



The Voice



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In-Person vs. Online: Are Students Happy to be Back on Campus?

By SYDNEY CHERWIEN
Staff Writer

After being virtual for nearly two years, it may not be a big shock if some students are content with school staying that way. While some are eager to be back in person and revert to normalcy, others are already used to the new norm of online school.

Current sophomore at RCSJ, Darlene Abriola, says that virtual learning was “tricky in the beginning” and “definitely [wasn’t her] favorite at first.” Soon enough, she became acclimated to going online every week and with the pandemic on the rise, virtual learning was the best option in her opinion.

However, after a year of

logging into Blackboard week after week, it is very easy to become too comfortable with virtual learning.

While some students may find it easier to work at their own pace with traditional online courses, some find it much harder to stay focused and motivated.

There are many different types of learning styles, such as visual, auditory, reading, writing, and kinesthetic. So it truly does depend on each individual and what they prefer to best stay focused.

Abriola had her first in-person class last fall after taking mostly traditional online classes. She was “nervous for icebreakers and had first-day jitters”, but was also looking forward to being on campus for the first time.

With one semester under her belt, Abriola now feels more comfortable being back on campus and surrounded by peers.

When asked, she stated that she would “much rather be in the classroom now because it’s so much easier to pay attention. I’d say I’m a visual learner so it’s easier to be in class”. For students like Abriola, being in-person allows her attention to stay focused and retain the information easier.

Another sophomore at RCSJ, Ezriela Chaniz-Rico, feels similarly. When

things switched to virtual, she became very stressed and stopped enjoying school altogether. She prefers more structure when it comes to school and deadlines, but also likes the flexibility of being able to talk with her professors.

She also had her first classes back on campus this past

fall semester and said she wasn’t nervous at all. Chaniz-Rico felt as though she needed to be in person so she really looked forward to it.

With her major, biological sciences, she also prefers “being on campus for [her] harder courses like math and science”.

Similar to Abriola, Chaniz-Rico said she is a visual and kinesthetic learner, “I learn by doing, especially in my science courses where a lot of it is hands-on”.

Abriola also brought up an excellent point that for “zoom classes you have to rely on so many different elements in order to have a good class”. Poor internet connection and noisy distractions can absolutely cast a dark cloud over any Zoom meeting.

It is also more difficult to communicate with professors and other students online when compared to in person. Emails can go back and forth for lengthy amounts of time before any questions are answered. “Being face-to-face,” Abriola explained, “makes it so much easier to get feedback too”.

While there is without a doubt, a handful of students out there who may prefer traditional online classes in comparison to being in-person, both Abriola and Chaniz-Rico are happy to be on campus.

How students learn best and retain information in an efficient way is truly up to them. If anything, online classes have offered a more accessible option for RCSJ students for those who prefer it but it seems, for some, traditional face to face classes are here to stay! The choice is up to you!

“I’d much rather be in the classroom now because it’s so much easier to pay attention,” says RCSJ sophomore, Darlene Abriola.

Supporting Those Who Serve: RCSJ Ranks #3 on National List

By RCSJ PR DEPT.
Staff Writer

Rowan College South Jersey (RCSJ) is proud to be named among VIQ TORY’s G.I. Jobs Magazine list of top ten Military Friendly® Schools for 2022-2023. Out of the 1,800 institutions participating from across the nation, RCSJ ranked #3 within its category for leading practices, outcomes and effective programs that benefit student-veterans.

VIQ TORY, a veteran-owned business headquartered in Pittsburgh, P.A., provides data-driven guidance on which schools are doing the most to embrace veterans as students. The

annual list, viewable at Military-Friendly.com, is based on extensive research using public data sources, input from student-veterans and responses to proprietary surveys. Institutions are rated on their ability to meet thresholds for student retention, graduation, job placement, loan repayment, degree advancement, and loan default rates for all students, but specifically for student-veterans.

“It is an honor to assist New Jersey veterans, who have served their country with such dedication and selflessness, as they now use their hard-earned educational benefits to pursue a degree,” remarked RCSJ President, Frederick Keating, Ed.D. “For any veteran who is ready to expand



PHOTO COURTESY OF RCSJ.EDU

and explore their career opportunities through higher education, RCSJ stands ready to provide support and guidance.”

RCSJ has long been committed to the positive outcomes VIQ TORY seeks for student-veterans in higher educa-

tion. The College maintains a fully staffed Office of Military Services on both campuses to provide guidance on programs, services, and resources available to military students at RCSJ and how they can access their G.I. Bill benefits.

The office also works to provide scholastic assistance through academic advising, encourage support and comradery through military-specific campus organizations and events, and connect students with available resources within their local community.

“Our military students are treated like extended family from the moment they arrive, right up to their graduation. RCSJ has a Student Veterans Association

we sponsor, a veterans’ bookshelf, priority registration and many other resources that create a Military Friendly® culture to help these students succeed in their academic goals,” remarked John Ryder, Director of Military Services at RCSJ. “I’m proud of our Military Services team and we are honored to rank #3 in the country within our category. We look forward to continuing to support our military students as part of our commitment to serving those whose have served their country.”

To learn more about program, services and support for student-veterans at Rowan College of South Jersey, visit RCSJ.edu/Veterans.

Can the U. S. “Build Back Better” without Free Community College?

By BRITTANY BROLLEY
Staff Writer

You may still have to pay for community college after all. Part of President Joe Biden’s Build Back Better framework, two years of tuition-free community college education, is on the chopping block, the president revealed during a recent news conference at the White House.

From the East Room on January 19, Biden told news outlets, “There’s two really big components that I feel strongly about that I’m not sure I can get in the package: one is the Child Care Tax Credit and the other is help for cost of community colleges.”

On the campaign trail, Biden promised to waive two full years of community college tuition. This plan was later included in the initial framework of Build Back Better. In November, the \$3.5-trillion plan was reduced by half to pass legislation, but tuition-free higher education nevertheless remained.

The following month, Build Back Better stalled in Congress, and now Biden says he will “break the package up” in order to have the majority of the bill pass. In doing so, tuition-free education may get left behind. That’s a costly mistake – and not just for college students, but America as a whole.

Without a college degree, you are at an increased risk of

becoming unemployed. And even if you are employed, you are likely to make less than your college-educated peers. Of course, this is of benefit to you, personally. But it’s also a benefit to the United States as a whole.

By graduating from college, you are less likely to rely on government assistance, including housing subsidies and Medicaid, the Association of Public & Land-Grant Universities found. Undoubtedly, this saves both the federal and state government money.

In addition to drawing less on government resources, college-educated workers strengthen the economy to a greater degree than high school-educated work-

ers, according to research by the Economic Policy Institute. And, of course, workers who make more pay more in taxes, which further fuels the economy. Indeed, Brown Center Chalkboard’s multiple analyses of tuition-free college programs found the benefits far outweigh the costs.

Sadly, an increasing number of people have already started forgoing higher education. One reason, NPR reported, is cost. As state investment in college decreases (as has been occurring), tuition increases – and Americans must choose between paying for the increasing cost of schooling or entering the workforce.

Although two-year colleges offer a more affordable way

to obtain higher education, enrollment at community colleges has waned to an even greater degree compared to four-year universities. What’s more, as community colleges enroll a greater number of low-income students and students of color, this disproportionately affects both groups; roughly 45% of community college students are people of color, and 66% have a household income of \$50,000 or less.

Even if the amended Build Back Better bill passes in Congress, truly improving the country will remain impossible without bracing the backbone of our communities: our two-year colleges.

CAMPUS NEWS

RCSJ Club Spotlight: Phi Theta Kappa Honor Society (PTK)

By SYDNEY CHERWIEN
Staff Writer

School clubs can be hit or miss. Will it be worth it? Will it be boring? What if I don't know anyone? Why should I go?

While those are all very valid questions, when it comes to Phi Theta Kappa (PTK), you won't have to worry about it. I sat down with RCSJ's chapter advisor, Shanice Ruiz, to discuss all of the details of PTK and what students should look out for to join.

First things first, what is PTK? Ruiz defined it as, "the international honor society for two-year colleges." PTK is an interactive club that provides students with leadership experiences, networking opportunities, social engagement, and gives them a professional development aspect. The standard requirement for eligibility is that students must have a 3.5 GPA. For RCSJ's chapter at Cumberland, Rho Gamma, students must also have complet-

ed at least 12 college credits. The requirements are similar for the Gloucester campus as well.

PTK offers a range of benefits to its members. Not only does it offer leadership opportunities, but program planning and "allowing them to understand how to facilitate a program" as well, said Ruiz.

PTK also has student delegates who are given opportunities to decide the "who's" and "what's" for events. Delegates, as well as other members, are also given the chance to influence their college environment and give administration the student's perspective.

The most influential benefit of joining PTK is all of the scholarship opportunities it offers. "PTK really makes a bridge from the students to those different organizations providing those funds," Ruiz explained.

PTK plays a major role in aiding students looking to transfer to four-year colleges as well. Schools will recognize that

a student is a member of PTK and offer them scholarship money based solely on their membership.

On the Cumberland campus, a typical meeting will consist of going over what the chapter is looking to do for the semester, planning events, planning collaborations with other clubs, and discussing what the students are going through.



PHOTO COURTESY OF PTK.ORG

Ruiz added that during meetings, "we try to make it so that we are helping each other and just listening to each other, sometimes students don't have other peers on campus that they typically talk to in their classes, so we try to offer some sort of social environment for them."

Club officers also begin

to plan and facilitate events and details during meetings. They plan events such as the induction ceremony, upcoming conferences, and collaborating with other clubs. Cumberland's Rho Gamma chapter will also collaborate with the sister Gloucester chapter Alpha Psi Pi, who also have regular meetings. They will do joined fellowship events such as game night, and will also join for the upcoming induction ceremony. Ruiz explained that due to the pandemic, this year is "the first time ever that the two chapters will be in person doing an induction together."

Current and potential members: be sure to leave April 25 open for this year's induction ceremony!

In the past, PTK has facilitated events such as a blood drive, which has been an annual event for the last few years, and plan on taking part in College Project this semester.

College Project is how the delegates of RCSJ's Rho

Gamma chapter will communicate with administration and strengthen their relationship. This year, PTK plans to help with student engagement and enrollment for College Project. When asked how PTK has helped her, Ruiz stated, "It allowed me to meet with other people and realize that I had a passion for service and volunteering".

She said it also strengthened her ability to work on a team as well as learning to work hard for the things she wanted. She also emphasized how enjoyable and how much fun she had during her time in PTK, and that she is now "glad [she] can be an advisor for Rho Gamma."

PTK Rho Gamma meetings are held every other Thursday in the Student Life Office across from the gym. You can also email any questions to Shanice Ruiz at PTKCumberland@rcsj.edu for Rho Gamma, and Shawn Rutter at srutter@rcsj.edu or Alejandra Valencia at avalenci@rcsj.edu for Alpha Psi Pi.

Holocaust Remembrance Day - January 27th

By BRITTANY BROLLEY
Staff Writer

January 27th is Holocaust Remembrance Day. It is an opportunity to remember victims and survivors, as well as continue to learn about this unforgettable moment in history. This year, RCSJ's Office of Diversity, Equity, and Inclusion hosted a webinar with special guests Charles Middleburg and David Austin to share their stories.

Middleburg describes himself as a witness to the Holocaust. At only 11 years old, he experienced life at the beginning of WWII in Paris. He retells stories of growing up in a loving home as a working-class family with his father, mother, and younger brother. Middleburg shares his story of hiding from German and French officers, escaping to a

farm with his brother outside of the city, and separation from his parents.

Middleburg's story is unique and emotional, and caught the attention of David Austin.

Austin is a middle-school world history teacher in Marlton, New Jersey.

He met Charles Middleburg through a local organization. Austin would invite Middleburg to come into class to share his story with students.

Finally, in May of 2020, Austin published his first book "Small Miracles" that tells the incredible journey of Middleburg and his family throughout WWII. The book is available on Amazon.com for \$16.00.

The webinar was put together by Kelly Briggs with the help of Judy Mackenzie. This was Briggs' second presentation with

the Office of Diversity, Equity, and Inclusion.

"My main goal is to acknowledge different events and cultures," Briggs' shares. The committee works to host events during months or days of remembrance to bring awareness and recognize different cultures.

This year "A Holocaust Story from France" emphasized this goal by sharing the incredible narrative of Middleburg as he experienced the limitations and violence against Jews in France.

Middleburg's story is one that illustrates the meaning of spreading love in times of hate. "Hearing him tell that story it's just...wow," Briggs recalls. Middleburg shares the chain of "small miracles" that led his brother, father, and himself to safety. He expresses his gratitude towards the people who took a great risk

to help them. David Austin also emphasizes how courageous these people were to share their care for others in such troubled times, while risking their own safety.

The Holocaust is a very sensitive, scary, and devastating topic in world history. As the greatest crime against humanity, it feels almost impossible to imagine what life was like during these times.

Witnesses and survivors like Middleburg, are courageous enough to share these narratives and recount the hardships of Jews, African Americans, and all other victims of the Holocaust. "It's a story that needs to be told," Briggs shares, "we should never forget, and it should never happen again".

Holocaust Remembrance Day comes at a time when lessons learned feel like they have been

forgotten. It feels like no surprise to see hate and violence against each other on the news or spread across media. Days like January 27th, remind people that evil should not be tolerated. RCSJ's Office of Diversity, Equity, and Inclusion expresses their goal to acknowledge history and bring awareness during times of remembrance. "It encourages a lot of conversations to be had," Briggs reveals. Events like these bring on different perspectives and knowledge about history and cultures. It is important to continuing learning from history. Even through dark and tragic times, people are able to help and care for each other. Stories like Middleburg's remind us to stand against hate.

For more programs like this one, visit <https://www.rcsj.edu>.

Reflect on the Pandemic with RCSJ's "Lost Year" Exhibition

By BRITTANY BROLLEY
Staff Writer

Over two years ago, the CDC confirmed the first case of COVID-19 in the United States. As we begin to embrace our 'new normal,' this semester offers faculty and students a unique opportunity for reflection on the pandemic and the social challenges accompanying it.

When Rowan County of South Jersey's Gloucester and Cumberland campuses resumed in-person learning in fall 2021, the community was met with a poignant storytelling exhibition titled "Stories of Our 'Lost Year.'" As part of the project, faculty, staff, and students anonymously shared their thoughts and experiences over the previous 18 months, from March 2020 to August 2021. Anyone who wished to participate was encouraged to fill out a questionnaire online or on

campus, and/or add photographs or artwork representing their experiences. The form was broken into four sections: pandemic, social issues, the pandemic/social justice/election cycle, and moving forward. Those who participated could choose to provide responses in any or all categories.

According to Patti Schmid, head librarian of RCSJ Cumberland, three main themes emerged from the responses: education, family and friends, and mental health. Regarding education, Schmid said, "Some people took a stop out; some people decided after a long time to go back to school." According to her analysis, responses about family and friends varied – some were unable to see extended family and friends and were thus missing them, while others spent a great deal of time with their immediate families during lockdown and were appreciative

of that time. Lastly, mental health concerns were often highlighted in "the pandemic/social justice/election cycle" section. "It doesn't surprise me that these were the things that were trending in all reality," Schmid said, "because that's what we were all worried about."

RCSJ Gloucester's reference and instructional services librarian Jessica Hamilton, who spearheaded the "Lost Year" project, detailed the process behind the questionnaire, saying the faculty and staff who organized the exhibit first came up with a list of questions before editing it down into writing prompts "to get people reflecting, thinking, and writing." When the campuses first reopened in fall 2021, the "Lost Year" team as well as undoubtedly all educators and college students were optimistic that the pandemic was now behind us. Unfortunately, though, that didn't prove to be the

case. Hamilton said that although in-person classes had resumed by that time, many students remained online or paused on re-enrolling. On top of that came the new variants, Delta and Omicron, and "it just didn't feel like we were back," Hamilton said. And so, Hamilton, Schmid, and the rest of the "Lost Year" organizers decided to reignite the exhibit this semester. Any students, staff, and faculty from Gloucester and Cumberland campuses who did not get a chance to participate in fall 2021 now have the opportunity to share as little or as much as they'd like about their pandemic experiences. Photographs and artwork are also accepted. You can be confident that although your reflections may be displayed in the online exhibit, you will remain 100% anonymous. Hamilton and Schmid are

hopeful that these stories will be beneficial to both those who participate and those who observe. "This [exhibit] gives people an opportunity to process and reflect," said Schmid. According to Hamilton, "The goal, honestly, [is] to provide the opportunity for everybody in our campus community to reflect, to heal, to move forward, to share their stories and to learn from each other." She continued, saying, "That's my pie-in-the-sky hope – that people can reflect and heal, all by sharing their stories and reading others' stories."

Please visit RCSJ's Lib-Guides website or scan the QR code below to participate.



SPORTS

Roadrunners' Recap: Winter Sports Update

By ATHLETICS DEPT.
Staff Writer

Roadrunner Athletics continues to have a successful winter campaign. Over the weekend, women's basketball and wrestling each won Garden State Athletic Conference Championships!

On Saturday, women's basketball earned the conference title with a 68-62 win over Brookdale CC. The Roadrunners are now 19-2 overall this season and ranked #3 nationally among NJCAA Division III programs.

The team has three remaining regular season games and then will prepare for the district championship tournament which begins on Saturday, February 19th. If the team advances, there is chance we could host the district championship game on Saturday, February 26th.

Website recap: <https://rcroadrunners.com/sports/wbkb/2021-22/releases/20220205im8q0v>

Our wrestling team hosted the conference championship meet bringing together the top four programs in the state. In the semifinals, the Roadrunners defeated Camden CC and then went on to defeat Middlesex CC in the championship match. In fitting fashion, returning NJCAA All-American Jaden Roberts clinched the championship with a win by pin in the Middlesex match.

The Roadrunners now prepare for their post-season with the district championship scheduled for Saturday, February 19th at Lackawanna College in Scranton, PA. Any wrestlers who advance from the district will compete in the NJCAA National Championship March 4-5 in Council Bluffs, Iowa. Website recap: <https://rcroadrunners.com/sports/wrest/2021-22/releases/20220205zbxcya>

The men's basketball team also shined this weekend pulling off a dramatic upset win over nationally ranked Brookdale

CC. Brookdale came into the game 17-1 overall and ranked #10 but the Roadrunners outscored them 40-35 in the second half to score a 71-70 win. The team is now 12-12 overall with four games remaining and must win two of those to qualify for the post-season.

Website recap: <https://rcroadrunners.com/sports/mbkb/2021-22/releases/20220205u76k1h>

A few other notes from around the program: Summer Wroniuk, our first NJCAA All-American in women's volleyball, was recently named our Roadrunner Woman of the Year. In addition to her success on the court and leading the team to their first National Championship appearance, Summer has a 3.95 GPA. Spring Sports are just around the corner and some of the pre-season polls have started to come out – our baseball team will enter the season ranked #2 among NJCAA Division III

programs and our softball team will start the season ranked 5th.

Keep up with all the action by checking our athletics website often – you can find us at www.RCRoadrunners.com. Follow us on Instagram and Twitter where we are @RCRoadrunners.

Our Roadrunner Wrestling and Women's Basketball teams have qualified for their National Championship events and will depart soon for competition.

Six of our Roadrunner wrestlers are scheduled to depart from campus early tomorrow morning for the championships held in Council Bluffs, Iowa. This is the first trip to nationals for new head coach Alex Reeves.

The team won the Garden State Athletic Conference Championship this season and finished as the Runner-Up in NJCAA Region 19. Sophomores Nick DiGiacomo (125) and Jaden Roberts (184) earned seeds in their respective weight classes and

will look to lead the way. Shamar Baines (133), Andrew Knorr (141), Justin Dougherty (165), and Tion Cherry (197) also will compete at the championships. Wrestling is scheduled to begin on Friday and concludes on Saturday at the Mid-America Center in Council Bluffs.

Our Women's Basketball team has earned the #2 seed in their upcoming NJCAA Division III National Championship Tournament. This is the second trip to nationals for head coach Rich Cooper. The team also won the Garden State Athletic Conference Championship this season and last weekend won the Region 19 and District Championship. The Roadrunners are now 23-2 this season.

Tournament updates for both sports will be available via our social media @RCRoadrunners and website www.RCRoadrunners.com.

Dukes' Baseball and Softball Season Starters

By ATHLETICS DEPT.
Staff Writer

The RCSJ-Cumberland baseball team played host to Suffolk County Community College over this past weekend, and delivered 4 wins to take their overall record to 7-1.

Andrew Simone had a historic day on the mound for the Dukes. The right handed pitcher from Vineland, NJ delivered a unforgettable performance as he threw a no-hitter vs. the Suffolk county offense. In the game he struckout 13 batters, and only surrendered 1 walk.

Simone's key to success was his ability to jump ahead of batters with first-pitch strikes while also throwing his repertoire of pitches for strikes. He faced the minimum amount of batters for a 7-inning game in 21 batters. This was a major reason Simone was able to go the distance and complete all 7 innings on the mound. Head Coach Marco Carolla commented on the performance after the game, "It's an awesome accomplishment for Andrew and our program. It couldn't of happened to a better kid that works hard at his craft".

The game 1 offense was led primarily by infielder Kevin Merrone and outfielder Will Gamble. Merrone reached base 3 times, 2 of the times he reached base were by way of hits while also getting one free pass. He also collected 2 RBI's and scored 1 run. Gamble's day would match Merrone's as he also went 2 for 3 with one walk and 2 RBI's.

Ben Maiers would also record a multi-hit game as he went 2 for 4 with 2 doubles. Mike Guzzardo and Matt

Shepherd also had an RBI in the contest. 6-0 would be the final score in favor of the Dukes.

John Liberio and Noah Robinson would combine for a 2-earned run outing in game 2. Liberio racked up 8 strikeouts over 4 innings and surrendered 1 walk. Robinson would finish the Sharks offense off with a 1-2-3 inning. The offense was highlighted by freshman Nathaniel Figuero. Figuero hit a base clearing double that scored all base runners. He would end the game 1 for 2 with 3 RBI's while scoring twice. Merrone and Gamble would again have a multi-hit game as this one would end in another Dukes victory, 12-2.

Another strong starting pitching performance came in game 3 when Mikal Goods toed the rubber for the Dukes. The left handed hurler was brilliant all afternoon for Cumberland as he went 6 strong innings. While handling the pitching duties, Goods struck out 7 batters, had 1 walk and allowed 1 earned run. He then gave way to John Kennealy who struckout 2 of the 3 batters he faced.

The Cumberland offense was quiet for much of the game, but stayed patient at the plate as they accumulated 12 walks. They would use these walks to score 10 runs. Brian Regalado got the first hit and RBI's of his Cumberland career in the 5-run 5th inning. Game 3 would end with a final score of 10-2.

The series finale of the 4-game stretch would be the closest game of the weekend. Cumberland would survive a late Suffolk push and win the game 6-5 in 8 innings. The game was highlighted by Freshman Jack Peacock. The St. Augustine Prep graduate would go 3 for 4 at the plate and collect 1 RBI. His lone

no. In 2021, Pennino accumulated 133 innings on the rubber striking out 101 opposing batters and only committing 40 walks.

Pennino would end the year with a 3.32 ERA, appearing in 24 games. She also averaged 5 strikeouts per 7 innings. At the plate, Pennino hit for a .395 batting average with 4 homeruns, 7 doubles, and 21 RBI's. Infielder Madison Sloan is also back for Cumberland this year. The Lower Cape May graduate hit for a .500 batting average last year and accrued 4 homeruns, 20



PHOTO COURTESY OF GOOGLE IMAGES

RBI's, 11 doubles, and 5 triples. Sloan led the offensive attack with 52 hits on the season. This year, she will again hold down one of the infield positions.

Two more Dukes that received end of the year honors in 2021 that are on the roster again in 2022 are Olivia Powers and Gianna Demarco. Both of these Dukes are expected to see time on the mound but pack a strong punch at the plate as well. Last season, Demarco hit .370 with 16 RBI's, 1 homerun, 7 doubles, and 2 triples. She also was tied for most walks on the team with 16 and had an on base percentage of .480. Demarco was named 1st-Team All-Region in the utility

RBI proved to be the difference maker as Peacock delivered a walk-off double off the left field wall that would score Devon Koger and complete the sweep for Cumberland. Jacob Shapley, Nick Chiodo and Jeremiah Lebron would hold down the Sharks offense. The trio only allowed 1 earned run (4 total) over 8 innings.

Overall, Coach Carolla was pleased with the pitching and defense over the weekend, but said the offense left something to be desired.

The team will have no games during the week before they welcome in Union County next weekend. In the latest NJCAA baseball rankings, Cumberland held their #4 spot. Full 2022 Baseball Schedule: <https://dukesathletics.com/sports/bsb/2021-22/schedule>.

Dukes Softball is looking to make another run at the Region 19 title. The 2022 Softball season is set to begin for the reigning Region 19 softball champions! The Cumberland Dukes will face off for a double-header against the Delaware Tech Spirit on Saturday, March 5th, beginning at 12PM. Like the Dukes, Delaware Tech is coming off a very impressive season that ended with some hardware of their own. The Spirit won the Region 19 championship at the Division II level, and then went on to win the Mid-Atlantic District Championship to qualify for the NJCAA DII World Series.

Coming into the 2022 season, Head Coach Magic Mears brings back some key returners while also adding a few 1st year players that will see playing time early in their Cumberland Career. Of those returnees for Cumberland is reigning Region 19 and Garden State Athletic Conference Pitcher of the Year, Bailey Penni-

position.

Olivia Powers is as reliable as they come in Region 19 behind the plate. In 2021, she started every game as a catcher and provided help on the offensive end as well. She hit led the team in doubles with 13, had the second most RBI's (23) and hit 3 homeruns. Powers would end the year with a .360 batting average. In the outfield, Cumberland will have 2nd year player Alicia Serrano. Serrano is expected to hit in the top to middle of the lineup in 2022 and has proved she is a force at the plate.

Last season, she hit .373 and led the team in homeruns with 6. Serrano hit 5 doubles, 3 triples, and had 28 RBI's. She is also known for her ability to cover ground in centerfield. Nicole Rios and Aaliyah Calderon were also on roster in 2021. In 2021, they provided much needed depth in the infield and outfield and have shown to be valuable parts of the squad. In the Region 19 championship game last season, Rios had one of her best games of the season. She went 2 for 4 with 2 RBI's and a run scored.

Daviana Jimenez is expected to have a major role for the Dukes. As a senior at St. Joseph Academy (Hammonton), Jimenez hit for a .345 batting average. She hit 1 homerun and compiled 41 RBI's. Vineland HS graduate, Lazaya Rosario will see time in the middle of the infield for Cumberland and looks to provide offense and speed to the lineup.

Jerica Hudson and Sayde Nichols. The two will provide position versatility to the roster as both have the ability to play infield, outfield, and the circle. Hudson was a part of the Millville HS softball team while Nichols joins teammate Madison Sloan who played at Lower Cape May.

OPINION

No More Expensive Gym Memberships

By ASHLEY KELLMYER
Staff Writer

The New Year brings a time of resolutions. The chance to start fresh encourages people to set new goals for themselves. One of the most common changes we see is the increase in gym memberships.

I find it really exciting to see the physical goals people set and how they incorporate a healthy change into their normal routine. However, there are many alternatives to gym memberships that I feel will be more productive in your fitness journey.

Gyms see an exponential spike in memberships in the month of January, but according to CouponCabin, fourteen percent of those members will stop going after February. The International Health, Racquet, and Sports club Association estimates about fifty percent of those new members stop going after six

months.

So why do people continue to abandon their fitness goals?

Many chains like Planet Fitness market themselves to be a “judgement-free” environment.

uphold their friendly and respectful reputation, but unfortunate circumstances can happen anywhere. Memberships are also a costly investment.

The average cost is around \$20 dollars a month for

packages.

A couple years ago, I signed up for a free month trial at a public gym near my house. After about two weeks, I dreaded going. It took time to drive over and get

Scrolling through Instagram one day, I found a post about a dance workout that was on YouTube. It was about 15 minutes long, and played music by One Direction, the Jonas Brothers, etc., so I had to try it out. That was the start to my deep dive to the fantastic community of free online fitness.

Over the past year and a half, I have been able to get the full gym experience with my phone and some weights from Target. The YouTube channel “MadFit” has over six million subscribers with over a hundred videos.

The exercises range from 5 to 30 minutes, and target all kinds of areas such as abs, legs, arms, and cardio. The channel is also home to the famous 15-minute dance party workouts that will leave you with a smile on your face while breaking a sweat.

Start the New Year right with an affordable and more comfortable workout experience that will ease you into reaching your new fitness goals.

HOME GYM VS. GYM MEMBERSHIP

\$1,330 Average cost of Home Gym Equipment

\$6,960 Average cost of Commercial Gym Membership over 10 Years

↑ 105 Minutes ↓ Average Total Workout/Commute Time at Commercial Gym

↑ 55 Minutes ↓ Average Total Workout/Commute Time at Home Gym

WHAT EQUIPMENT DO YOU NEED?

- Squat Rack w/ Pull Up Bar
- Barbell
- Bumper Plates
- 55 lb. Kettlebell
- Gymnastic Rings
- Jump Rope
- Horse Stall Mats

Total Cost: \$1,330

HOME GYMS OWNERS REPORT HIGHER SATISFACTION RATES AND MORE TIME TO SPEND WITH FAMILY AND FRIENDS

- 25% OVER 25% MORE WORKOUT OPPORTUNITIES
- 50% 50% OF YOUR TIME SAVED
- 75% OVER 75% LESS THAN CROSSFIT MEMBERSHIP

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However, some people experience feelings of insecurity, embarrassment, or intimidation from other members.

Not to mention, reports of sexual harassment and bullying in many public gyms. Most gyms

a basic plan. Gyms add on extra cost for exclusive amenities, trainers, or classes. The IHRSA reveals about 46% of ex members stopped going because of cost. People should not have to give up or adjust their goals because of expensive or difficult membership

set up, I could never find available equipment, and I was constantly being asked by trainers if I wanted to sign up for their programs for additional costs. I still wanted to be active, so I looked to alternatives.

Dear NFL, Change the Rules!

By TYRELL DUNN
Staff Writer

If you are an NFL fan, you know that there are many rules that should be either updated or changed all together. Some involve first down rules or changing some rules about penalties. However, in my opinion, the overtime rule absolutely needs to be changed as soon as possible. The current overtime rule is

whichever team scores the first touchdown wins the game. This rule is probably to prevent longer NFL games, so people don't lose interest. But I think more people would watch

the game because they are so intrigued on who is going to win the game.

One main reason I believe this rule should be changed is because it really comes down to who wins the coin toss in overtime. Whoever wins the coin toss is going to choose to receive the ball 95 percent of the time. Having the ball first gives you a big advantage because all you need to do is score a touchdown and you win the game. No, it's not easy to score a touchdown in the NFL, but you still have the upper hand. Also, if a team has a quarterback like Patrick Mahomes, Josh Allen,

or Tom Brady, they are most likely going to score on the first drive.

Another reason for this rule to be changed is because it gives both teams a chance to prove that they deserve to win that game. If the team that wins the coin toss scores first, then the other team doesn't even get the chance to get the ball. Imagine how exciting it would be to see both teams dual back and forth

chance to have the ball. If a team scores a touchdown and they stop the opposing team from scoring, then they win. If not, the game keeps going until a team stops the other. Those are the current rules in college football, so I don't think it would be a big problem to implement it in the NFL. Another very popular idea that I have seen all over the internet is let the 15 minutes of overtime play out.

This will give both teams the opportunity to win and gives them a lot of time to play.

Hopefully one day this rule changes sooner rather than later and we can see some crazy overtime games in years to come.



PHOTO COURTESY OF GOOGLE IMAGES

touchdown after touchdown. I think the NFL would get more views and attention if that were the rules. They can implement that rule within both regular and post season games. However, I do also think they should take overtime out of preseason games. I say that because it's usually practice squad and young players playing the majority of the game and we don't want them to get hurt before the season even starts.

Anyways, I do have some ideas on what they could do instead of what they are doing now. The first one, as stated before, is to give both teams a

In an article written by Chet Gresham on the Draft-Kings Nation website, “Under the current overtime rules, the win-loss record for teams that win the coin toss is 86-67-10, per NFL Research.

There is an advantage to winning the coin toss, but just at 52.8%. But, and this is an interesting but, if you just look at playoff games, the team that wins the coin flip has won 10 out of 11 games. Seven of those wins came on the first drive and didn't give the other team a chance. So that's the number we probably want to

The Voice

The Voice is the student newspaper of Rowan College of South Jersey and opinions expressed therein are not the opinions of Rowan College of South Jersey.

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ARTS & ENTERTAINMENT

The "Souls Shot Portrait Project" at RCSJ is Facing

Gun Violence Head On

By BRITTANY BROLLEY
Staff Writer

Approximately 110 Americans are killed with guns each and every day, but those who've lost their lives are more than just a statistic. The "Souls Shot Portrait Project" at RCSJ's Arts and Innovation Center is shining a light on the faces behind these figures.

The heart-rending exhibit features 23 portraits by artists who were paired with relatives or friends of victims of gun violence. Using mediums ranging from acrylic to oil to mixed media, each participating artist encapsulated the essence of their subject.

Being able to connect with the victims in this way helps the observer not only learn about these incredible individuals, but it also serves as a stark reminder of the prevalence of gun violence. "Every day, [you hear] of this shooting, that shooting, a mass shooting every day – we're getting really immune to the

situation," Jackie Sandro-Greenwell, director of Fine Arts and Clay College, said. Viewing this collection of artwork and reading the placards accompanying each portrait, which details information about the victim, offers an opportunity for reflection, according to Sandro-Greenwell.

The "Souls Shot" exhibit, which opened on Friday, January 21, has already been having a meaningful and significant impact on the local community. "We've received more emails and comments about this show than any other show," Sandro-Greenwell revealed. "It's really powerful and moving for people." Indeed, the exhibit's guestbook contains numerous comments from visitors who remarked on the beautiful yet tragic collection.



Artwork from the "Souls Shot Portrait Project" Exhibition

Each person who visits the exhibit may take away

something different, but the overarching message is clear: Gun violence needs to end. Laura Madeleine, executive director and curator of the "Souls Shot Portrait Project," said she hopes the exhibit will both raise greater awareness about gun violence and inspire people to act.

Sandro-Greenwell is hopeful that Cumberland County residents and visitors take away a similar message. "There could be reasonable gun laws put into place," she detailed. While she recognizes that hunters and others may not be willing to give up their guns, many could benefit from having "reasonable gun laws put in place for people who have guns that shouldn't."

Overall, Sandro-Greenwell says she hopes the exhibit serves a catalyst for positive change: "Hopefully, it'll be highlighted or get the attention of politicians or people that can create a change."

From now until February 27, students and members of the public alike can visit the "Souls Shot Portrait Project: New Jersey Chapter" at Rowan College of South Jersey - Cumberland campus' Arts and Innovation Center located at 321 N. High Street in Millville. The gallery is open from 9 a.m. to 5 p.m. Monday through Friday and 12 p.m. to 5 p.m. on Saturdays. For those unable to attend in person, a virtual exhibit is available on SoulsShotPortraitProject.org. Full-color exhibition catalogs are also available for purchase, with 100% of the proceeds going toward the "Souls Shot Portrait Project."

Movies in 2022



Black Panther: Wakanda Forever 2022

By SYDNEY CHERWIEN
Staff Writer

Nothing beats the feeling of the moments after watching a movie at the theater and immersing yourself into a fictional world for a few hours. Here is a list of some highly anticipated movies coming to you in 2022.

Doctor Strange in the Multiverse of Madness- Releasing May 6

Benedict Cumberbatch, as Doctor Stephen Strange, casts a spell that opens the multiverse and lands him and his team in a danger that may be too big to handle. Starring along Cumberbatch is Elizabeth Olsen as Wanda Maximoff.

Top Gun: Maverick- Releasing May 27

36 years later Tom Cruise is still pushing to do his own stunts in the long-awaited Top Gun sequel. This time he has to train a group of newcomers for a perilous mission.

Jurassic World: Dominion- Releasing June 10

Not only are Chris Pratt and Bryce Dallas Howard back for the third installment of the Jurassic World series, but they are also joined by the three original cast members: Sam Neil, Jeff Goldblum, and Laura Dern.

Thor: Love and Thunder- Releasing July 8

Few details have been confirmed about the fourth Thor movie, but the reappearance of Natalie

Portman as Jane is enough for big Marvel fans.

Black Panther: Wakanda Forever- Releasing Nov. 11
Sadly the new movie will not feature the late Chadwick Boseman, so there is a guarantee of some heavy emotions being triggered. It is extremely hopeful that Marvel and the rest of the cast will honor his legacy lovingly.

Don't Worry Darling- Releasing Sep. 23

Harry Styles and Florence Pugh are set to play a 1950s married couple in Olivia Wilde's psychological thriller.

Knives Out: 2- Alleged 2022 Netflix Release

Netflix has also hinted at a second Knives Out film for subscribers in their preview for 2022 movies. Starring along with Daniel Craig, as detective Benoit Blanc, are Madelyne Cline, Kate Hudson, and Kathryn Hahn.

A survey completed by current college students shows that the most anticipated movie coming this year is Marvel's Black Panther: Wakanda Forever, due to the recent death of the star Chadwick Boseman, may he rest in power, many are eager to see how the movie will carry on. Second on the list, is Knives Out 2, followed by Thor: Love and Thunder and Doctor Strange in the Multiverse of Madness.

What fictional world will you dive into first this year?

Art Club of Rowan College of SJ



By PROMISE SMITH
Staff Writer

The Arts and Innovation Center in downtown Millville, New Jersey is abounding in energy and zeal for the arts. After more than a two year break, the Rowan College of South Jersey's Art Club is beginning again with a fresh perspective. If you are a fan of the arts and would like to take your interest a step farther, this club is a place where you can have fun taking that step.

The backbone of the plan to reignite the Art Club was developed by three important people at RCSJ: Jackie Sandro-Greenwell, Renee Post, and Deborah Bradshaw.

In a recent interview with Sandro-Greenwell, the director of Fine Arts at The Arts and Innovation Center, she revealed that she and Kandice Portalatin are both eager to get the Art Club up and running. Sandro-Greenwell has worked at RCSJ since 2002 as Director of Ceramics. She is currently the Director of Fine Arts. She received an MFA from Tyler School of Art. Kandice Portalatin studied at The Pennsylvania Academy of Fine Arts in Philadelphia where she received both a BA and an MFA degree. Sandro-Greenwell and Portalatin share the vision to reawaken the Art Club and provide a creative environment and opportunities for students to connect.

Art Club activities will encourage a creative atmosphere in the midst of a diverse college population.

Art Club will shine a light on the fine arts and the ever expanding world of media and tech. Sandro-Greenwell expressed that because the arts are always changing and growing, the content and ideas presented by the club will follow suit. For example, in the past two years because of the isolation brought about by pandemic restrictions, the arts have broadened to encompass various kinds of media, such as podcasts, and virtual and filmed performances and classes.

While at times providing a larger audience for the arts, these new platforms are often lacking in the areas of interaction and discussion. These weaknesses can be improved upon, and a club that gathers artists and their ideas is a positive step. Sandro-Greenwell reflected, "It would be great if you could get all of the students to intermingle and create a good vibe." She continued, "In the last two or more years I feel like there is definitely a disconnect with the students."

Art Club at RCSJ will create an atmosphere where students can freely express themselves and connect with others. Art Club welcomes all visual and performing artists.

Furthermore, students who have an interest in art, but may not be pursuing a career in the arts are welcome to join. Participants will further their knowledge and increase their appreciation of the various art forms.

Art Club is set to happen every Wednesday at 4 pm in The Arts and Innovations Center in Millville, New Jersey. The theme of the first meeting of Art Club is "game night." Subsequent meetings will present new themes based on student interest.

The benefits of Art Club are endless. Nevertheless, the most important point of the meetings is bringing the students of RCSJ together with a focus on creativity. Sandro-Greenwell remarked, "It builds a creative unity."

She expressed concern regarding the lack of opportunities to socialize at RCSJ during the past two years, "I feel like being in the house, and being removed you lose touch, and we have lost that time." She lamented, "You almost feel helpless."

One goal of this club is to provide a creative and relaxed program in which students can socialize and have fun while learning.

Time lost to the pandemic or other negative experiences can be gained back by the choices we make and the paths we choose presently and in the future.

STAFF SPOTLIGHT

Road to Success:

How RTF Professor's Interests Led to Fulfilling Career

By RACHEL SAMPSON
Staff Writer

"And the Oscar goes to..." As the winner goes up to collect their Oscar for "Best Picture," their mind reflects on the journey from their first film class to this moment. As they take the microphone, they thank David Coates. David Coates is a Communications Professor at Rowan College of South Jersey (RCSJ).

In his freshman year of high school, he enjoyed his Graphic Arts class where he learned about photography and printmaking. During this time, he got a job at a printing shop. It was this foundation that led to Coates' first obstacle after graduating college. Coates began his time at RCSJ, like most of us do, as a student.

The West Deptford native graduated from what was then Gloucester County College (GCC) in 1981 with a Liberal Arts degree. After graduating, Coates held a part-time job at the school until February 8, 1982.

One opportunity changed his whole outlook on his career path, a full-time Media Technician position opened up at GCC. Coates took the job but not without hesitation, "I had left a full-time job, I'd really left what I thought was going to be a career, in the printing industry, and most people in my family, because I am a first-generation college gradu-

ate... they just thought you get a good job and stay with it. So, the fact that I left that, I always was a little nervous about this thing that I was doing."

As a Media Technician, Coates would help out in the classrooms by delivering projectors and working with cameras. Around this time, the college got its first personal computer. Looking back, Coates wishes he learned more about computer programming, but he continued with photography.

While working as a Media Technician, Coates earned his teaching degree in a non-traditional way by taking classes without the intention of landing a different full-time job. He worked as a technician for five years before going to Temple University for his bachelor's degree in Radio, Television, and Film (RTF).

However, at Temple, Coates took an "Elementary Education" elective class and was required to do an internship in a fourth-grade classroom in North Philadelphia, "It was sort of an eye opener, you know that week, I thought, wow, I need to change my direction- I need to become an elementary school teacher."

But instead of becoming an elementary school teacher, Coates decided to continue working at GCC, "It was just sort of the fear of the unknown, that just

kept me in the department that I was... I didn't even flip a coin, I just figured I like this job too much."

After graduating from Temple in 1990, Coates spent the next 20 years working as an adjunct professor in photography at GCC. Because of this degree, Coates was able to teach the first photography class at the school. In 2010, he applied to Wilkes Uni-



PHOTO COURTESY OF DAVE COATES

versity for his Master of Education.

In 2014, GCC began their partnership with Rowan University and changed their name to Rowan College of Gloucester County (RCGC). In 2015, Coates helped write the curriculum that would form the 3+1 Program for

the RTF Degree that would take off in 2016. So before taking on a whole new role at RCGC in 2016, Coates spent 35 years in the same office, room 435.

While teaching, Coates became the head of the RTF club at RCGC, later RCSJ after a merger with Cumberland County College in 2019, a position that he still holds to this day. Coates admits that he likes to take more of a relaxed role in the club, because he wants the students to be in charge creatively.

Coates also acknowledges the challenges that the current pandemic puts on the group, but highlights their ability to persevere, as they were the first thing he thought about when describing the club's atmosphere.

Coates also reflected on his previous experiences with clubs and believes they offer an avenue to experience new things, "My idea behind being involved with clubs is all based on going places, so I kept my name on the list to drive the vans, the school vans. So, in the past I had like an outdoors club, and we had a photography club... I would still like to get back and going." He further alluded to trips to New York and Philadelphia where he enjoyed bringing people to new places.

Coates also wants students to know that the RTF degree is a "multifaceted kind of thing, that you can go take in

many different directions. You know even if you open a coffee shop in a small town, its gonna help with your YouTube channel that you might have for that coffee shop."

He also mentions how he knows people from all walks of life that started with RTF degrees such as Principals and a Superintendent. He notes that this is a world of "visual communication," so RTF encompasses a wide variety of people.

One way the world "communicates visually" is through film and Coates' favorite film is the 1988 film "Cinema Paradiso" directed by Giuseppe Tornatore.

According to IMDb.com, the film follows, "a filmmaker [that] recalls his childhood when falling in love with the pictures at the cinema of his home village and forms a deep friendship with the cinema's projectionist."

In a way Coates is the projectionist that encourages students to explore their interests whether it be through the RTF club or one of his classes, "My lifetime dream to see, I know all students, many, many students are successful, and we don't hear about their stories but yeah, just to hear about a student that perhaps you know has found success..."

He adds, "I guess being invited to the Oscars wouldn't be a bad thing."

Meet Isabelle Nicholas RCSJ-Cumberland's New Student Life Staff Member

By LOGAN COOK
Staff Writer

Meet your new Administrative Specialist in Student Life, Isabelle Nicholas. Nicholas is responsible for the oversight of all clubs and organizations on campus, promotion of student engagement, leading the Honor Society, the National Society of Leadership and Success, and overall, providing guidance to student club leaders ensuring their funding and event implementation is effective and successful.

Nicholas is thrilled to be apart of things at RCSJ-Cumberland and says she is most excited for supplying enrichment for the students. "I want to connect students with experiences that will help them grow into their potential - whether that be directing them to wellness services or providing them with a sense of belonging within one of our organizations. Student life can be the most enriching and catalytic part of college," said Nicholas when asked what she was most excited for, being at RCSJ.

Nicholas is from the South Jersey area and grew up not too far from the RCSJ Gloucester campus. From Duke, to Dukes, Nicholas arrived at RCSJ after

finishing her degrees in Musical Theatre and a minor in Spanish at James Madison University.

Nicholas is an advocate for well-rounded educational student opportunities and believes the community at RCSJ Cumberland aligns with exactly that.

Nicholas described the difficulty of adjustment from one side to another, student to staff. However, she believes this adjustment to be a gift, as it helps her to understand the current student experience and perspective post-pandemic.

Nicholas is responsible for student clubs, organizations, and events on campus. When asked which event she was most excited for, she answered: the American Red Cross Blood Drive. A true servant of the community, Nicholas strongly believes in giving back and building a better tomorrow. Nicholas is excited to see the turnout and the community coming together for a big cause, as her first event here at RCSJ.

Also in the works is the preparation and planning of the

spring fling event, which you will not want to miss! Nicholas is also working on additional clubs and organizations to add to her list, in order to give every student no



PHOTO COURTESY OF HUNTER CARRICO PHOTOGRAPHY

matter their background or interest, a club or activity that makes them feel at home.

To stay connected and tuned into these activities and

services at RCSJ, Nicholas recommends following RCSJ Cumberland on social media platforms, or contacting her at inichola@rcsj.edu for information on upcoming events.

The grind does not stop for Nicholas, even when she's not on the clock, she's still serving the community. In her free time, Nicholas competes in scholarship competitions. After graduating from JMU, Nicholas found herself wanting to pursue master and doctorate degrees, and her mother suggested competing in scholarship competitions.

Nicholas greatly enjoys singing opera and sharing her passions for mental wellness through these competitions. Her social impact initiative is called, "Shout Our Struggle," and it seeks to spark conversations around mental health and implement change into the educational system in order to benefit students struggling every day.

Nicholas aims to provide students with the services and encouragement they need so they do not encounter the same struggles she and many others have encountered.

Currently, Nicholas is gearing up to compete in her biggest competition yet, Miss New Jersey, taking place in Atlantic City, NJ in June 2022. This competition is a preliminary to the Miss America Organization (MAO).

Nicholas is a major advocate for what MAO represents, advocating for women in positions of leadership, business, and education.

The MAO helps to even the playing field for women to engage in debt-free educations to better society.

Lastly, when Nicholas was asked about her biggest takeaway from competing she shared, "At the end of the day, win or lose, Miss America is not about wearing a crown on our heads or being the most beautiful woman on stage. It is about fostering a better world for all of us to live in. Women are leaders and we are making tomorrow brighter."

On behalf of everyone at RCSJ, we wish Isabelle Nicholas luck, not just in the Miss New Jersey competition, but on her RCSJ journey as well.

NATION & YOU

Fast Fashion is So Last Season, Haven't You Heard?

By SYDNEY CHERWIEN
Staff Writer

Fast fashion is the term created to describe a company's ability to rapidly produce mass amounts of clothing while staying easily accessible and affordable to the general public.

Just by reading that definition, fast fashion may not seem all that bad. Who wouldn't want the trendiest outfits at an affordable price? But, when broken down, the process and effects of fast fashion are much more expensive than originally thought.

Though fast fashion only truly emerged in the early 1990s, it has already produced many damaging effects

on our environment. Its process requires large amounts of water consumption, which takes water away from the natural ecosystems that need it, as well as people. According to the World Resources Institute (WRI), it takes 2,700 liters of water to make a single

cotton shirt, which is enough water for a single person to drink for two and a half years.

The purpose of fast fashion is to produce mass amounts of clothing and sell it to as many people as possible, as fast as possible. This leads to companies overproducing clothing and people getting rid of what they bought a month ago to keep up with the trends. So, where do all of the leftover and "old" clothes go?

About 84% of clothing ends up in landfills or incinerators, and a study done by students at the Brown School at Washington University in St. Louis shows that "the average American throws



PHOTO COURTESY OF GOOGLE IMAGES

away approximately 80 pounds of clothing and textiles annually, occupying nearly 5% of landfill space."

The clothing that gets thrown away and ends up in landfills can also take up to 200 years to decompose, if made of non-bio-

degradable materials.

For as many clothing items that are produced, the people making them are not being compensated nearly enough.

Another article from the WRI states that garment workers in Bangladesh make about 3.5 times less than the amount the government suggests is enough for a "decent life with basic facilities." The same article also states that a 2018 U.S. Department of Labor Report found evidence of forced and child labor in the fashion industry in "Argentina, Bangladesh, Brazil, China, India, Indonesia, Philippines, Turkey, Vietnam, and other countries."

Not only are these work-

ers not being paid enough and even forced into labor, but the conditions they have to work in are often hazardous as well. Low and middle-income countries produce about 90% of the world's clothing, this results

in a lack of enforcement of safety standards in the workplace because it is what is most profitable for a company.

This can mean that buildings may not be up to code on things such as electrical wiring, exits, firefighting equipment, and proper ventila-

tion.

The big question is: what can we do to fix this? Luckily, there are a few things that you can integrate into your life to help turn this around.

Second hand shopping, or thrift shopping, is the easiest and most affordable way to reduce your footprint in the fast fashion world. Buying clothes that have already been made pushes the brakes on the fast fashion cycle and the demands on the low-paid workers in the industry.

Shopping second hand is also significantly better for the environment. It reduces the amount of clothing that ends up in landfills, which would significantly reduce waste, and doesn't require any water consumption.

Thrift shopping is also more accessible now than ever. With websites such as eBay, Depop, ThredUp, and The Real Real, you can look through thousands of items in the comfort of your own home.

While thrifting does fall

under the category of sustainable shopping options, shopping sustainably doesn't always mean you have to buy used clothing. There are a variety of brands out there today that put great efforts into ensuring their products are made in an eco-friendly way. Some of those brands include Reformation, Patagonia, Levis, Pact, and Kotn.

It is important to recognize that shopping from sustainable brands does usually come at a more expensive price. That is why thrift and sustainable shopping go best hand in hand. By thrift shopping, you can save money so that when you do need a nice new article of clothing, you can purchase from a sustainable brand and ensure that what you buy will last long.

With how accessible and affordable the fast fashion market is, it may sound too tiring or intimidating to start shopping ethically. However, you don't have to completely cut out shopping at your favorite stores, but keep in mind the benefits of shopping



PHOTO COURTESY OF GOOGLE IMAGES

Podcasting: What's All the Noise About?

By ASHLEY KELLMYER
Staff Writer

Noise gets a bad reputation. Many people do not feel comfortable in loud, crowded spaces. Others prefer complete silence while working or relaxing. However, some people experience higher productivity levels while working accompanied by music or background noise. It can also add motivation and increase creativity to projects. So, what kind of noise is best?

Podcasts are changing the game of background noise. Podcasts are episode-style audio files that can be streamed or downloaded from a device. Many mainstream music platforms such as Spotify, Apple Music, and many radio apps make streaming podcasts easily accessible. Some podcasts are suggested based on music choice, what is trending, or what your friends and contacts are listening to.

Podcasts have been around for a lot longer you may have suspected. Apple iTunes first started podcast support in 2005. So why all the hype now? Podcasts are one of the easiest forms of content to access and create. Podcasts can be found on many streaming platforms, or many phones have podcatching app built in. Also,

almost every podcast is free.

"Most podcasts are available at no cost right in an app or browser," reports The Podcast Host, a blog that teaches users about podcasts and gives lessons on how to start one. Affordability and accessibility make the various entertainment and knowledge that podcasts provide easier than ever to achieve.

Podcasts are also an easy way to create content. If you are someone that is interested in creating media, starting a podcast is a simple gateway to the world on content creation.

There are many resources available that assist in starting a podcast. Blogs like "The Podcast Host" and "First Site Guide" discuss easy set ups and choosing interesting topics. Platforms and browsers such as "Anchor.FM" and "Podbean.com" make uploading and streaming self-made podcasts easy for listeners and users. Tedious editing, consistent sound check, and quality equipment must be recognized, but overall, podcasts are a fun and interesting way for

people to connect.

There are literally hundreds of different genres and topics that speak to anyone's interests. Many news stations upload five-to-ten-minute episodes that summarize today's top stories. Celebrities and comedians create



PHOTO COURTESY OF GOOGLE IMAGES

funny and entertaining shows where they discuss pop culture, dish secrets, or prompt conversation with special guests. Other shows focus on fitness, cooking, movies, true crime, etc. No matter what niche, subculture, or interest group you fall into, there is a podcast for you. Apple Podcasts report over 2 million valid podcasts on their platforms at the end of 2021. Other online reports show that almost 45 million podcasts are

available, at no charge, on various online streaming services.

With so many options it is easy to get overwhelmed or lost by the vast amount of content. If you are someone who has many interests and does not know where to start when choosing a good

podcast, here is some tips to start:

Start with searching your favorite celebrities. Many TV and movie stars have podcasts to discuss their work and give behind the scenes secrets. Co-stars Zach Braff and

Donald Faison host the podcast "Fake Doctors, Real Friends" that shares stories of their times on set of the hit sitcom "Scrubs". "Big Bang Theory" star Mayim Bialik hosts her podcast "Breakdown" where she takes her background in neuroscience to bust myths surrounding mental health through familiar and lovable guest stars.

Next, look towards comedians or online personalities. Your favorite influencers may host

a podcast in addition to other content they create or produce. A popular favorite is Youtuber Emma Chamberlain's show "Anything Goes". The show focuses on the challenges of growing up and being able to express yourself in the age of social media. "It feels like being on a Facetime call with your best friend," one review states. Youtubers and comedians, Cody Ko and Noel Miller co-host the "TMG" podcast. Discussing pop culture and trending internet news, all while adding comedic bits and jokes to keep the listener laughing the whole episode.

It is also easier to find a perfect podcast through your hobbies. If you enjoy cooking, Bon Appetit's "Food People" is hosted by Amanda Shapiro to ask chefs, writers, and experts questions about the creation of our favorite foods. Perhaps, you are connecting with your spiritual side and learning more about astrology. "Astrology Today" is a Spotify original that breaks down your daily horoscope in less than five minutes.

Next time you are looking to boost your productivity at work, taking a drive, or looking to learn more about a topic, consider a podcast as your new favorite noise.

THE LAST WORD

Printmaking at Rowan College of South Jersey

By PROMISE SMITH
Staff Writer

If you are looking for a class that includes hands-on techniques and results in brilliant finished products, printmaking is the class for you.

Printmaking has been offered by RCSJ before, but this semester a new teacher has taken on the class, and she is sharing her knowledge of the art of printmaking with students.

Professor Kandice Portalatin is teaching Printmaking this semester at RCSJ in addition to Art History, Art Appreciation and Drawing I. Portalatin is an amazing teacher who brings her love of the arts to every class. Printmaking is a passion for Portalatin. However, this has not always been true.

Portalatin made her first print back in about 2001 at her

home art studio, The Barn Studio of Art, in Millville New Jersey. If you were to see her current work, you might think that it was love at first print. However, that was not the case. Portalatin revealed, “I thought I needed to be a painter.” She continued with a laugh, “I also did not like being dirty.”

Years later, when Portalatin began her training at The Pennsylvania Academy of Fine Arts in Philadelphia, her mind was set on becoming an art major with a focus on painting.

Nevertheless, sometimes the unexpected happens. Portalatin explains “At the Academy you had to take foundations. So you were required to take courses like Printmaking, Sculpture, and Painting.”

After experiencing printmaking and taking the required Printmaking classes at The Academy, Portalatin fell in love with

this art form. Portalatin changed her major to Printmaking, and she minored in Painting. After six years of studying at The Academy and receiving a bachelor’s and a master’s degree of Fine Arts, she was excited to share her love of art, specifically printmaking, with the world.

The benefits of printmaking are endless. Portalatin says “I think printmaking is important to learn because of the process.” She elaborated on the fact that printmaking is an art that is heavy on the process. This includes planning and thinking. It also requires the use of many different chemicals including acid. These can be quite dangerous to work with if you are not paying attention.

Portalatin explained, “We live in a time where we receive things so easily. It is good to study something where you need to plan and think about what the

response to your decisions will be.” Portalatin said, “if there is an opportunity to take a printmaking class, then you should definitely do it.”

The option to take a printmaking class will not always be there because the artform requires so many different elements such as a printing press, chemicals, tools, and specific paper. An opportunity to take printmaking taught by a passionate artist is a treasure.

Printmaking is an exciting, exhilarating artform. The results of making a print are often unique and unexpected, and often leave the artist feeling refreshed. In Kandice’s words, “printmaking is one of the few artforms that allows the artist to feel free.”

At times, a student may have the idea that a study of a particular artform comes with a preconceived concept of how the

finished product should look. Be that as it may, printmaking is different. In a printmaking class, part of the creative process is attacking the project with an open mind.

Because of the nature of the projects, students find this is a natural way to work. Portalatin says of studying printmaking, “You usually don’t have some preconceived notion about what you’re going for, and that is a clean experience.”

This freedom, coupled with the necessary printmaking skills of planning and responsibility as found in a printmaking class taught by a passionate artist teacher may be just what is needed to enable the student to enlarge their personal creative process and jump into art, print first.

Does RCSJ Cumberland need a Farmers’ Market?

By ANDRE MATTHEWS
Staff Writer

With the addition of the School of Veterinary Medicine and the new Medicine Center here in Cumberland, it is evident that RCSJ is spreading its roots throughout South Jersey.

It’s about time that we see the fruits of Rowan’s labor, along with some vegetables, honey, and other produce in the way of a weekend farmers’ market.

Farmers’ markets not only provide individuals with fresh goods and services that they would not otherwise have access to at their local grocery store, but they also have a way of drawing in and connecting diverse groups from surrounding neighborhoods.

A college campus can feel like an isolated world separate from its communities; a campus can either remain that way or become an integral part of said community.

Unlike other campuses, such as Rowan proper, Cumberland is not surrounded by a bustling urban area to expand on and build on. Cumberland is in the middle of rich and bountiful farmers. A weekend farmers’ market would not only build a sense of community but stimulate the local economy in a meaningful way.

Farmers’ markets are a direct marketing outlet, and by cutting out the middlemen, they offer farmers a more beneficial way to sell their crops. A weekend farmers’ market gives farmers and people in the surrounding areas a unique way to get to know each other and learn about each others’ needs—with the campus being the facilitator. Hosting a club built around running, coor-

dinating, and advertising would also encourage student participation. Finding vendors would not be complicated, with a gross profit margin for farmers’ market vendors being around 75 – 80 percent, according to Nwokoro, 2021.

Universities across the nation often seek to provide their students with sustainable and locally sourced goods. Having a weekend farmers’ market on campus is not unheard of in any way. Princeton University has had a thriving on-campus farmers market since 2015.

With a nearly five-star rating and over 400 likes on their Facebook page, it is evident Princeton’s farmers market is an integral part of their community and campus as Nathalie Courmont said in a 2021 Google Review, “Great farmers and great food. Love it!”

Picture this coming to campus on a Monday for your morning class and forgetting to grab breakfast before you left. Walking into the cafeteria to grab a quick bite choosing a healthy and locally sourced breakfast. Muffins, pastries, goods made by local bakers.

The strawberries and blueberries you mixed in your yogurt now have a friendly face and are attached. The honey used to spread on your bagels now has a rich store behind that you are part of and your campus. You would know exactly who is growing your food, where it is coming from, and that is it is fresh. Your hard-earned dollar would go to the merchant, which, through fees, would come back to funding the school, which at the end of the day helps everyone.

Wellness Center Services Just Around the Corner

By BRITTANY BROLLEY
Staff Writer

Embedded in the COVID-19 pandemic is a mental health epidemic. As a new survey found, nearly nine out of 10 college students in the U.S. believe there’s currently a mental health crisis affecting our higher education institutions.

In addition to finding that 88% of college students feel we’re experiencing a crisis, a TimelyMD survey found that 70% of students are stressed or anxious due to the pandemic, and 73% are even more anxious about the pandemic than they were the previous year. Roughly half of the students surveyed think additional school resources – including virtual health and mental health support – would help.

Unfortunately, Omicron, the latest COVID-19 variant, began ramping up just as the spring semester began, adding more stress to already anxious population. If you are feeling the effects of pandemic fatigue, anxiety, or depression, not only are you not alone – you have help.

In April 2019, Rowan College of South Jersey – Cumberland (then Cumberland County College) opened the Wellness Center. Since then, it has become a safe haven for students.

Located on the first floor of the Academic Building, the center offers counseling to both part-time and full-time students free of charge. If you are an on-line-only student, you can still take advantage of this Wellness Center service, as virtual counseling is offered. However, counseling isn’t the only resource available to students.

The center also runs the campus’ food pantry, virtual yoga

classes, and monthly Wellness Education Workshops. John Wojtowicz, LCSW, Wellness Center director of student counseling and wellness, says these additional services increase “opportunities for wellness” for “students that may not be requesting clinical services.”

If you’ve never stopped into the Wellness Center, consider doing so in February, when the center is hosting a meet-and-greet. “Students can come down, now that they’re on campus, reacclimate themselves to [the] campus and the wellness center, and meet our staff and just hopefully breakdown some barriers to coming in and talking to one of us,” explains Wojtowicz.

Also coming in February, Wojtowicz will also be hosting a workshop on “outsmarting procrastination.” As he explains, “Students can plug in, learn some of the neurological reasons for procrastination, and make a plan to combat whatever symptoms they’re experiencing.” Toward the end of the month, students can also attend a sound healing workshop. Due to space constraints in the Wellness Center, this event will be held at the Veteran’s Center nearby. During the workshop, a sound healer will “talk about the benefits of sound healing, what sound healing [is], and then engage in a 10-minute sound meditation. ... He’s bringing his singing bowls and everything – it’s cool.”

Even if you do not take advantage of all that the Wellness Center offers, you should look for ways to incorporate self-care into your routine. “Something I always say is you’ve got an academic plan that is going to guide you through your academic process for the semester, but

you should also create a self-care plan,” Wojtowicz advises. Self-care looks different for everyone, he explains – it can be something as small watching your favorite TV show or as silly as wearing “fuzzy, goofy socks” – but make sure you pencil it into your agenda.

Check your student email to stay up to date with the Wellness Center’s monthly events. For more information about counseling services, stop by the Wellness Center Monday through Friday 8:30 a.m. to 4:30 p.m. Alternatively, you can call the Wellness Warm Line at (856) 200-4690, email wellness@cc.rcsj.edu, or call or email John Wojtowicz at (856) 200-4761 or jwojtowi@rcsj.edu, respectively. If you are experiencing a mental health emergency, please call the Cumberland County Crisis Hotline at (856) 455-5555.

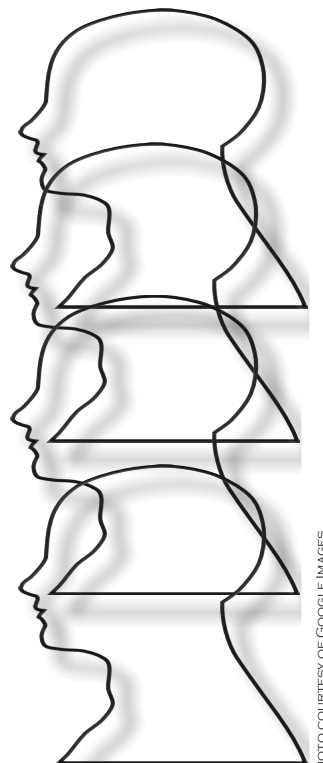


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