The tuition burden falls on students because the state and county are not providing the school with their share of money. "We try to match our expenses with our revenues," Simmons said. "And even though over the last few years, the students have been picking up anywhere from 46 to 49 percent of that burden, we try to keep it below the 50 percent level. It's not our intention or objective to charge more to the students." This continuing tuition increases means students may want to be aware of their bills and what they are being charged for, which may include housing, health, and technology.

One area to look at which affects students is lab fees. "Lab fees are assessed whenever we are teaching in a room that has equipment," Senior Budget Specialist, Denise Thomas said. "It's only if you're in one of those specialized rooms is a lab fee assessed." Those who do not fit into this category are not affected.

="The lab fees budget for the 2017-2018 MCC school year was $1.68 million, and the revenue collected for the same year was $2.44 million. However, this money does not go directly to departments. "It goes into the general revenue," Thomas said. "No revenue goes to any particular department." To provide for a specific department's needs, "we do have conversations with the departments, we do have different funds to pull from... grant sources we can go to... there's internal and external grants to go after, federal grants, and there's internal funding opportunities as well," Thomas said.

Once again, enrollment is a factor. "As enrollments have gone down, revenues have then gone down, and our budgets have gone down," Thomas said. "It's all related."
Counseling Services
Refocused But Still In Need

Counseling’s budget has decreased due to reorganization but the mental health needs of students is outpacing previous demands.

"MCC’s Counseling Center has seen a sudden and dramatic increase in the demand for mental health services at the college over the last few years," said Director of Counseling Services, Aubrey Zamiara, at a Board of Trustees meeting in February. She said there was a 64 percent increase of students seeking counseling services between the fall 2017 and fall 2018 semesters at the Brighton Campus. The most common mental health needs seen at the department were related to depression and anxiety.

Director of Health Services Jacqueline Carson said the previous Health Services director, Donna Burke, had a background in psychological triage. The department during Burke’s tenure also had a psychological nurse practitioner on staff.

"A fair amount of students with mental health and addiction issues came to Health Services instead of Counseling Services during Burke’s tenure," Carson said.

She said, when she took over Health Services they “no longer had a mental health provider on staff,” and a “tremendous influx” of patients for mental health and addiction issues were being referred to counseling services.

“There’s a huge demand for mental health now,” Carson said and added, everyone in higher education is having to do more with less.

“They need help now,” she concluded.

From fall 2016 to fall 2018, full-time student enrollment at MCC has decreased from 13,587 to 12,287, according to New York State’s SUNY government data website.

Counseling Services’ budget has decreased by $538,000 in the past three years according to a five-year Student Services budget obtained by the Doctrine. The decrease is due to a reorganization of the department’s scope of practice from academic and career counseling, to mental health. The mental health needs of students at the college has continued to rise, even as full-time enrollment has declined.

“When you look at the personnel changes that have happened, it isn’t because the institution is saying that this particular area isn’t important,” said Vice President of Student Services, Dr. Lloyd A. Holmes. “It’s because, through attrition, there are some positions that we just haven’t refilled.” Vacated positions not being filled is a trend for many of the college’s organizations as full-time enrollment has declined.

“Not only are these last-minute switches detrimental for adjuncts, but it can also negatively impact students in a very roundabout way. Situations arise where “an adjunct has been teaching a course for a lot of years only taught it a small handful of times. These situations can “be a disruption to the flow of learning,” Graziano said. It can mean the difference between having a professor with years of experience teaching a particular section versus having a professor who has only taught it a small handful of times.

Registering for classes on time may seem easy, but people can even report stuff to us anonymously. They do have that ability to,” Perez said.

Because Public Safety needs to the Code of Conduct rather than the Penal Code, Perez wanted to emphasize that nothing is truly below the bar of what should be reported.

"If it bothers you, and made you uncomfortable, you should be reaching out," Perez said.

No matter what the case may be, Public Safety needs as much information as quickly as possible, so that they can address the individuals appropriately.

"The more we know, the better," Perez said. "Someone telling us about something that happened last Wednesday makes it incredibly challenging."
In response to the "Harassment Creates Fear" article that appeared in the March 11 issue of the Monroe Doctrine, we, as leaders of MCC's Department of Public Safety and the Title IX Office, wholeheartedly agree that sexual harassment creates fear and has a detrimental impact on student success. MCC President Anne M. Kress recently highlighted this in a message to employees:

"Research shows that experiencing sexual harassment and violence has a real and lasting impact on students; it denies them the benefits of their educational program. A recent study of New England college students showed those experiencing sexual harassment and violence are more likely to drop classes and have lower GPAs. In another study, over 90% of respondents reported that sexual violence they experienced in college impacted their ability to realize their academic and career goals."

We commend provisional writers Kevin VanGee and Alex Hutton for bringing the issues of sexual harassment and violence to the front page of the Monroe Doctrine. MCC takes reports of sexual and interpersonal violence seriously.

If you are a member of the MCC community and have experienced any of the above, reporting options and resources are available to you. You can find out more information online at response.suny.edu by clicking on "Monroe Community College" on the dropdown menu.

- You have the right to make a report to MCC Public Safety, local law enforcement, and/or the state police or choose not to report; to report the incident to the College; to be protected by the College from retaliation for reporting an incident; and to receive assistance and resources from MCC.

MCC's response to a report of sexual or interpersonal violence is a coordinated, cross-functional effort that involves collaboration among multiple offices, including the Title IX Office, Department of Public Safety, Counseling Services, Health Services, Academic Services, the Office of Student Rights & Responsibilities, as well as local law enforcement and community agencies such as RESTORE Sexual Assault Services, Willow Domestic Violence Center, and the Legal Aid Society of Rochester.

Furthermore, MCC is committed to reframing the conversation surrounding campus sexual violence and educating our community about the shared responsibility of sexual and interpersonal violence prevention. MCC's core values are: integrity, excellence, empowerment, inclusiveness, collaboration, and stewardship. Creating and maintaining a culture of respect where students and employees feel safe and respected are central to our institutional values.

April is Sexual Assault Awareness Month and we urge all members of the MCC community to engage in one or more of the prevention and education programs MCC has planned. To learn more, follow @LoveBetterMCC on Instagram. In addition, if you have not done so already, please complete the SUNY Sexual Violence Prevention Survey. (An email from SUNY with the link to the survey was sent to students.)

Every voice counts and completion of this online survey is one way to ensure that your voice is heard.

Kristen Lowe is the assistant to the president for Title IX & Inclusion. Tony Perez is the chief of MCC's Department of Public Safety.
Eating healthy is only part of the solution because overeating is an issue on college campuses all over, said Hunter Pierce, a registered nurse who works in the Health Services office. "In order to combat the problem, it's important to eat healthy foods that will fill you up more," Pierce said. "It is also important to listen to your body—when you are hungry, eat. And when you are not hungry, do not eat."

Unfortunately, people can quickly lose their connection to their body's signals through dieting, late night binge-eating, or fasting even if it is just a missed meal. According to a UCLA researchers report in the April issue of American Psychologist from 2007, it's now known that within four or five years, up to two-thirds of people on diets regain more weight than they lost, and today's number may well be significantly higher.

Hunger throws the body into crisis mode, disrupting the natural rhythm and communication regarding digestion and going into starvation mode and looking to eat away at all-important muscle-mass for energy. The bottom line is that it’s important to keep up with regular eating for a healthy lifestyle.

Coffee and energy drinks do not qualify as healthy substitutes for water, as Pierce and Ellikka agree that too much caffeine can have detrimental effects on students.

"Coffee has caffeine in it which may help to keep you focused but can also have negative side effects such as upset stomach, jitteriness, increased heart rate, mood swings and more," Pierce said.

Pierce believes energy drinks are equally as bad, not only because they have an increased amount of caffeine, but also have many chemicals, sugar, and additives that are terrible for your health.

"Some side effects linked to excess [caffeine] intake include anxiety, restlessness, tremors, irregular heartbeat and trouble sleeping," Ellikka said.
Nutritious food options on the Brighton campus are offered by Sodexo alongside snack and dessert items, so it's up to the students and faculty members to make healthy choices.

HYDRATION

In addition to eating habits, students must also consider their drinking habits.

"Winters can be very long and for many it is the season of sickness," said Zeba Ellikka, a peer health educator on the Brighton campus. "It's equally, if not more important, to stay hydrated during the cooler months."

When the temperature drops, the humidity drops as well and the human body needs to humidify the air taken in, causing it to use more liquids, leading Ellikka to stress hydrating regularly.

"When you sip water throughout the day, you'll feel less hungry and are less likely to take in excess, empty calories," Ellikka said.

Hydrating can help the human body fight illness, as well as dry, cracked lips and skin, and digestion issues, according to Ellikka.

The school has installed water bottle refill stations throughout the campus, marked with an electronic meter at the top that displays the number of bottles that have been filled, which gives an idea of how many students and employees have been aided in their practices of hydration.

BODY TYPES

Gaining or losing weight is something most seem to be scared of. Society has made it so that being plus-size is a bad thing, but luckily that way of thinking seems to be slowly changing as body positivity is becoming more popularized.

Healthy eating and exercising is still recommended for everyone of all body types, and an important thing to understand is what body they are and where one falls in or between.

There are three main body types: ectomorph, endomorph, or mesomorph. Coach Magazine explained what each of these are: an ectomorph has a lean and long body, with difficulty building muscle. Endomorph has a body that is big, pear-shaped, high in body fat, and with a tendency to store body fat. And finally, the mesomorph has a body that is muscular and well-built, with a high metabolism and responsive muscle cells.

"In short," Coach continued, "ectomorphs stay lean despite hours in the gym, endomorphs struggle to shift their gut and mesomorphs pack on muscle with ease."

Although there are these three main body types, not everyone falls directly in one or the other.

Coach talked to Professor Lars McNaughton from Edge Hill University who said, "the three body types exist, but probably never in their pure form. We all have some aspects of endomorphy, mesomorphy and ectomorphy."

Each body type has a different way that they should be eating to stay healthy, along with certain exercising regimes to maximize on their potential, so it's important to do some research or talk to a professional to figure out the way that these different body types should be addressed.

METABOLISM

Often, those who are looking to change their weight try to increase or decrease metabolism, which is the process where the body converts what is consumed as food or liquid to energy. Dieting is not the way to go about it.

When talking to WebMD the author of Body Confidence, Mark MacDonald, said, "Every single time you miss a meal, your blood sugar drops [and] your body over-releases a hormone that makes you burn muscle, not fat."

There are many factors that come into play regarding how or slow someone's metabolism is. As reported in an article by Vox, "[Predictors] include: the amount of lean muscle and fat tissue in the body, age, and genetics."

One shouldn't jump to conclusions that they could or should change their metabolism artificially, either, considering the health risk.

"There are medications to speed up metabolism, but there's a price to be paid," said Dr. Erlin Alevante, endocrinologist at Buffalo Medical Group. "[Phentermine] increases your heart rate, blood pressure, and can lead to a heart attack."

"The healthy way to go is to have a healthy diet and exercise," Alevante continued. "Low carb, high fiber, high protein, low saturated fat, high unsaturated fat, and good hydration."
A Little Experience Goes A Long Way

While not widely advertised, the experience and knowledge gained through practicums can substitute for electives when registering for classes, both figuratively and literally.

MIRANDA MARTE VELEZ
NEWS EDITOR

Real life experience is important for students looking to have a career or a job. According to the U.S. Bureau of Labor Statistics, in 2018 “prior work experience was required for 47 percent of workers.”

This experience helps the person applying stand out to potential employers.

The Institution of Engineering and Technology lists a few other reasons for prior experience, including boosting soft skills, standing out, giving an edge to the applicant, taking a test run, creating opportunities, and getting professional recognition.

“I think a lot of times students don’t know the term “practicum.”” Mark Ricci, Professor of Communications, said. “They know the word “internship”, and that’s basically what a practicum is. It’s practical experience within a company or industry that extends or applies beyond curriculum from class.”

Ricci explains that, the practicum experience, from the standpoint of the practicum in communications, is an internship that also provides course credit. It doesn’t typically transfer to other colleges, though.

“The idea is that we try to match students with companies and/or businesses that they can apply concepts and theories and curriculum from class to those particular companies and businesses.” Ricci said. “While they’re doing that, they have a mentor here on campus, who basically acts as a mock kind of professor and then what they’re doing is they’re creating a course around an internship experience.”

In the Communications department, practicums are not as widely advertised to students.

“I think that’s probably a weakness,” Ricci said. “There’s a multitude of ways that we could market better.”

Not all departments have this issue. Some departments at MCC require the practicum as part of a student’s degree.

Stacey Lautenslager, Professor in the Office Technology department, has students who are required to fulfill 45 hours of work experience.

“These students work 45 hours in offices, most of them are throughout the campus.” Lautenslager said. “Students learn real life skills like how to work in an office.”

While it is recommended to get involved in an internship, requiring practicums for all degrees does not make sense for all students.

“I do think it depends on the path the students are taking, whether they’re taking a two year degree going out into the workplace, then they should definitely have some sort of related work experience,” Lautenslager said. “But, if students are planning on transferring to a four year institute, they don’t need it. They can get that experience at the four year university.”

Ricci agreed with this sentiment. “You might be pushing certain applicants in that aren’t ready for an internship, and they’re going to fail,” Ricci said. “Since MCC is a two year school, the students who seek it out are probably motivated for it.”

Whether a student is thinking of going right into the workforce after MCC or transferring to a four year institution, an internship could be beneficial in sprucing up a resume and catching the attention of employers.

Blowout numbers support latest vote on faculty contracts

JOE FINLEY
EDITOR IN CHIEF

The members of the Faculty Association voted on the tentative agreement over faculty contract negotiations on March 25, ratifying the agreement.

The final tally by end of day Monday came to 301 for and 11 against, marking a 96 percent approval rating from the faculty, despite it only addressing current faculty pay raises through the spring of 2020 and a promise from the administration to continue working together with mediation over the next 15 months.

While the agreement did not address all of the issues that Faculty Association President Bethany Gizzi was fighting for on the FA negotiating team, she sees this as a best-case scenario that faculty appreciates as well.

“Generally, I think the membership is pleased to have the contract resolved at least temporarily. And they’re appreciative of the work that the negotiating team did. So I’m feeling positive,” Gizzi said.

The agreement now goes to the Board of Trustees for a vote on April 1, who have the final approval over the new contracts.

SGA discuss Elections, passed tuition increase

JOE FINLEY
EDITOR IN CHIEF

Every year, the Brighton Student Government Association holds elections that ask the students to vote for their representatives. As their terms are from commencement to commencement, “future representatives are now being asked to submit their applications,” said SGA Elections Coordinator Kelvin Cooke.

Campaigning begins the week following spring break, and this year, SGA President Weight-Morabito is working with the virtual campus to hold the elections through the Blackboard interface during the second week of May.

“Heavy membership in Student Government is essential to the student body, I think,” said Weight-Morabito. “Especially if they want to voice their concerns.”

The deadline for completed Election Packets to be turned into the Office of Student Life and Leadership is 4:45 p.m. on April 10.

SGA MEETING UPDATE

During the MCC Student Government Association Senate meeting on Tuesday, March 9, a resolution was passed that will marginally increase the fees students pay per semester.

The resolution is in support of a 2 percent fee increase for the student life fee, as well as a 5 dollar increase for Health Services and will help the college properly fund these services during a time of reduced enrollment, without digging into the pockets of students too much more than they currently do already.

While this 200 percent increase will help the college properly fund Health Services, it’s permits in comparison to what they need to fund their services.

“It’s obviously doubled, but even so that’s still only about 45 percent of their operational budget,” said SGA President Alec Weight-Morabito.

WEDNESDAY | APRIL 10, 2019
R. Thomas Flynn Campus Center
11:00 am - 1:30 pm
MCC's Annual Career Fair
Save Your Money and the Planet

Most people know that thrifting is a good way to get designer clothes for reduced prices, but it also helps reduce humans' carbon footprint.

HIRANDA MARTE VELEZ
NEWS EDITOR

Thrift shopping is an activity that many young people like to partake in. It's affordable, it's fun, and it's easy. According to Thred-Up's 2018 Fashion Resale report, millennials thrift more than any other generation. The report states that 40 percent of 18 to 24 years old shopped resale the year prior, which is more than any other age group under 45.

ThredUp found that "buying used instead of new for one year saves [buyers] $2,620." Gemma Vodacek, a student and fan of thrifting, has found many thrift and second-hand stores in Rochester that cater to what she's looking for. "If you're looking for a good old search through the racks, the Goodwill on Jefferson is always good or the one near Home Goods in Webster," she said. "If you're looking for more fashionable stuff, but still searching through the racks, the Plato's Closet in Henrietta. And if you're looking for more consignment stuff, Lulu Lemon, Free People for cheap, et cetera, go to NTY in Pittsford."

One of her best finds was a $200 Anthropologie dress for $50. Another student, Ross Keen, recommends a consignment store just a little ways away in Williamsville called Second Chic.

"Second chic really iszell-treat. I get unreal stuff from there," he said. "I got a $1300 Armani jacket for $44... a $600 Northface overcoat that I gave as a gift for $40."

Other Rochester second hand stores that are recommended include Panache, AMVETS, Op Shop Roc, Shop 15, Savers, Second Bloom, and Greenovation.

Besides how inexpensive thrift ing is, buying and wearing second hand items also benefits the planet. Waste and pollution is reduced due to not contributing directly to the production and distribution of clothing.

Vogue editor Emily Farra said, "fashion is the second-most polluting industry in the world, surpassed only by petroleum" and "ThredUp found that the life of an item is extended by 2.2 years if sold secondhand, which reduces the carbon footprint by 73 percent."

Whitney Bauck is an assistant editor of Fashionista.com and writer of the "Unwrinkling" blog, a blog that "exists to engage fashion in a way that doesn't embar rass God or thinking people." In her blog, she wrote, "producing synthetic fibers like polyester [require] lots of energy, as well as crude oil like petroleum; byproducts include toxic gases and chemicals."

According to Vox, 60 percent of clothing that is worn today worldwide is made of synthetic fibers, and they add to the microplastic pollution in oceans. Washing clothes makes these little fibers come off. Environmental Science and Technology, a scientific journal, estimated that "a population of 100,000 people would produce approximately 1.02 kilograms of fibers each day."

MIRANDA MARTE VELEZ
NEWS EDITOR

Spring break is just around the corner for MCC students and planning for what to do during that week of no school might be on the mind of many students. Some go home and some stay local, but others still want to break out of their usual routine.

Traveling is something that many people enjoy to partake in as it helps them go out and see the world. Spring break is the best time to do that with college friends. It might be too late to travel to a different country for cheap or regular pricing, since prices are often spiked during the spring break season, but there are still places to go to by driving or taking the train or bus.

Maggie Pettinger, an MCC student, is planning on traveling to Long Island for a few days. "Honestly, it's not even that expensive," she said. "We found an Airbnb that was $200 for four nights, and it's a studio in Long Island."

Airbnbs have made it possible for people to stay in places far from home for cheap, but it's still something everyone can afford or feel comfortable doing. "The only other things that we have to pay for are gas... and food," she added.

Traveling by train is still cheap er than flying. "Tickets are like, a hundred dollars for train, and flying is just insane," Pettinger said. Another often neglected op tion is the Megabus, which offers cheap bus tickets. A last-minute ticket from Rochester to New York City runs for as low as $39, or as low as $10 before fees if the trip is planned well in advance to leave well in advance.

There's always something to do, even locally.

Still time for a little Spring Break adventure

With the approaching break, it's not too late to make some plans for Spring Break.

HIRANDA MARTE VELEZ
NEWS EDITOR

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There's always something to do, even locally.
The MCC Baseball team returned home for their first home doubleheader of the season following a Florida road trip that saw promise and tribulation. With a record of 4-8 on return, the Tribunes set their sights on a March 17 set against Lackawanna College. The Tribunes dropped game one 11-2. The game was more closely contested than the score line said. Scoring was limited to only the first four innings, with MCC finding their runs in the second and third innings, and giving up four and five run frames in the second and fourth respectively. TJ Lacey drove a double into left field to bring home Jose Ramos, and Troy Brown added his first MCC home run in the bottom of the third. On the mound, Maximo Fernandez pitched three hitless innings to close out the game.

MCC tightened the gap in the second game, losing 4-0. While the team fought hard, good performances on the mound by Chris LeVere and Liam Devine weren't enough for the win. On March 23, MCC hosted Genesee Community College on a windy day. The first game saw the Tribunes break their slump on the back of LeVere and Devine on the mound, who allowed seven hits and one earned run in a 4-1 victory. Cas Sobaszek and Phil Ferranti tallied two hits each and Sam Loew added two RBIs as the offense came alive. MCC managed to convert eight hits into four runs, a conversion rate that helped them take the victory.

Game two saw MCC convert five hits into four runs. However unearned runs were their downfall, as the Tribunes allowed three of them in the game. RBIs from three players kept the fight going, but a late rally fell just short, with the score finishing Lackawanna 6, MCC 4.

The MCC Men's Lacrosse team has been building on that previous performance, where the Tribunes fought hard against their rivals in Genesee Community College. Three-goal games from Mitchell Summers, Taylor Clements, and Brett Cunningham kept MCC alive, and hustle plays from Tucker Hill on faceoffs gave the team energy.

"The guys never really gave up the whole game, they genuinely played hard to the last whistle," Coach Church said. He believed their home opener would be the teams coming out party.

That party became a dominant 22-9 victory over Tomkins Cortland Community College, where the team became what had been building in the prior showings. Leading the scoring once again were Brett Cunningham, who had five goals as well as four assists, and Mitchell Summers who tallied another four goals and three assists. Anthony Kimber put up a four-goal showing, while the midfield attack of Reed Perustam, Abdul Yoruk, and Cruz Mayberry combined for 12 points on the day.

In goal, Ben Rotenberg had eight saves to help the Tribunes get their first win of the year. The next game is a rescheduled matchup at Suffolk Community College on March 24.

Men's Lacrosse Home Opener Success