NEW CONCERNS OVER VAPING

FDA in process of creating new regulations for e cigarettes, will always evolve.

In November 2018, the Commissioner of the Food and Drug Administration, Dr. Scott Gottlieb, gave major electronic cigarette manufacturers like Juul and Blu 60 days to prove they can keep their products away from minors. He warned 1,100 retailers to stop selling the devices to minors and fined a number of them, proposing a ban on most e-juice flavors and adding age verification measures for the online purchase of e-cigs and juice.

The FDA's actions are a response to the mounting health concern around vaping, as last December they reported that 1.3 million more young adults are using e-cigarettes compared to 2017, and according to the National Institute on Drug Abuse as many as 37.3 percent of 12th graders reported vaping in the last year. Officials speculate this is because of marketable technology, sweet flavors and easy access.

Currently, the FDA is formulating new, stricter regulations on e-cigarette marketing, including limiting the flavoring options of e-juice and restricting their use in public areas as part of the FDA's ongoing "Youth Tobacco Prevention Plan" that has been updated to include e-cig terminology.

As the new year begins, the official regulation being put in place by the FDA will require e-cigarette manufacturers to report levels of Potentially Harmful Constituents by August 2019, and there is currently no tax on their sale.

Vape Still Contains Highly Addictive Nicotine

SMOKING is the leading cause of preventable death in the United States. Most smoking products contain nicotine, an addictive and important part of tobacco. With the rise of electronic cigarettes, the growing concern about nicotine addiction is becoming a hot topic.

Nicotine releases neurotransmitters, such as dopamine, in the brain, which brings brief feelings of pleasure. According to VeryWellMind, it only lasts a few minutes, before a user needs another kick to prevent withdrawal symptoms. This causes an increase in smoking for an individual. The American Cancer Society says that as smoking becomes a habit, the body builds a tolerance to it. The tolerance means that more nicotine is needed to get the same effect as before.

The American Heart Association says that "nicotine is addictive - reportedly as addictive as cocaine or heroin." According to the 2016 U. S. Surgeon General's Report, nicotine is harmful for youth and young adults, no matter how it's administered in response to the rise of e-cigarettes. Users risk exposing themselves to potentially harmful chemicals that can damage their respiratory system and lead to more deaths.
Kress answers student questions

President Kress’ WMCC interview took questions live, on-air, from representatives of WMCC The Pulse and the Monroe Doctrine

President Anne Kress is seen answering a question posited by Monroe Doctrine Editor in Chief Jo Finley, broadcast live on YouTube

JOE FINLEY
EDITOR IN CHIEF

As a collaboration between student media, Cassandra Roberts with WMCC and Jo Finley from the Monroe Doctrine interviewed President Anne Kress in December with questions from students on a myriad of topics, broadcast live in the dining area on Dec. 6. The following excerpt shows a truncated version; the full transcript can be found at https://tinyurl.com/AskAnneKress2018.

Finley: What would be your message to students that are worried about what this says about MCC as a whole?
Kress: I would say there's a lot of noise out there and I don't want it to be distracting for them. And I don't want it to take away from anything that they believe about MCC... I would tell [students] that the issues that you're seeing are between employees and management, and we will address them, to be sure.

Roberts: Why are you hiring more administration if enrollment is down?
Kress: When you look over the past decade, going into the 2017-2018 academic year, we had as many administrators as we had in 2007-2008... The vast majority of our budget, when you think, we have about 30 administrators.

Finley: What do you think is the best plan of action for you to get the confidence back from the faculty that you've lost?
Kress: I think coming together around discussion, sitting down at a table and having really difficult discussions about the path going forward.

Finley: Are you at all worried about the faculty as upset that they are that someone might ask you or call for your resignation, considering recent events?
Kress: I'm not afraid... That's the confidence back from the faculty that you've lost?

What about the U-Pass?

When asked about the future of the RTS U-Pass, Dr. Kress responded that "MCC is still in discussions with RTS at this point. We don't see the level of adoption of the U-Pass that we would have anticipated... but what we do see is for the students who are using it, they're using it a lot... Rather than say, 'let's have everyone have access,' maybe what we want to do is make access available for the students who really do."

What about the Rwandan Genocide Remembered on Anniversary

Former NBA star to speak at MCC

In celebration of Martin Luther King, Jr., MCC welcomes ESPN Sports Analyst and former NBA and NCAA star Jay Williams at 5:30 p.m. in the Theater on Feb. 13. He will be speaking about his recent memoir, "Life is Not an Accident: A Memoir of Reinvention," his career as a basketball player as well as his time as a broadcast announcer and color commentator.

Originally conceived by Henry Brown, mail services coordinator and planning committee chairman of the MLK event, Williams was selected due to his success story, but also because of the relatable themes in his story. The message of the event is "Be the Best But Don't Break," regarding how his career was forever altered after his life-changing accident, and how he persevered regardless. Brown hopes that Williams' story of "tragedy-to-triumph" will help convince students that are struggling through life to "stay the course", proving that by keeping your head up, "[anyone] can overcome their trials and tribulations."

This event is sponsored by the newly-named MCC Diversity, Equity and Inclusion Council, as well as Academic Services, the PRISM Multicultural Center, the Office of Student Life and Leadership Development, the Student Union Men of Excellence, the MCC Bookstore, Admissions and the Athletic Department.

Tickets are $5 to students and $10 to the general public, and can be purchased at https://www.monroetickets.com or at the information desk in the atrium.

Black History Event in the PRISM Multicultural Center

Celebrating Black History Month, the PRISM Multicultural Center is hosting two events.

Famous Black leaders and a series of posters called "Did you Know" will be on display during the entire month of February, featuring eye opening facts and a Black History challenge. In partnership with the Black Student Union, the SGA and the Hospitality Club, PRISM will host a "SOUL FOOD LUNCH" at 12 p.m. on Feb. 26 in the Multicultural Center for $3.

In honor of the 25th anniversary of the Rwandan genocide, the Holocaust, Genocide and Human Rights Project has three events planned.

The film "Hotel Rwanda," starring Paul Rusesabagina, at 7 p.m. on Feb. 13. He will be speaking about his recent memoir, "Life is Not an Accident: A Memoir of Reinvention," his career as a basketball player as well as his time as a broadcast announcer and color commentator.

Tickets are $5 to students and $10 to the general public, and can be purchased at https://www.monroetickets.com or at the information desk in the atrium.

Rwandan Genocide Remembered on Anniversary

In honor of the 25th anniversary of the Rwandan genocide, the Holocaust, Genocide and Human Rights Project has three events planned.

The film "Hotel Rwanda," will screen at 5:30 p.m. on Feb. 26 in the 3-130 Forum, there will be an exhibit of student artwork shown at 5 p.m. on Feb. 28 in the Mercer Gallery and the annual Voices of Vigilance program will feature the character from "Hotel Rwanda," Paul Rusesabagina, at 7 p.m. on March 6 in the Theater.
JOE FINLEY
EDITOR IN CHIEF

Once a year, representatives from Monroe Community College attend a Lobby Day in Albany where they lobby for funding from state legislators. Leaders from administration, most notably President Kress, as well as faculty members make the annual trip in hopes that their discussions will yield more funds from the government, which the State is notorious for undercutting.

President of the Faculty Association, Bethany Gizzi, is usually among those making the trek, which she believes is an important event for the FA. “We meet with all of our folks and we tell them the reasons why it’s important for the state to support community college funding,” Gizzi said. “We tell them direct stories about the impact on students’ lives—especially given the funding structure—the state is supposed to be contributing 40 percent of the remainder through tuition, based on the amount of funds provided. This creates another issue, as the College’s response to contract negotiations with the FA has been due to a lack of available funding. From the perspective of the faculty and unions, this pits them against the students, something that bothers Gizzi greatly. “Whenever we’re saying that we want the College to pay for our contract the College is then able to say, ‘Do you want us to pay you, or do you want us to pay the students? Increase tuition so we can afford to pay you?’” Gizzi said. “Obviously, we don’t want that. We want the state and the county to pay their fair share.”

Unfortunately, the trip coincides with the date of the third mediation between the FA and the College regarding the ongoing contract negotiations, so Amanda Colosimo, president of the Faculty Senate, will be lobbying on behalf of the FA. She will also use the opportunity to talk to legislators about other grievances the FA has currently, as well. Organized by the New York State United Teachers labor union for statewide community colleges, this year’s Lobby Day falls on Feb. 11 and 12.

No Confidence Update

Following the December Board of Trustees meeting, Chair Barbara Lovenheim called the No Confidence vote’s integrity into question over back-and-forth communications with Faculty Association President Bethany Gizzi and Faculty Senate President Amanda Colosimo, stating the Board hopes to “move forward from this acrimonious time” with a call to “put aside [their] differences.” However, the joint FA-FS response continues to be persistent in their request for an “evaluation of President Kress and her leadership team”.

Negotiations Ongoing

Round two of contract negotiations for the Faculty Association took place on Jan. 9. The Director of the NYS Public Employment Relations Board was brought in to assist, to no avail. The FA reported assembling a new salary model that the College turned down. The College’s continued message is that, “Out of respect for [the FA] and the negotiation process, we won’t publicly discuss details of the proposals.” They reconvene on Feb. 12.

Corrections:
• In “Kress’s Crises of Confidence” from Issue 5, CSEA employees were described as including staff that is represented by the Faculty Association.
• The photo caption for “Kress’s Crises of Confidence” incorrectly labels President Kress as a member of the Board of Trustees.
• In Issue 5’s article regarding the suspension of Tim Parrinello, it was incorrectly stated that MCC announced his suspension and that the cause of which the school’s official statement is that this is a personnel matter and no further comments can be made. The conclusion drawn were taken from the Democrat and Chronicle's reporting on the story, not direct communication from the College.

MCC Heads to Albany for Lobby Day

Representatives from the faculty and administration lobby for more state funding from legislators.
READY TO CUT THE CORD?
JUMPING ON THE LATEST TREND IN TV VIEWING

New Streaming Services

Disney is scheduled to be launching its own video streaming option by the end of 2019. The new service, Disney+, will be joining the ranks alongside Netflix and Hulu.

AT&T plans to debut WarnerMedia centered on HBO. Apple is also expected to join the video streaming world, as well as NBCUniversal. Other streaming services already in the field are Amazon, Hulu, and Netflix. Amazon has a streaming service that charges $13 a month or $120 a year. For an ad-free Hulu subscription, it's $12 a month. Finally, Netflix's most popular plan is $13 a month.

Channels like Fox, ESPN, CBS, and Showtime will also be joining the act, AP News says. Research group TDG predicts that "every major TV network will launch a direct-to-consumer streaming service in the next five years."

With these new streaming services in the field or expecting to join the field, the question of who to invest in is brought up for many potential subscribers.

Not counting the services that have not been created, if an individual were to subscribe to Amazon, Hulu, and Netflix, then they would pay about $40 a month, which is still significantly cheaper than what it costs to have cable.

The USA Today reports that the two largest cable companies, Comcast and Charter Spectrum, both increased their prices at the end of 2018. DirecTV and the Dish Network also raised rates. The Verge also reports that Spectrum's new rates "will add $100 yearly to the current cost of service."

Even cable TV alternative services, such as YouTube TV and DirecTV Now starts at $40 a month, which is much cheaper than Spectrum and Dish.

So, cutting the cord seems like the best option for saving money. Is it?

The cost of internet increases the bill, which will probably lead to paying the same thing as before, as reported by the USA Today.

This final price can definitely increase as Disney, Apple, Warner Media, and NBCUniversal release their services to the public, but it doesn't have to. It's about knowing what services will work best for the viewer that can help balance the costs.

"Cord-cutting" requires subscriptions, internet, and knowledge about the devices needed to connect.

Consider the Technology Needed to Keep Up With Streaming

The rise of streaming services means that other devices besides a basic television are needed. This can get costly depending on what an individual will use the most and is willing to invest their money in.

First, there's the smart television. A smart TV can cost between $100 and $1,000 depending on the brand, like Roku TV, Samsung TV, LG, Sony, Vizio.

These devices usually have Netflix, Hulu, Amazon Prime, and more built into them. The viewer can download them and get access to TV everywhere apps or standalone streaming apps, according to the Verge.

However, the Verge also writes that "the best way to maximize... content selection is to buy a set-top box like Roku Premiere, Amazon FireStick, or a Google Chromecast, or an Apple TV. According to Money.com, these can cost between $35 and $69. Users can access similar apps as the smart TVs through this."
As technological innovations have propelled the broadcast television industry into different formats, accessibility is now as easy as ever. This is thanks to the internet and streaming applications with the ability to download anything in an instant to our phones, tablets and computers, breaking the previous limitations of cable TV.

**Netflix Raises Subscription Cost**

Earlier in January, Netflix announced that its most popular plan will increase from $11 to $13 a month for HD streaming. Its most expensive plan will increase from $14 to $16, and the most basic plan will increase from $8 to $9.

“We change pricing from time to time as we continue investing in great entertainment and improving the overall Netflix experience,” the company said in a statement.

With new video streaming services coming into fruition, Netflix has to keep producing original content to keep subscribers, especially with the possibility of having much of its content pulled. This original content is not cheap. AP News reports that Netflix burned through $3 billion last year and is expecting to do so again this year. It has already accumulated almost $12 billion in debt and in October 2018, borrowed another $2 billion.

The price increase will help Netflix stop going through so much money. According to AP News, new subscribers will be paying the new price, while a roll out plan will affect existing customers over the next three months.

Shortly after the Netflix announcement, Hulu announced their new prices beginning Feb. 26. Its base, ad-supported subscription plan will go from $7.99 a month, to $7.99 a month, to $5.99.

**Netflix Squashing Password Sharing with new software**

A new software created by Synomedia can track and monitor password sharing of Netflix accounts. It was revealed at the 2019 CES tech show in Las Vegas. This new technology can affect how many people have access to Netflix.

A study done by Hill and Magid revealed that 35 percent of millennials share passwords for streaming services. The numbers have gotten high enough to concern Netflix, especially with the younger generations coming into maturity. They have access to their parents' or guardians' Netflix accounts and never make their own because it's all being paid for.

According to The Verge, the service provider will have final say in what to do in regards to sharing passwords. Shifting down accounts may occur when credentials are being sold online to multiple users, but if the password is being shared between family, an email might be sent suggesting a premium account.

This crackdown on sharing passwords is new, but not unexpected. In the 2016 CES review, Netflix CEO Reed Hastings said password sharing "hasn’t been a problem". CNET reported that Hastings explained how sharing passwords can bring new clientele. This way of thinking seems to have changed as Netflix takes a hit economically.

Parks Associates reported that Netflix has lost almost $10 billion due to credential sharing. Not to mention, Netflix has built its empire on debt. The company borrows more money than it makes to provide viewers with constant flow of entertainment, and investors are starting to get antsy.

According to the New York Times, share prices have dropped more than 25 percent with only a few surges since July 9, and Variety reports that as of Sept. 30, 2018, the long-term debt of Netflix is up to 8.34 billion dollars.

Aswath Damodaran, a New York University finance professor, who has examined the company's numbers closely said, "Netflix's fundamental business model seems unsustainable. I don't see how it is going to work out."

The new software will be beneficial to Netflix as it will hold people accountable and paying for the content they got for free for so long.

**Get Broadcast TV for Free; Use a digital antenna**

Buying a digital antenna is an inexpensive way to cut cable, but still watch live TV at home and without a streaming service. Television antennas can cost upwards of $100, however some of the best antennas are being sold between $10 and $20 in Amazon.

Lifewire reviewed a few antennas and came up with a list of the top seven. The most popular on this list is the Win-egard Flatwave Amped which retails on Amazon for a one-time fee of $49. It includes "a signal amplifier that broadens the reception range to 50 miles," Lifewire writes.

It also includes Clear Circuit Technology, which can help in cutting out signal intrusion from cell phones or radio stations.

A tester of the an HDTV antenna from Amazon said, "you get what you pay for, and by that, I mean on stormy days, the signal suffers slightly, and you sometimes have to move the antenna around your room for different stations."

With the rise of streaming services, though, many people are choosing to pay a month-to-month subscription. The TIVO Bolt OTA costs $250 which allows viewers to watch recorded shows on various devices and shows from Netflix, Prime Video, Hulu, and other streaming services on the Bolt OTA. There are different ways to pay for this service: either $7 a month, $70 annually, or a one-time payment of $250.

This is one of the more pricier options, but it mix streaming services and over-the-air content well.

In general, the overall take-away of digital antennas can be summarized from this Lifewire reviewer who writes, "if you don’t want to pay an exorbitant monthly fee for cable, this product is definitely worth it."
The Finale for Candy Conversation Hearts?

The beloved Valentine's Day candy has been sidelined with the fall of NECCO corporation.

MIRANDA MARTE VELEZ
NEWS EDITOR

The United States' most popular Valentine's Day candy will be missing from the shelves this Feb. 14. The SweetHeart conversation hearts candies are not going to be sold this year due to ownership change.

SweetHearts was created by the New England Confectionery Company (NECCO), which is the oldest continually operating candy company, according to the CandyStore.com Blog. They were making SweetHearts starting in 1886 and ending last May when the company went out of business. According to the Food and Drug Administration about food safe violations. This included "significant evidence of rodent activity" and unsanitary conditions." The company switched ownership a few times after this, before Spangler Candy, known for its Candy Canes and Dum Dums, bought NECCO in September 2018.

Eight billion SweetHearts are made every year, according to Spangler Candy's website. CandyStore.com writes that it took NECCO 11 months to make this amount and only six weeks to sell through.

Production never restarted for the SweetHearts after being re-bought, so it missed its chance to be sold in 2019. “It’s just not possible,” Kirk Vashaw, Spangler’s chief executive, said in reference to starting the 2019 batch for SweetHearts. “Doing it right takes time.”

Any SweetHeart candies sold by NECCO that are being sold this year are supplies from last year. There is a possibility that the candy will be back in 2020, Vashaw had said in a statement released by the company. It was later retracted, and instead, the official Spangler website uploaded heart shaped candies that read, “Miss U 2. Wait 4 Me. Back Soon.”

Fans of the candy and its nostalgia are waiting with crossed fingers for the return of the original SweetHearts. For now, knock-off candy hearts will be thriving during this Valentine's Day season, as buyers will not have the choice of Spangler’s newly acquired candy.

As for how conversation hearts do in New York, they take second place, according to the CandyStore.com Blog. The heart-shaped boxes of chocolates are first place and cinnamon bear candies take third place.
Men's Swimming

The Men's Swimming and Diving team has been on a run of fantastic performances to start the new year. Beginning with the Monroe Invitational on Dec. 1, where MCC hosted Erie, Geneseo, and Herkimer colleges, the Men's team took victory in numerous events. Headlining a successful meet was Tyler Bischoping, who won 2 events on the day. Bischoping, a freshman hailing from Nearby Rush, went on to set two pool records on Jan. 23 in the 500 free and 1000 free.

Also setting pool marks on Jan. 23 were Cameron Wagner and Greg Sanders, with Wagner setting a new mark in both the 200 free and 200 back, and Sanders leading the way in the 100 breast.

Logan Searle and Sean Mahaney, not to be outdone, continued their great performances following two victories a piece on Dec. 1 with one victory a piece in the 100 free, this win followed up an impressive three-victory performance at the Monroe Invitational on Dec. 1, where she took home the 50 breast, 100 IM, and 500 free events.

Emily DeClerck, the team's lone Sophomore, took two events at Roberts, winning the 50 free and the 100 back. This marks two meets in a row where she won the 100 back competition.

Samantha Pratt tied for the victory in the 400 IM, as well as taking second place in the 1000 free, before all three women, joined as well by Violet Hess, a freshman from Marion, took the 200 free to cap off an impressive day that fell just short.

Roberts Wesleyan took the non-conference victory with by a score of 163.5-68.5. The Women's team will look to get back on track at both the Jan. 30 WNYAC Quad Meet and the SUNY Geneseo Invitational on Feb. 2.

Women's Swimming

The Women's Swimming and Diving team continued their season on Jan. 23, with a visit to Roberts Wesleyan College. Highlighting the team's performances were a quartet of athletes from the local area.

Beginning with Katarina Sherry, a freshman from Fairport, who topped the 100 free, this win followed up an impressive three-victory performance at the Monroe Invitational on Dec. 1, where she took home the 50 breast, 100 IM, and 500 free events.

Samantha Pratt tied for the victory in the 400 IM, as well as taking second place in the 1000 free, before all three women, joined as well by Violet Hess, a freshman from Marion, took the 200 free to cap off an impressive day that fell just short.

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Records Fall for Swimming and Diving

Swimmers Bischoping, Wagner, and Sanders break records at Roberts Wesleyan meet.

Men's Basketball Struggles

After a fast start to the season, the Men's Basketball team has hit a rough patch, with only one victory so far in 2019. After December, where the team won two of their five games, the Tribunes have been unable to right the ship so far in the new year.

On Jan. 2, the Tribunes lost a hard-fought match-up to Geneseo Community College by a score of 66-63. Majesty Brandon logged 37 minutes of time on the floor, scoring 21 points on 8-16 shooting, and Omari Brown added 12 points as well as 7 rebounds in a valiant effort.

One of the main issues after the turn of the year has been poor shooting, with the Tribunes averaging 38 percent shooting from the floor so far in this year. Despite the shooting problems the team has refused to slack in the hustle department, out-rebounding the three of the four teams they've faced in 2019.

Look for the Tribunes to start to turn things around on the back of their good team play with games against Mercyhurst North East on Jan. 30 here at MCC, as well as a road matchup on Jan. 26 at Jamestown College.

Women's Basketball Soars

The Women's Basketball team came out victorious over Geneseo Community College by a score of 64-61. This victory marked a righting of the ship, coming on the heels of a surprise loss at the hands of Niagara County Community College by a slim margin, 84 to 79.

The victory on Jan. 26 marked a return to form for the team, as they have now won three of their last four games. Against Geneseo CC, Lyrik Jackson led the Lady Tribunes in scoring with 16 points, followed closely behind by Zoria West who added 15 points as well as 8 rebounds.

Victories have followed a clear trend for the team, with MCC making a habit of shooting more efficiently than their opponents. In fact, in the last stretch of good form, the only game the Lady Tribunes have been outshot was their surprise loss to Niagara County CC, where even their strongest effort couldn't overcome a hot night from their opponents.

Look for the winning ways to continue when the Lady Tribunes host Mercyhurst North East in a conference matchup on Jan. 30.

Sole proprietorship: A sole proprietorship, also known as a sole trader, is owned by one person.
The 91st Academy Awards will be held on Feb. 24 at the Dolby Theatre in Los Angeles, Calif, broadcast on ABC and streamed via their app and website live at 8 p.m.

**best actress**
- Lady Gaga, *A Star Is Born*
- Olivia Colman, *The Favourite*
- Glenn Close, *The Wife*
- Melissa McCarthy, *Can You Ever Forgive Me?*
- Yalitza Aparicio, *Roma*
- Christian Bale, *Vice*
- Willem Dafoe, *At Eternity's Gate*
- Bradley Cooper, *A Star Is Born*
- Viggo Mortensen, *Green Book*

**best actor**
- Christian Bale, "Vice"
- Bradley Cooper, "A Star Is Born"
- Willem Dafoe, "At Eternity's Gate"
- Rami Malek, "Bohemian Rhapsody"
- Viggo Mortensen, "Green Book"

**best picture**
- Black Panther
- Bohemian Rhapsody
- Black Klansman
- Vice
- Green Book
- Roma
- The Favourite
- A Star Is Born

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**our poll**

The Monroe Doctrine questioned 67 people as to whether they have seen any of the films nominated for Best Picture, the majority of 55 had with only 12 who had not.

The most popular nominated film that had been watched was Black Panther, and runner-up was Bohemian Rhapsody.

Of those respondents that had seen a nominated film most had only seen one, Black Panther.

Only 20 of the respondents said they would actually watch the Oscar telecast this year and most said they would not.