth College ----- Rochester
 Niagara University ----- Niagara University
 Roberts Wesleyan College ----- Rochester
 Rochester Institute of Technology (RIT) ----- Rochester
 St. Bonaventure University ----- St. Bonaventure
 St. John Fisher College ----- Rochester
 Syracuse University ----- Syracuse
 The Sage Colleges ----- Troy/Albany
 Utica College ----- Utica
 Wells College ----- Aurora

OUT OF STATE:

Bellevue University ----- Bellevue, NE
 Bloomsburg University of Pennsylvania ----- Bloomsburg, PA
 Mansfield University of Pennsylvania ----- Mansfield, PA
 Pennsylvania College of Technology ----- Williamsport, PA
 University of Pittsburgh at Bradford ----- Bradford, PA

Questions?

Please see the Educational Planning Center, Commons Building, Main Floor

Lh/9/17 revRD 9/18

Write for The Crier!

If you want your voice to be heard, your ideas to be seen, enjoy writing and editing, and take great photos of campus life and events, The Crier is the student publication to showcase your skill and creativity!

\$20 per published article

\$5 if accompanying photo/s

E-mail articles and photos to CCCcrier@gmail.com

To facilitate payment, please include your CID number with your submissions.

Next Issue Deadline: October 1

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Discuss article topics and meet other students with a common interest in media and specifically journalism. Please visit The Crier on the MyCCC Welcome Tab for the meeting schedule and join the conversation.

The Crier web page also includes deadlines for every issue, back issues of the paper, and other information.



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