



The Legacy Project brings Pulitzer Prize winning Environmental Writer to CCM

**BY PROFESSOR
 KENNETH A. SHOULER**
Adviser for the Youngtown Edition

The Legacy Project began the semester with an environmental offering with a strong local hook. Author and professor Dan Fagin addressed a captive audience via Zoom on Tuesday, September 13. With verve and precision, he explained the detailed findings of his Pulitzer prize winning book *Toms River: A Story of Science and Salvation*. The tour de force volume describes how Toms River was ravaged by industrial pollution at the hands of two firms: Ciba-Geigy, the Dow Chemical Company (which had acquired

Union Carbide), and United Water Toms River (previously Toms River Water Company). As a result of the pollutants dumped, Toms River was designated a “childhood cancer cluster.” Their activity resulted in a landmark legal settlement in 2001.

To weave his tale, which accounts for 60 years in the lives of Toms River residents, he needed to learn the chemistry and biology of the pollutants. “The history and sociology [of Toms River] are all here, too,” he said. For more than forty years, its residents ingested trichloroethylene, styrene-acrylonitrile (san) trimer, epichlorohydrin, benzidine, and naphthalene. Ugly words that are



DAN FAGIN

a grim reminder of the ugliness they spawned. Dozens of children

became sick from acute lymphocytic leukemia as a result of the waste dumping.

The job of establishing the link between the toxic chemicals and the cancer fell to Jerald Fagliano, an epidemiologist at the New Jersey health department. In 2001, Fagliano concluded that sixty-nine families whose children had fallen ill with cancer were the result of the consumption of town tap water. Fagin estimated that the companies settled for as much forty million dollars, with a number of families receiving as much as around half a million dollars.

A gifted science writer, Fagin was up to the task of telling

the story. For 15 years Fagin was the environmental writer for *Newsday*, a high circulation Long Island daily. Now he’s an associate professor of journalism and the director of the Science, Health, and Environmental Reporting Program at New York University’s Arthur L. Carter Journalism Institute. Aside from winning the Pulitzer, his science articles have drawn significant attention. His writings on epidemiology were recognized with the Science Journalism Award of the American Association for the Advancement of Science and the Science in Society Award of the National Association of Science Writers.

REVIEW: Pile’s Green and Gray - an acceptance of the inevitable

BY ROY BERKOWITZ
Editor-in-Chief

Let’s face it: life is unfair. We all wrestle with uncomfortable inevitabilities, be it death, aging, or simply moving on. Some people choose to skirt around these harsh realities, while others do their best to reckon with them. On *Green and Gray*, Pile tries their hand at the latter. Initially a solo folk project by bandleader Rick Maguire, the Boston group has evolved into an experimental rock beast. This 2019 project features them at their most mature, complex, and introspective. Throughout the tracklist, the theme of reckoning with the hard truths of life cuts through each of thirteen elaborate compositions.

The album starts with “Firewood,” a meditative self-reflection on adulthood. Dense chords pound in irregular rhythms, juxtaposing the serene fingerpicking interspersed throughout the song.

Rick Maguire doesn’t have high expectations, but he’s found contentment in mundanity—grocery shopping, riding his bike, and singing when he’s all alone. The turbulent waters of youth have simmered down, and now comes the time to take a breath. In its heavier sections, the song is thunderous and menacing. Themes of independence and the fickleness of relationships reflect in the lyrics, such as “they’ll all leave without you / they always will.” There’s a mournful edge to the track that comes with accepting these truths that radiates through the following songs.

For such a solemn album, there is no shortage of violent eruptions. While this aggression may seem like an unlikely addition, it adds another dimension to the reflective atmosphere of the record. The tribal massacre “The Soft Hands of Stephen Miller” showcases the Pile frontman at his most wrathful. Guttural



screams and manic taunts crackle over a landscape of screeching feedback and wild drums, making one monster of protest song.

That said, Maguire’s fury is bred in a different farm than that of his punk forefathers—he knows exactly what he believes in. He is not

on fire; rather, he is setting you on fire. This venom has intention.

This carefully measured emotion is evident through the fluctuating dynamics in the record. The frantic yelps of “On A Bigger Screen” evaporate as quickly as they come, giving way to the elegant melancholy of “Other Moons.” Both “Lord of Calendars” and “A Labyrinth with No Center” explore this emotional range within the confines of one song, oscillating between snarling explosions and confessional crooning. “Hair” stays mellow throughout, offering one of the most poignant lyrics in the album: “I used to think there was just one puppeteer pulling on all the strings / but now it seems that we’re all tugging on something / in one big old tangled mess.” Pile conjures black holes at will, but zips them back up at their leisure. They may be unpredictable, but

SEE PILE, PAGE 3

IN THIS ISSUE

Two Initiatives from the Student Government Association

Page 4



Review: Showing the beauty of friendship, and Paddleton

Page 2

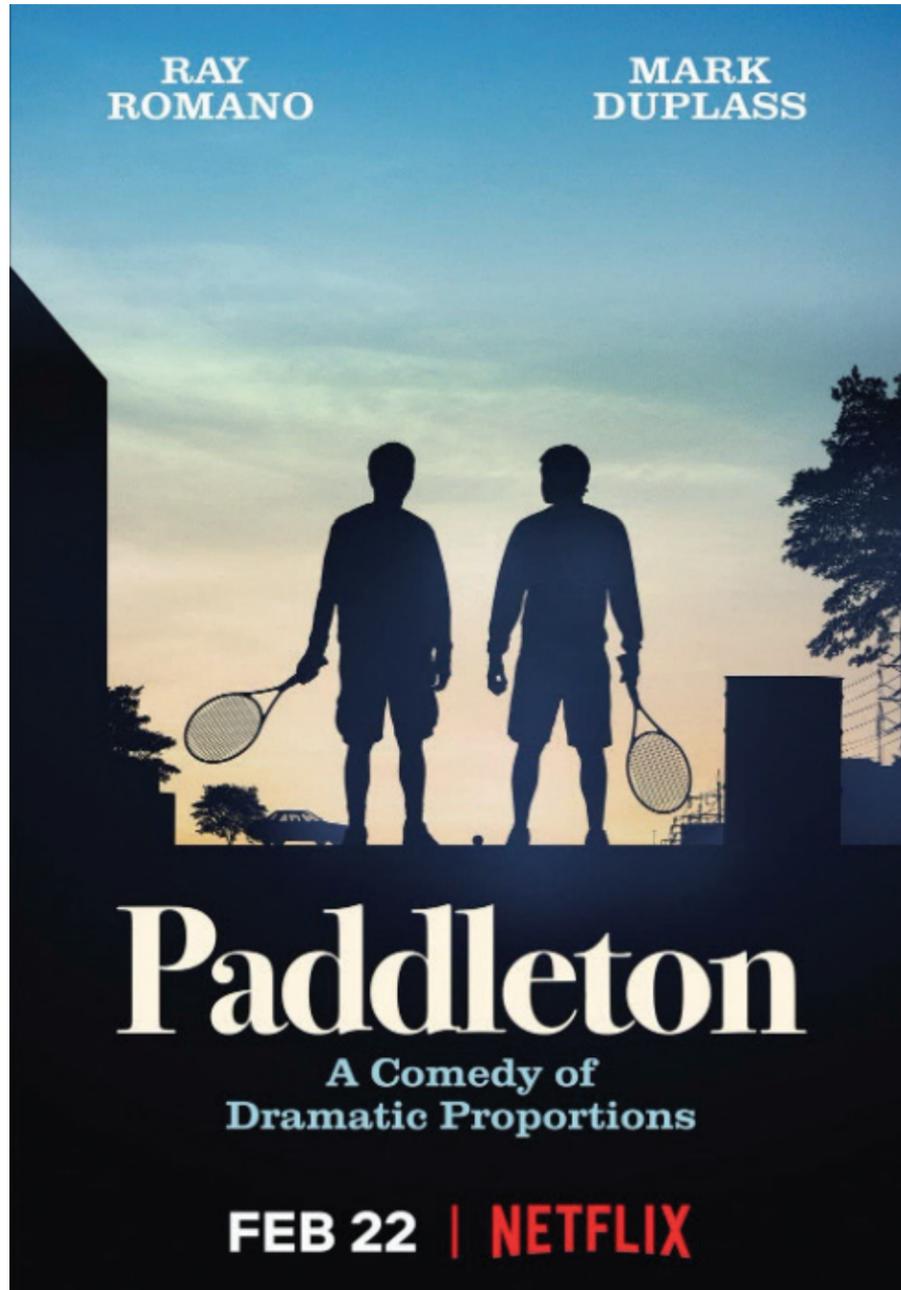
REVIEW: Showing the beauty of friendship, and Paddleton

BY JOHN RONCA

Staff Writer

There's an absolute need to preface this with a disclaimer. I am sorry if my title misleads you; unfortunately, I am not writing about a cheery British bear who loves marmalade and rain booties. The *Paddleton* on the table today is a far more introspective, harsh, yet equally as heartwarming film. *Paddleton*, a 2019 film directed by the Duplass brothers, starring Mark Duplass and Ray Romano, is the tale of two close middle-aged men who live a mundane, uneventful life up until the day it's discovered that Michael has developed terminal cancer. It's then when Michael decides he doesn't want to give himself up to fate and asks his "neighbor friend" Andy to aid him in euthanizing himself.

This descriptor may sound utterly bleak, but *Paddleton* develops into a movie that continually defies and spits in the face of its premises dark tonality. Not in any small part due to the movie's sensitive and empathetic portrayal of late life male friendship. Both Duplass and Romano have this undeniable chemistry as Michael (Duplass) and Andy (Romano) respectively. While the Duplass' filmography, especially earlier works like the family-driven comedy *Togetherness*, can focus firmly on the awkward, strange, and fumbled bits of communication for cringe worthy comedy, *Paddleton* instead uses the characters' strong, understated, and sensitive bond as the main driving force. Both Michael and Andy live alone, reaching the later years of their lives, making each other the main support system in their lives. This connection the duo has is used to incredible effect by the first scene of the film. When the screen fades back in from the credits, the first scene we're welcomed to is Michael and Andy together in the doctor's office, learning the news that Michael's cancer has been detected, and is devastatingly, untreatable. While *Paddleton* could use this scene to solely build the des-



peration and futility of Michaels situation, instead it takes the risk to attempt levity, even humor, through the character of Andy.

As the camera drags out from Mi-

chael's face, it pans directly to Andy as we see his deep worry and concern. He begins to press for more information on what this truly means and if he's really as sick as the

doctor is saying. Not only is Andy's presence alone a source of levity, as these two men often downplay the true depth of their bond, but his prodding is hilarious, as he confusedly attempts to ask if Michael is incurable while asserting he has to "Begin with a statement". However, the scene directly after doesn't bake in it for too long, allowing the duo to simply go about their day; they play their made-up game of Paddleton (a mashup game of squash and wall ball) as they ponder everything from road trips, to how mind blowing it would be to see a man float right by. It allows the movie to set out its themes upfront, straight out of the gate. Despite its premise, this is not a movie about a man traveling the country to end his life before cancer. It's a movie about two dear friends coming to terms with loss through their bond and companionship, allowing them to grieve while giving space for darkly humorous conversations between its main friendship.

Paddleton, however, cannot be painted as a wholly wholesome buddy comedy film about a pair of middle-aged nerds ranting about whether it would bother them to see a man hover. At its core, it's a dark comedy focused heavily on a man reeling from the realization that his life is being cut short, with no input of his own. This leads to the movie's heaviest and most complex thematic element of whether choosing to die on your own terms is better than allowing illness to grab you in its clutches. As this is the main focus of the movie's middle portion, as well as the driving force behind its sensitive and heartbreaking finale, I would be remiss if I didn't at least offer you that warning. If you believe this topic is too sensitive to poke fun at or find the riffing between Michael and Andy to be out of place in a film such as this, I won't blame you. However, it is my belief that *Paddleton* finds its beauty in how it refuses to revel in the desolation of cancer and finds hope in the beauty of two neighbor friends who find comfort in each other and their made-up game of Paddleton.

Journal of the New Jersey Poets

BY PROFESSOR
KENNETH A. SHOULER
Adviser for the Youngtown Edition

Issue 59, 2022

<https://journalofnjpoets.org/>

The editorial box of the Journal of New Jersey Poets is full of names familiar around the English and Philosophy Department. Some have been contributing to this publication for years.

Retired professor Sander Zulauf is the editor emeritus at the top of the page. His name is followed by six dedicated contributors to the journal. First is Professor Laura Driver, editor. Listed next are associate editors, Professor Matthew Ayres, Dee McAree, Debra DeMattio, and Dr. Maryam Alikhani. Finally, there's Sharon Yeager, the department administrative assistant, who is the business manager for the Journal of New Jersey Poets. The issue is published annually by the Department of English and Philosophy at the County College of Morris. Theresa Gehring shepherded the issue through the printing department.

"Each of the associate editors can suggest poems they believe should be in the final vote for the prize winners," Professor Driver explained. "We do vote, though it is more of a conversation than a strict tally of numbers. As the editor, I take care of most of the tasks, including meetings, managing correspondence, managing the website, setting deadlines, and financial and budget management for the journal. The associate editors read the selections that I give them. I make initial decisions based on submis-

sions and decide what to send on to them and make their decisions about what they believe should be published. I then organize editorial meetings where we discuss the selections that we feel most strongly about."

Professor Driver added that this was the first issue of the journal that was published in print in three years. "Our budget and Covid concerns made a reading event impossible this year, but I am hoping to bring that back in the spring of 2023," she said.

The winner of the 2022 NJ Poets Prize was Elizabeth Smith for her poem *Callinectes Sapidus*.

It begins lyrically,
Through a tintured prism of
brackish sun-lit haze
the epiphany of form: armorial
bearings
of olive and blue, blue like a
tropical sea deepening
to purple as it ran the length
of claws to tips
dipped in flaming red.

Smith now lives in Colorado, but she grew up in Mantoloking, New Jersey. A poet since the age of eight, she attended the University of Dayton for both college and law school and stayed in Southwest Ohio for 30

years.

Michael T. Young, who won the NJ Poets honorable mention award this year, displays his work at <http://www.michaelyoung.com>. He just published his third full collection of poems, *The Infinite Doctrine of Water*.

The website for the Journal (<https://journalofnjpoets.org/>) offers instructions for contributors and other information. It reads: "The product of significant toil and love, Issue 59 was released midsummer, marking the journal's emergence in print for the first time in three years. Should you wish to own a hard copy, please email journalofnjpoets@ccm.edu. JoNJP is now accepting submissions for Issue 60. Submission deadline is Feb. 28th, 2023. \$1000 prize for a poem written by a past or current New Jersey poet. One winning poem will be selected by the editors and awarded the 2023 New Jersey Poets Prize. Honorable Mention winners may also be selected. All winners will be published in the 2023 issue of the Journal of New Jersey Poets. All entries will be considered for publication. To view the submission guidelines, visit www.journalofnjpoets.org.

THE YOUNGTOWN EDITION

The Student Newspaper of the County College of Morris

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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.

OPINION: It's time to hold NFL athletes accountable

BY TYLER KARPMAN
Sports Editor

With all the bright lights and wondrous moments of the NFL, it can become very easy for fans to forget that the athletes on the field are human, just like the rest of us. Too easily can we hold these stars up on a pedestal of greatness and not acknowledge the fact that they have shortcomings and flaws, like everybody does. In theory, this is mostly harmless. While it can and does lead to some rough situations where abuse is hurled at a player and their family for failure to perform to expectations, most of the time, we can cheer for our stars without a second thought.

It becomes an entirely different story, however, when these very same athletes, those we as a culture seem to hold in the highest regard, commit deplorable acts.

NFL athletes are no strangers to scandals involving the law, including everything from drug convictions to murder. And how would one expect a professional league to handle a situation where an athlete commits one of these acts? Surely they would be barred from the league, if the offense was heinous enough, right?

Unfortunately, far too often, that is not the case. And we don't have to go back very far in time for a perfect example. In March 2021, then-Houston Texans star quarterback Deshaun Watson was accused of sexual assault by a massage therapist in Harris County, Texas. The ensuing lawsuit would be the first of 24 accusations by

different women who claimed Watson had pressured them into performing sexual acts and/or exposed himself to them inappropriately, without their consent. Of the cases brought against Watson, 23 have been settled so far.

So how did the NFL respond to these allegations? At the time they had been revealed to the public, Watson had just spent the previous season off the field, both due to the allegations and having requested a trade from the Texans previously, with the team not willing to grant this for him. The longer Watson sat on the bench, the less likely it seemed he would be making a return to the field.

However, in March this year, the Cleveland Browns sent a massive trade package, including three first round draft picks, to the Texans in exchange for Watson. Then, they proceeded to give Watson a massive five-year contract extension worth \$230 million, fully guaranteed, making it the largest



DESHAUN WATSON

amount of fully guaranteed money given to a player in NFL history. Despite everything around Watson, the Browns decided that winning was worth having an alleged sexual predator on their team.

The NFL, for its part, handed Watson a six-game suspension for his actions. This light punishment was considered far too lenient by many, especially given the number of allegations brought forth against Watson. Eventually, after

an appeal, the suspension was extended to 11 games. Many were quick to point out that 11 games, an unusually specific number, would allow for Watson's first game of the season to be played against his old team, the Houston Texans. It was not too much of a stretch for some to consider this intentional on the league's part, to drum up drama and intrigue for a "grudge match" between the two teams, once again putting profit and ratings above any form of justice.

Watson's case is far from the only time the NFL has handed down punishments far too light for the charge in question. In 2014, Minnesota Vikings running back Adrian Peterson was suspended just six games for child abuse. In 2017, Dallas Cowboys running back Ezekiel Elliot got the same sentence, this time for domestic abuse charges. The following year, Tampa Bay Buccaneers quarterback Jameis Win-

ston missed just three games for a sexual assault allegation. In 2019, Kansas City Chiefs wide receiver Tyreek Hill was not suspended at all for allegations of child abuse and domestic abuse, despite previously having plead guilty to the charge of domestic abuse in 2016.

This is just barely scratching the surface of the NFL's long history of refusing to hand down proper punishments to their players who commit deplorable acts, especially if those players are big-name superstars. And with the way things are, it can only be assumed that this will continue in the future as well. It is long past time for this to stop. Teams need to stop signing or trading for these players. Fans need to stop buying the jerseys of these players. Sports media needs to stop focusing on these players' highlights on the field. Only then can fans get the NFL to recognize that its audience does not want these players in the league.

PILE

CONTINUED FROM PAGE 1

they're never impulsive. To put it simply, Maguire has learned to harness his temperament. Aggression, like all other emotions, is respected here. For a record centered around acceptance, it's refreshing to see that earsplitting rage is given a seat at the table.

As the sun sets on this album, the last three tracks have a depth that cements the listening experience as more than just an experimental rock exploration. "My Employer" plays like the patter of raindrops on a tin roof. Hidden among the whisper of jazzy drums and twinkling guitar lies a sobering confession: "I've made arrangements to change, but my nature will make its case." The storm escalates to torrential rains in the climactic "Hiding Places," featuring an instrumental akin to a weeping buzzsaw. The lyrics convey bitter existentialism, as if Maguire is staring so deeply into earthly realities that he transcends them. After the rain clouds subside, "No Hands" plays more like a bittersweet reflection on self-sufficiency and loss. The scathing solo of the previous track is recontextualized as a subdued, tranquil riff, concluding the album with a gentle sigh. The listener is left with a resounding message by the end: acceptance is the key to getting one step closer to peace of mind.

SEPTEMBER IS SUICIDE PREVENTION AWARENESS MONTH

TEAL & PURPLE DAY

Wednesday, Sept 7

Wear purple or teal to show awareness and support for this day! Spread awareness & your support for suicide prevention through your social media by getting the word out!

SUICIDE AWARENESS BOARD

Tuesday, Sept 13 at 12 P.M.—2 P.M.

Cohen Hall Lobby

Suicide prevention impacts us all. Come learn about how to support yourself and others through information and resources.

BE INFORMED! - MHA SUICIDE AWARENESS & PREVENTION VIRTUAL EDUCATION SESSION

Tuesday, Sept 20 at 12:30 p.m.—1:45 p.m.

Cohen Hall 104

Guest speaker, Tracy Klingener from the Mental Health Association of Essex & Morris Counties, will educate you and get you up to speed about issues relating to mental health & suicide prevention.

STORIES OF HOPE

Thursday, Sept 29 at 12:30 p.m.—1:45 p.m.

Cohen Hall 100

Come to this presentation to listen to CCM students share their inspirational stories addressing the reality of their personal experiences with mental health.

(Sponsored with the Sociology Department)

DE-STRESS FEST

Yoga

Wednesday, October 5th at 12:30 p.m. - 1:00 p.m.

Student Community Center, Davidson Room C (Across from Admissions)

This is an all levels gentle yoga to decompress, destress, and feel good.

Coloring to De-Stress

Wednesday, October 5th at 12:30 p.m. - 2:30 p.m.

Student Community Center Lobby

Coloring can be a great way to calm your main and regain focus.

Stop by to color a fun design or pick up and take one to use for later. Materials will be provided.

How to Pick the Best Major for You

Thursday, October 6th at 12:30 p.m.

Cohen Hall 104

Unsure about your major and/or career options? Finding a major that you are interested in increases your academic grades and overall performance. This presentation is designed to help students learn about career decision-making and the steps to choosing a major, including self-exploration activities and resources to learn about academic majors & careers.

De-Stress for Success

Thursday, October 20th at 12:00 p.m. - 2:00 p.m.

Cohen Hall 104

Studying, working on projects, and preparing for exams can be quite stressful. To perform well in your studies, you must also take good care of both your mind and body. Learn about some resources to help you relax and manage the stress of being a student.

Therapy Dogs

Thursday, October 25th at 12:00 p.m. - 2 p.m.

Student Community Center Lobby

Give your brain a break from studying for finals and de-stress by playing with therapy dogs!

Documentaries for Free: The National Parks

**BY PROFESSOR
KENNETH A. SHOULER**
Adviser for the Youngtown Edition

“Documentaries for Free” is the first in a series of articles about the more than 1,200 streaming PBS documentaries that can be viewed online by everyone at the college, whether on-campus or off. Accessing the videos is simple. Those interested in reviewing the collection and picking a video to stream can go to www.ccm.edu/library. From there, you can click on “Articles and Databases.” Then, scroll down and click on PBS videos. Enter your CCM login credentials when prompted (if off-campus). Once in the database, click on “Filter Your Results.” Under the “Subject” listing, click on the topic that you are interested in.

“The National Parks: America’s Best Idea. Episode One,” one hour 54 minutes. Directed by Ken Burns <https://skynet.ccm.edu:2635/watch/the-scripture-of-nature/details?context=channel:pbs>

Ken Burns titled this one “The Scripture of Nature.” This spellbinding documentary traces

the birth of national parks to the mid-1800s and follows their development for 150 years. The visually rich tale unveils the sumptuous splendor of the parks—all 84 million acres of them—served up by the seamless voice of narrator Peter Coyote.

What’s included? So much. There’s a mountain whose peak rises 20,000 feet, the highest point on the continent, and is so massive that it creates its own weather. There’s a labyrinth of caves that is longer than any ever measured. There’s a lake deeper than any other in the country, boasting the clearest water in the world. The parks contain trees dead for 225,000,000 years that are now solid rock. By contrast, there are trees still growing that were already saplings by the time of Christ and are the oldest living things on earth.

As usual, Burns makes deft use of still photography and historical subjects. In one scene, he captures the thinking of a singular presence with respect to preservation, Theodore Roosevelt. “It is the preservation of the scenery,



**PROFESSOR
KENNETH
SHOULER**

of the forests, and the wilderness game for the people as a whole.” President Roosevelt says. “Instead of leaving the enjoyment thereof to be confined to the very rich, it is noteworthy in its essential democracy—one of the best bits of national achievement which our people have to their credit. And our people should see to it that they are preserved for their children and their children’s children forever.”

Sierra Club environmentalist Carl Pope sounds a similar note. “What could be more democratic than owning together the most magnificent places on your continent? Think about Europe. In Europe the most magnificent places—the palaces and the parks—are owned by aristocrats, by monarchs, by the wealthy. In America, magnificence is our common treasure. That is the essence of our

democracy.” Said writer and historian Wallace Stegner, “National Parks are the best idea we’ve ever had.”

As the story unfolds, we see that the breadth of this natural splendor was endangered: In the name of Manifest Destiny, settlers marched across the continent, believing that expansion was their right. Such expansion included dispossessing Indian peoples from their homelands and transforming their land. New drama arises as Frederick Law Olmstead, an early leader of the conservation movement, sought to protect the land’s resources, animals and plants included. He eventually proposes that Congress designate Yosemite Valley and Mariposa Big Tree Grove as public reserves. It was the first land set aside by Congress for public use. His 1865 report to Congress set out an ethical framework for the government to protect public lands and ensure their “value to posterity.”

The documentary uncovers the story of the parks—both their unparalleled beauty and the efforts made to protect them.

Two Initiatives from the Student Government Association

BY EMILY PORTER
SGA Secretary / President of Progressive Minds

Ballot Bowl ‘22

We are happy to announce that the County College of Morris is participating in Ballot Bowl ‘22, a non-partisan competition which encourages students to register and pledge to vote, regardless of affiliation. The Student Government Association is taking charge of this project and will run voter registration tables once a week in the Student Community Center lobby. The competition began on September 1, 2022 and will run until the general election on November 8, 2022. It is important to note that you must be registered to vote 21 days before any New Jersey election. This means the last day to register to vote for the general election is on October 18, 2022.

Students are encouraged to register to vote online at <https://voter.svrs.nj.gov/register> and submit their registration to sga@student.ccm.edu with the subject line “Ballot Bowl.” If you are already registered, make sure to pledge to vote online at <https://allintovote.org/take-the-pledge>.

For any questions or comments, please contact sga@student.ccm.edu.

Period Products

A major issue college students face is period poverty, inadequate access to menstrual hygiene products and education. Low-income students suffer the most from period poverty, and it can become a tremendous barrier to receiving education. The Always Confidence and Puberty Wave VI Study was published in November 2017 and reported on females aged 16-24 years. Researchers found that almost one in five students left school early or missed the entire day due to lack of access to period products.

Progressive Minds club is combating this barrier to education by providing pads and tampons, free of cost, in the Student Community Center and Learning Resource Center. The products are available in both women’s and gender-neutral restrooms.

The club is accepting donations to help fund this initiative and will be hosting many fundraising events throughout the semester. For any inquiries, please contact progressiveminds@student.ccm.edu.

Student Government Association:

- * Abigail Rodriguez - President
- * Zuleyka Obando - Vice President
- * Julie Decker - Treasurer
- * Sebastian Lubas - ICC Chairperson
- * Emily Porter - Secretary

Counseling & Wellness Center Presentation Schedule

Fall 2022

LGBTQIA+ GROUP

Every other Tuesday starting on Sept 20th

12:30 p.m.

Cohen Hall 102

Group Meetings Dates:

Sept 20	Nov 1
Oct 4	Nov 15
Oct 18	Nov 29
	Dec 13

This group provides a safe and confidential place for the CCM LGBTQIA+ community to chat, discuss relevant topics, and support each other.

What’s On Your Mind?

Every other Thursday starting on September 22nd

12:30 p.m.

Cohen Hall 102

Group Meetings Dates:

Sept 22	Nov 3
Oct 6	Nov 17
Oct 20	Dec 1
	Dec 15

Navigating life as a student can be difficult. This open forum and support group is for college students to discuss topics such as stress, self-esteem, and healthy coping skills.

Motivational Mondays

Sept 12, Oct 10, Nov 14, Dec 5 at 12:30 p.m. - 1:30 p.m.

Student Community Center, Davidson Rooms A & B

Are you struggling and need some motivation? Come to Motivational Mondays for FREE snacks and some great tips about how to get motivated, how to de-stress, and how to get and stay organized throughout the semester.

National Coming Out Day: Be Your Authentic Self

Tuesday, October 11

National Coming Out Day (NCOD) celebrates all who have come out as LGBTQ+ and honors this courageous act. Whether you are part of the LGBTQ+ community or an ally, celebrate with us on this important day.

More details to be announced.

Mental Health Training

Mental Health First Aid [What is Mental Health First Aid?](#)

Thursday, November 10 AND Thursday, November 17

****MUST ATTEND BOTH DAYS TO RECEIVE A CERTIFICATE****

Contact the Counseling and Wellness Center to reserve your spot: counseling@ccm.edu; 973.328.5140

Mental Health First Aid is a national certificate course that teaches you how to identify, understand, and respond to the signs of mental illnesses. This training gives you the skills you need to reach out and provide initial support to someone who may be experiencing a mental health concern and help connect them to the appropriate care.

Test Prep for Success

Thursday, November 15th at 12:30 p.m.

Cohen Hall 104

Are you prepared for your tests? Take the stress out of preparing from your exams! Learn effective test-taking strategies and various resources on campus to help you prepare, gain skills, and get support.

Paws for a Break

Thursday, December 8th at 12:00 p.m. - 2 p.m.

Student Community Center Lobby

De-stress from studying from finals by playing with therapy dogs inside the Student Community Center!