

THE COUNTY COLLEGE OF MORRIS' AWARD-WINNING STUDENT NEWSPAPER

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PHOTO COURTESY OF 13TH HOUR HAUNTED HOUSE

WANT TO BE SCARED? TRY 13TH HOUR HAUNTED HOUSE

BY CAMILLE ALEJANDRA MARTINEZ
Contributor

The spine-chilling month of October is finally here! Halloween usually sets the stage for families and friends to go out and engage in seasonal activities. Though the leaves embraced the autumnal ambience and pumpkins were displayed last October, COVID-19 impacted lots of annual festivities due to certain restrictions. In lieu of the ongoing effects of the pandemic, this October things are looking a bit more promising for Halloween enthusiasts. Now that New Jersey has lifted a few COVID restrictions, this Halloween may be the first interactively celebrated holiday of the year.

So, if you're in search of a terrifying time, the 13th Hour Haunted House may be right up your alley. This haunting attraction is in Wharton, New Jersey, on 105 West Dewey Ave, and is built on the mysterious grounds of the Hayden family farm. The chilling story of this location dates to 1967, when the Hayden family moved in. The com-

munity noticed the Hayden's preferred a reclusive lifestyle. The property slowly became the town's eyesore; the house grew disheveled and peculiar as time went by. Several years later, due to a storm in 1971, the property was abandoned due to irreparable damages. In the past, the community reported hearing eerie sounds and seeing odd behaviors coming from the family, such as boarding up windows and strange visitors at night. Several times, Mr. Hayden had been spotted going out to admire his ax as he swung it repeatedly into the ground. The townspeople eventually requested the house be searched. The city complied. The search uncovered the horrific remains of what went on in the home. The inspectors found human remains, cages, blood-stained walls, floors, and discolored drug bottles. The Hayden's had disappeared, but the essence of their mystery stayed.

The backstory is relived throughout the experience of the haunted attraction. There is no age limit, and tickets are \$37 per person and \$55 if you choose the VIP fast pass,

which allows you to arrive anytime and jump the line. The ticket includes all three haunted houses: The House of Nightmares, The Attic, and The Darkside of the Hayden House, where you navigate in the dark. Although you can attend by yourself, from personal experience, I advise you to go with a large group of friends or family members. Things can get a bit overwhelming, especially once you hit the dark side. The house is packed with special effects, actors, and movie quality sets, not to mention the colossal animatronics that leap out at you in the first five minutes. The house is open some Thursdays but usually runs Friday through Sunday from 7 p.m. to 11:30 p.m. depending on the day. The house's schedule and more information on the experience are posted on their website at 13thhour.com. Regarding COVID-19, a mask is not required but is encouraged, and one does not need to show proof of vaccination. If this festivity tickles your fancy, I encourage you to go out from October 1st through the 31st to enjoy a night of terrors.

CCM holds Zoom education session for Suicide Awareness and Prevention Month

BY DANIELLE PECCI
Editor-in-Chief

In recognition of Suicide Awareness and Prevention Month, County College of Morris held a Zoom education session Thursday, Sept. 16. Guest speaker Tracy Klingener, from the Mental Health Association of Essex and Morris County, gave a presentation detailing the signs to look out for if a loved one is feeling suicidal, and how mental illnesses, like anxiety and depression, are the number one risk factor for suicide.

"Suicide can be preventable. Many years ago, no one talked about suicide prevention because the mindset was, well, we shouldn't talk about it because it's not preventable, so why talk about something that we can't stop," Klingener said. "Just like there's warning signs and risk factors of heart disease or diabetes, we can learn the warning signs and risk factors that could help us prevent someone from dying by suicide."

Klingener discussed the warning signs to look out for if a loved one may be experiencing suicidal thoughts. A change in behavior or mood is the general indicator. If a loved one feels hopeless, helpless, worthless, like everyone would be better off without them; if they start withdrawing from family and friends or exhibit uncharacteristic risk-taking, such as getting in trouble with the law or drinking more often; if they talk about suicide directly or indirectly, write about suicide or joke about it, this could mean

they may be in distress. Suicide can also be situational, where someone goes through a major life change, like a relative dying, or beginning a new chapter in life such as starting college.

"If you see a change in your friend, if you see some of these warning signs, what's the next step?" Klingener said. "How do you start a conversation? It's so hard to ask that question, are you having thoughts about killing yourself? But we need to be direct. One of the greatest myths is if you ask the question, you're putting that idea in someone's head. That is absolutely not the case; it allows them to tell you how they're feeling. A person doesn't wake up one day and decide that they're going to take their own lives; they've been thinking about it for a while."

According to Active Minds, an organization dedicated to educating others about mental health and the importance of openly speaking about this often-stigmatized topic, suicide is the number two leading cause of death among young adults. For every person who dies by suicide, 280 people decide not to go through with a suicide attempt. Also, one in five adults have a diagnosable mental illness, and 50 percent of people will experience a mental health condition in their lifetime.

"You're not responsible for making your friend not suicidal; you're just recognizing that something is going on,

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Majority of fall courses start remotely

BY MATTHEW AGNELLI
Contributor

The County College of Morris administration decided to move most fall 2021 courses to a remote format through Oct. 26, due to the ongoing threat posed by the COVID-19 pandemic.

The CCM administration announced this change Aug. 20 in the Fall 2021 Return to Campus Plan. Students who have had their courses moved to a remote format are now attending class electronically instead of in person, eliminating the risk of coronavirus transmission. In lieu of on-campus lectures, remote classes are conducted at scheduled times via video conferencing services, such as Zoom and WebEx.

While the school's decision has been embraced by numerous students, it has also sparked frustration among many others who feel that remote learning isn't a suitable substitute for

face-to-face instruction.

"The nursing students — for their lecture portion — are online, and some of them are happy about it, but some of them aren't," said Laura Ishmael, an adjunct professor of nursing at CCM and registered nurse at Morristown Medical Center. "Some of them feel like it's harder to absorb the content, and they feel like there is less opportunity to ask questions and have more of a conversation about things they don't understand. But there are also those students who don't want to have to go to campus and are doing perfectly fine. Maybe it has to do with your learning style more than anything."

Ishmael said that the recent proliferation of the Delta variant of COVID-19 has been a cause of concern for herself and her colleagues, so she understands why many students support the school's decision and are happy to stay home. Despite this, many

students are struggling with remote learning and see in-person classes as an absolute necessity.

"I'm actually not taking any classes right now, since I'm waiting for them to go back in person," said Tino Andrinopoulos, a criminal justice major at CCM. "Last fall semester, I did it entirely remote, and it was just so hard for me. So, I'm hopefully planning on doing winter classes or Late 7-Week classes. I've been ready to go back — like, the whole COVID thing doesn't really scare me anymore — but they just have so many guidelines in place right now."

Currently, only a small selection of courses that require hands-on training or the use of special equipment are being held on campus, but all Late 7-Week classes — which begin Nov. 3 and run until the end of the fall semester — are expected to take place in person.

As of Sept. 21, the seven-day average for new COVID-19

cases in Morris County is more than 16% higher than it was a month ago, and all counties in New Jersey are listed as having high rates of coronavirus transmission by the Centers for Disease Control and Prevention. Because of this, both Andrinopoulos and Ishmael — like many CCM students and faculty members — are uncertain whether remote classes will return to campus by the Oct. 26 deadline. However, other colleges across the country have successfully returned to in-person classes, which may indicate that CCM will be able to do the same.

"We were all online last semester, but we're back in person now, and I feel pretty damn safe," said Luke Tappen, a student at Muhlenberg College in Allentown, Pennsylvania. "Everyone has to wear masks indoors, and they send us, like, a weekly announcement telling us how everything is going at the

school COVID-wise and if anything will need to change. But so far, we haven't had any real issues, and in my classes, everyone is really good about masking."

Alongside required masking, CCM has announced multiple protocols designed to keep students and employees safe. Effective Oct. 27, students and educators are required to either provide proof of full vaccination or take a weekly COVID-19 PCR test and provide negative results. So, even though the pandemic's end is nowhere in sight, there is a glimmer of hope for CCM students, who may be able to return to campus and regain some semblance of normalcy in the near future.

Addendum: A list of the more than 700 colleges nationwide that are requiring a COVID vaccine:

<https://www.bestcolleges.com/blog/list-of-colleges-that-require-covid-19-vaccine/>

NCAA Division III football returns

BY LAWRENCE LOFARO
Contributor

After a year-long hiatus thanks to the COVID-19 pandemic, the United States' favorite sport, American football, has returned to Division III colleges across the country. A lack of proper funding caused DIII schools and some smaller DI schools to cancel fall championships in 2020, which resulted in most schools scrapping their entire season. However, fall sports successfully returned earlier this month with little conflict or difficulty.

The NCAA granted an extra year of college eligibility to athletes who either missed out or opted out of the 2020 fall season.

Students and alumni are extremely excited to see sports, especially American football, return on campus with fan capacity permitted to the fullest extent. "It has been so long since I've seen a football game live here on campus and getting to see them play last week was awesome," said Shane Carlin, a football fan and student at Gettysburg College in Pennsylvania. "The outcome of the game is not what we really wanted because we lost in overtime, but it was a really exciting game last week against Moravian."

Student athletes are excited about the return of football as well. "I was really pumped to get back on the field with my buddies the past two weeks," said Luke Agnew, a junior outside linebacker at Susquehanna University. "Unfortunately, I had to miss the first couple weeks of training camp and the first scrimmage due to the COVID protocols, but everything has been smooth sailing since then for me



and my team."

Luke Agnew, as well as the rest of his teammates, were awarded an extra year of college eligibility. This means that he will be able to play an extra year to fulfill his four-year commitment to the Susquehanna River Hawks. When asked about his additional year of eligibility, Agnew said that he was "excited about spending another year with my teammates and coaches."

While most Division I or Football Bowl Subdivision teams did have the financial mobility to play a majority of their season in 2020, some smaller FBS seasons were still scrapped for the year. The University of Connecticut is an example of one of these FBS programs that did not participate in 2020.

So far this season, the University of Connecticut has struggled mightily against the other

teams that were able to play in 2020. Despite the struggles, most fans are happy to see their team compete.

"This is going to be my first year actually being able to go to football games and experience game day here at UConn," said Jessica Cooperman, a sophomore at the University of Connecticut. "Obviously basketball is our biggest sport here at UConn, but we have a lot of football

fans too. And I had a lot of fun at the game against Holy Cross last week."

As we look to recover from the aftermath of the COVID-19 pandemic, football can provide a glimmer of happiness at an unglamorous time in the country. Every day, sports fans take a step closer to normalcy, and football being back for all schools and universities is definitely a welcome addition.

Opinion: Helping students in crisis

BY PROFESSOR KENNETH SHOULER
Advisor for the Youngtown Edition

The Greek philosopher Epicurus (341-271) wrote that the aim of a pleasurable life is “health in the body and freedom from disturbance in the soul.” That’s how he defined well-being. But each person must learn for themselves what produces such health and freedom from disturbance. The pursuit of well-being for students in college has faced new disruptions—including work and disruptions at home—over these last 19 months. Professors ask: what is happening with them?

A quick rejoinder is that it’s often hard to know. Changes in behavior may be hard to detect. So we need to ask what’s going on with them, at school and at home. “Life

impacts school and school impacts life,” says Ariella Panek, now in her thirteenth year at CCM’s Counseling and Wellness Center. “You [professors] might see them more than their families,” Tracey Klingener said. “So by asking if they are alright, you are showing that you’re open to a conversation.” From the Mental Health Association of Essex and Morris County, Klingener has spent 20 years in the field. Her work has run the gamut, from dealing with those with mental health issues, to sexual assault survivors to those contemplating suicide.

In an October 5 seminar, Panek and Klingener combined for an essential presentation at CCM: “Quick Tips on How to Help Students in Crisis Throughout the In-Person and Virtual Environment.” The avowed purpose of their pre-



PROFESSOR KENNETH SHOULER

sentation was to offer faculty steps to help students experiencing mental health crises. To that end, it was highly effective. “One of the biggest misconceptions students have is that they are just here to study,” Panek said. That attitude, if continued, may place undue pressure on them. There are some downward spirals that can be detected. Anxiety can lead to depression. Cries for help must be heeded. Some may say, “I just want to sleep forever” or “I don’t see the point anymore” or “I’m having a mental breakdown.”

At a certain point the cry for help becomes dire. “One myth

about suicide,” Klingener suggested, “is that if people are not talking about it, then they are over it.” Sadly, that is but one of many misconceptions about suicide. There are some common warning signs that educators can spot. A recent disappointment in their lives may affect their behavior. Another sign is a sudden decline in grades. Students formerly active may change their interactions and engagements by not participating in activities. Obviously, they may start talking about suicide. “Even joking about suicide doesn’t mean that they are not thinking about it,” Klingener adds. “It’s just as dangerous to assume that if they’re not talking about it, then they’re over it.”

Reaching out to students is helpful. How? There’s a host of ways. Ask them how they are doing. Take them seriously, regardless

of the concern. Say: “I have noticed some differences in you. How are you doing?” Refer them to the appropriate resources. Contact the counseling and wellness center. If a student is in an emergency, call public safety. The list of what to do implies some don’ts. So don’t minimize the situation by saying, “Don’t worry, everything will be alright.”

“A lot of times our students are afraid to ask for help,” observes Panek. “But our job is to show them that we want to support them.”

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SATIRE: People make people hate people

BY DANIELLE PECCI
Editor-in-Chief

Last Tuesday, a woman named Harriet the carrot carver had to go to the mechanic to get the oil changed in her vehicle. It really pissed her off when she saw other people in the waiting area. “I know I wasn’t the first person here, but do I really need to wait a whole hour just to get my oil changed?” Harriet said. “I have things to do with my day, this is ridiculous!”

I nodded my head to pretend like I agreed with her. It’s important to make people feel like what they say matters, otherwise, they will feel so insignificant, they could implode within the very space time continuum... or something.

It’s almost as if Harriet the carrot carver forgot that no one else wants to wait at a mechanic either, and that just because she cannot comprehend the feelings of others, doesn’t mean she is always first priority.

Bob, CEO of the local School of Braille Institute, also waiting for his car at the mechanic, employed logic to help Harriet accept situations she cannot change. “Usually, when I have to wait somewhere for long periods of time, I bring a book to read,” Bob said. “Sometimes I’ll also play puzzle apps on my new iPhone Gen. C 8.0 Triple Flipper, now at Best Buy for merely \$1,700. Trade in your old phone to get a free gift!”

I traded in my old phone and received a free microfiber screen wipe that says, “America, Land of the Free, Home of the Brave.” Yet every day I feel trapped inside a metaphorical cage and cannot ask the waitress to bring me food that is fully cooked.

Harriet grew increasingly belligerent when she stomped over to the counter, ordering that her oil change be completed within the next 10 minutes or else she would have no choice but to leave a bad review on Yelp.

“Ma’am, I’m so sorry you need to wait just like everyone else and aren’t receiving special treatment,” said Phil the counter guy. “We are very busy today and two shop guys are out due to sickness.”

“I want to speak to the manager,” demanded Karen, I mean, Harriet. “This is an outrage! I need to be home within the next 20 minutes to massage the dirt around the carrots I’m growing in my garden. I’m a famous carrot carver on the YouTube.”

“The manager isn’t here today,” Phil said, incredibly unenthused.

I grew bored with the interaction and found myself staring at the vending machine. I thought, should I get a drink or snack? Am I actually hungry, or do I just want to taste something yummy?

Harriet huffed a large grunt and plopped herself down in the seat next to mine. “I hate people,” Harriet said.

Soon after the debacle, Harriet’s car was ready. With a sour look on her face, she paid her bill

and stormed out of the shop. “What horrible service, I’m never coming back here again!”

As Harriet barreled through the exit, the office door located behind the front counter cracked open. “Good,” yelled Marcus, the manager of the auto shop who hid in the back during the entire exchange.

“I can understand her frustrations, I suppose,” Phil said. “I just don’t have it in me to believe people are out to get me and disrupt my life. Anger happens but holding onto hate sounds very exhausting.”

I knocked on the office door to see if Marcus had any further comments. “I’m on an important business call, no questions please!” Marcus said. I pressed my ear against the door and overheard his conversation, “Rebecca, please, you know I didn’t mean to break your precious unicorn statue from 1952. It’s just, I told you to always let me win boggle.”

“I pretty much act like the manager around here,” Phil said. “But I don’t get paid his salary.”

PREVENTION

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and you’re helping them get the appropriate help,” Klingener said. “I know this is really hard, especially for young people, that we don’t want to get our friend in trouble. We don’t want them to be mad at us. We don’t want them to hate us, but it’s more important to say something and get your friend help and possibly lose a friendship than have your friend take their own life. By starting a conversation it’s really articulating your concern in a caring way.”

Lisa Volante, a licensed professional counselor at CCM who hosted the education session, mentioned resources available to CCM students. “If you’re interested in any support groups that are ongoing, we have an LGBTQ support group,” Volante said. “We have a support group just to kind of deal with stress and

anxiety, and we also have a group to celebrate culture. If you’re interested in more of counseling activities or groups or workshops, definitely get in contact with us and we can give you more information.”

CCM counseling services can be reached by email: counseling@ccm.edu, by phone: (973) 328-5140, and are available for virtual walk-ins with hours ranging from 9 a.m. to noon and 1 p.m. to 4 p.m. Monday through Friday. Other resources provided by Klingener are the National Suicide Prevention Lifeline: 1-800-273-8255, the Crisis Text Line: text TALK to 741741, which can be used even if not in crisis and are in need of someone to listen, the TrevorLifeline: 1-866-488-7386 or text TALK to 678678, which focuses on the LGBTQ community, and the Teen Line: 800-852-8336 or text TEEN to 839863, for individuals in middle school up to the age of 25.

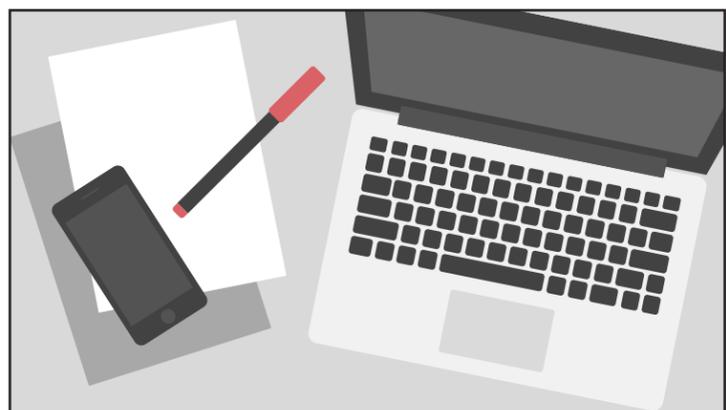
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All students are welcome to contribute articles to The Youngtown Edition either in person or via e-mail. However, students cannot receive a byline if they belong to the organization on which they are reporting. The deadline for articles is the Monday prior to a production.



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