



BINNEKILL

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a monthly publication for the SUNY SCCC community

February 22, 2017

Have YOU...

- ✓ Completed at least one semester at SUNY SCCC?
- ✓ Earned a GPA of at least 2.5?
- ✓ Registered for at least two courses?
- ✓ Do you need money for school?

Then, you qualify!

Apply for a scholarship today.

<https://sunysccc.starsscholarshipsonline.com>

Log in using your Blackboard username/password.

DEADLINE: Monday, March 20

Questions? Contact Samantha Legere, LegereSR@sunysccc.edu, 836-2801. *Scholarships made possible by the SCCC Foundation.*



Assistant Professor's recovery from eating disorder inspires new book

As a teenager, Megan Cassidy was searching for someone like Jessie.



While battling an eating disorder that began when she was 11, she read books about young women with anorexia, bulimia and other eating disorders, trying to find a character to whom she could relate, someone who would offer her some hope. "All of those books focused on the illness and then in the last couple pages, the girl magically gets better. I thought about that and wished there was a book that was more realistic," she said.

Now Cassidy, an Assistant Professor in the Liberal Arts Division, has written the book she wished was around when she was in a vicious cycle of extreme dieting, exercise addiction and bulimia. In her new book *Always, Jessie*, the title character is an "ambitious, but lonely high school junior struggling with an eating disorder."

The book explores Jessie's recovery and her close connections with other women also in recovery. Women helping women is an important theme Cassidy wanted to convey. "So much about eating disorders has to do with self-esteem and feeling isolated," she explained. "I wanted to show women working together to support and help one another."

The author is quick to point out that the title character is not completely based on her, but much of the book reflects her own road to recovery. Cassidy's recovery began after college when she told her parents about her problem. This was followed by hospitalizations and therapy. She likened her eating disorders to "being ruled by numbers – the number of calories you're eating, the numbers on the scale."

The idea for her book began to take shape several years ago. After exploring other writing projects, from short stories and essays to poems and books that are still in progress, she decided the time was right to write Jessie's story.

"I really want readers to know that there is hope and that they're not alone," she said. "Recovery is a process, but there is hope. You can have freedom."

Always Jessie, published by Saguaro Books, is available online and in local bookstores.

Academic Services offers tutoring and more



by Noah Smith, *Paralegal major*

The Learning Center/Writing Lab, located in Elston Hall 523, is a place with an open-door policy welcoming all students.

Nearly any subject students are looking for has tutoring services available, but more specifically, the Learning Center/Writing Lab offers tutoring in the sciences, English literacy/writing and

Tutor Ben Riehlman works with Joseph Askew, Liberal Arts major.

reading skills. The sciences include biology, chemistry and physics.

As for the times tutoring is available, Ben Riehlman, one of the most experienced tutors, summed it up best saying, "If the campus is open we're open." With more than 10 tutors on staff, students can count on someone being able to tutor them during the week. A schedule for specific subject tutoring times can be found at the Learning Center.

Students can also schedule weekly one-to-one tutoring sessions for tutoring in a specific subject through Aubrey Seppa-Hodgkins, Tutor Coordinator, seppaham@sunysccc.edu or 381-1461.

Other offerings include the Math Lab (Elston 518) and the Accounting/CIS Tutor Lab (Elston 330).

Despite the vast offerings available, Riehlman speculates that only 10 percent of the student body utilizes these services. He said that most students who visit once, visit again. He further stated that, "when one takes the initiative to focus, the results are always positive."

For more information, please visit:

<http://sunysccc.edu/Academics/Learning-Center-Labs> or contact Siu Ng, Director of Academic Services, at ngst@sunysccc.edu.

College welcomes new staff



Alicia Perez Osur has joined the College as the Coordinator for Campus Events. Previously, she was the Director of Community Services for the Town of Colonie. Alicia is an active member of Please Remember Me and Blue Star Mothers, Shaker Road Fire Department Ladies Auxiliary and Greater Loudonville Association. She holds a B.A. in Psychology from the University of Rochester.



Cindy Zielaskowski returned to SUNY SCCC as the Registrar. Previously, she served as the Director of Registration and Records at SUNY Adirondack. Prior to that, Cindy was the Associate Registrar at SUNY SCCC for 21 years and Assistant Director of Financial Aid for four years. She holds a B.A. in Religious Studies from The College of Saint Rose.



Pictured left to right are members of the Student Success Initiative Sub-committee (part of Achieving the Dream) responsible for the new food pantry: Eileen Abrahams, Associate Professor; Tiombe Farley, Academic TRIO Specialist; Dr. Syeda Munaim, Professor; Alicia Richardson, Associate Professor; and Robyn King, Counselor IV. Richard Lasek, Assistant Professor, is also a member of the committee but was teaching at the time of the photo.

Food Pantry for Students In Need

Elston Hall, First Floor, across from the President's Office

Pantry Hours

Monday, Wednesday, Friday: 12-1 p.m.
and Monday: 5:30-6:30 p.m.

Students need to present a current SCCC ID.

Chef's trip to France

Chef Michael Stamets recently returned from a fruitful visit to Lyon, France. Not only did he observe the Bocuse d'Or Finale, a two-day intense competition, bringing together 24 of the most promising chefs in the world, he also found what he was looking for: a special curing cabinet for the air dried meats lab in the Culinary Wing. (The competition is named for Chef Paul Bocuse and the Bocuse d'Or has been regarded as the most prestigious award for chefs in the world.)



Stamets, Assistant Professor in the School of Hotel, Culinary Arts and Tourism, also observed the student competition with teams representing seven nations. He coaches the College's Hot Food and Cold Food Teams. Their next competition will be the Eighth Annual Spring Culinary Classic on campus in April. This was his first time going to the Sirha trade exhibition where the competitions take place. "This event gave me an opportunity to bring back knowledge on international competitions, as well as network with chefs from across the world," Chef Stamets said. "Upon achieving this I will be able to adapt my teaching style to make our students more successful in future competitions."



Above: Keyura Brown, Teacher Education Transfer major, and Marcella Reiter, Liberal Arts: Drama Concentration major, both members of the Pride Alliance

Below: Marco Guillaume, Angela West-Davis, Director of the Educational Opportunity Programs and Access, and Imani Peterkin, President of the Educational Opportunity Program Student Association, during Club Carnival earlier this month. Find out more about clubs and Student Activities, by visiting Elston Hall 222P.





Taste of victory – Congratulations to the Bowling Teams, Head Coach Ray Ross and Assistant Coaches Will Coons and AJ Indovina. This past Sunday, the teams won the Region III Playoffs in Utica. It is the fourth regional title for the women and seventh regional title for the men.

Earlier this month, the Women’s Bowling Team won their third straight Mountain Valley Conference title and the Men’s Bowling Team won their fifth consecutive Mountain Valley Conference title. Next up for the Royals is the NJCAA National Championships in Buffalo, N.Y. *Go Royals!*

Humans of SCCC

by Gianluca Russo, Paralegal major



Henry Epps, Human Services major

“My time at SUNY SCCC has been a wonderful experience. I have increased my knowledge by applying myself to my studies and have received the best encouragement from my professors. Looking back at the first time I entered SCCC, I was not serious. I knew that I wanted to attend college, but my heart was not into my studies. So, I withdrew from my classes and my life pretty much was on the verge of disruption.

In 2012, I was diagnosed with a blood cancer that changed my outlook on a lot of things about my life. One thing I said to myself is, ‘I shall live and not die,’ so the most important thing to me was to finish my education and achieve here at SCCC. Thank God for the wonderful faculty for believing in me and allowing me to re-enter SCCC and prove that I am able to complete my studies, increase my GPA and encourage other students who are having difficulties in their studies.

SCCC has given me the tools to go to the next level. I plan to transfer to the University at Albany and ultimately earn my master’s degree in social work.”



Hayden Paneth, Science: Biology concentration major

“When I first enrolled at SUNY SCCC, I knew very little about college. As a first-generation college student, I was determined to be successful and forge a path of academic excellence so I can be a role model to my eight younger siblings.

I am so thankful to the faculty, staff, and professors that recognized the desire in me to succeed. The guidance I received encouraged me not only to pursue my education, but to develop into the person I am becoming.

I plan on transferring to a four-year school in the Fall of 2017.”

Upcoming Events

School of Music Guest Artists Festival

Demondrae Thurman, Euphonium

Monday, February 27, 7:30 p.m., Taylor Auditorium. Free. (See Q. and A. ☞)

Stephanie Brown, Piano

Tuesday, February 28, 7:30 p.m., Taylor Auditorium. Free.

Chad Eby, Saxophone, Master Class

Thursday, March 2, 7:30 p.m., Taylor Auditorium. Free.

Chamber Series: Evans-Lev Piano Duo

Monday, March 6, 7:30 p.m., Taylor Auditorium. Free.

Series director Mark Evans, Assistant Professor, and Gili Melamed-Lev, Adjunct Faculty Member, renew their partnership at the piano performing works by Debussy and Phillip Lasser.

Elaine Houston presents a screening of *Curvee Girls*

Wednesday, March 8, 12 p.m., Stockade Building 101. Free.

Elaine Houston, WNYT TV 13 news anchor and film producer, looks at the issue of fat-shaming or body-shaming. A panel discussion with her, Bre Richardson, who appears in the film, and Samantha Pittman, Curvention Media and Production Coordinator, follows this 20-minute film.

Author Andrew McKenna, *Motivating People to Rise Above Adversity and Live the Lives They Deserve*

Monday, March 6, 12 p.m., Lally Mohawk Room, Elston Hall. Free.

Andrew McKenna traveled the difficult road from Airman, U.S. Marine Corps Captain, JAG Attorney, and Justice Department Prosecutor, to opiate addict, heroin addict and bank robber. He will reinforce the importance of a balanced life and the need to be self-aware.

(This program was rescheduled to due a snowstorm earlier this month.)



Brass music and hip-hop? Find out more in this “Q. and A.”

Demondrae Thurman is considered one of the stars of the formidable generation of brass soloists. He plays first euphonium and trombone in the highly regarded Sotto Voce Quartet and is a Professor of Music and Director of Graduate Studies at the School of the Arts of Samford University in Birmingham, Ala.

BINNEKILL staff writer Jessie Coello decided to ask Demondrae some questions before he visits campus next week.

Q. How did you start playing the euphonium?

A. I joined band in seventh grade. I didn't know of the instrument before that.

Q. Why the euphonium?

A. It was chosen for me by my band director. I fell in love with the sound as soon as I heard it.

Q. Who has been your most significant inspiration?

A. In music, I'd have to say the late Dr. Gerald Welker (my wind ensemble conductor during my undergraduate degree) and John Steven (my euphonium professor during my master's program). They challenged me to be unique as an artist.

Q. Has playing the euphonium taught you any valuable life skills?

A. Playing euphonium has taught me to always manage my time. It also reminds me that beauty can be found in everything. We have to be willing to look for it.

Q. Do you believe brass music has had an influence on mainstream music?

A. I do. Certainly in hip-hop. There are many songs that use brass samples. New Orleans-style brass bands are probably the biggest reason we hear brass in mainstream music.

Q. Do you have any advice for budding and aspiring musicians?

A. Always keep the music first. If you keep the music as the focal point, the technique and the accolades will follow.



Yesenia (Jessie) Coello is a student writer for the BINNEKILL and a member of the Rhythms Literary Club.

When she isn't writing, she's binge watching Netflix and enjoying nature.

Campus Resources

Academic Advisement

Elston 222/381-1277

Monday	8:30 am-4:30 pm
Tuesday	8:30 am-4:30 pm
Wednesday	8:30 am-4:30 pm
Thursday	8:30 am-6:30 pm
Friday	8:30 am-4:30 pm

Academic Computing Lab

Elston 529, 530/381-1213

Mon.-Thurs.	8:30 am-10 pm
Friday	8:30 am-4 pm
Saturday	9 am-3 pm

Accounting/CIS Tutor Lab

Elston 330/381-1041

Monday	9:30 am-5 pm
Tues.-Thurs.	9:30 am-3:30 pm

ADA Transition Services

Elston 222/381-1345

Monday-Friday 8:30 am-4:30 pm

Admissions

Stockade 120/381-1366

Monday-Friday 8:30 am-4:30 pm

Albany Site, 2nd Floor, 112 State

St., Albany, 871-9079, Option 1
Monday-Friday 8:30 am-4:30 pm
Classes, Financial Aid, COMPASS Testing,
Advisement via Skype, Computer Lab,
Photo IDs, Lounge/Study Areas

Athletics

Elston 222/381-1356

Monday-Friday 8:30 am-4:30 pm

Begley Library/381-1235

Mon.-Thurs.	8 am – 9 pm
Friday	8 am – 4:30 pm
Saturday	11 am – 5 pm

Business Office, Student

Elston 219/381-1346, 1347

Mon.-Fri. 8:30 am-4:15 pm

Cafeteria

Elston/381-1330

Mon.-Thurs.	7:30 am-8 pm
Friday	7:30 am-2 pm

Canal Side Cafe/Convenience

Elston Ground Floor/381-1073

Monday-Thursday	7:30 am-7:30 pm
Friday	7:30 am-1:30 pm

Career and Transfer Services

Elston 221-I/836-2807

Monday-Friday 8:30 am-4:30 pm

The College Store

Elston 109/381-1332

Monday-Wednesday	8 am-6 pm
Thursday	8 am-4 pm
Friday	8 am-2 pm

College Central Network

SCCC's career management system
www.sunysccc.edu/ces

Educational Opportunity

Programs/Access

Elston 222/381-1279

Monday-Friday 8:30 am-4:30 pm

Financial Aid

Elston 221/381-1352

Monday	8:30 am-4:30 pm
Tuesday	8:30 am-4:30 pm
Wednesday	8:30 am-4:30 pm
Thursday	8:30 am-6:30 pm
Friday	8:30 am-4:30 pm

Gateway Montessori

Gateway 124/381-1455, 381-1295

Monday-Friday 9 am-11:30 am
(Call for program information.)

Language Lab

Elston 520/381-1373

See lab for hours.

Learning Center/Writing Lab

Elston 523/381-1246

Monday-Thursday	8:30 am-7 pm
Friday	8:30 am-4 pm
Saturday	10 am-3 pm

Math Lab Elston 518/381-1435

Monday-Thursday	8:30 am-7 pm
Friday	8:30 am-4 pm
Saturday	10 am-3 pm

Registrar's Office Elston 212/215

381-1348, 381-1349/ext. 1148

Monday	8:30 am-4:30 pm
Tuesday	8:30 am-4:30 pm
Wednesday	8:30 am-4:30 pm
Thursday	8:30 am-6:30 pm
Friday	8:30 am-4:30 pm

Student Affairs,

Vice President

Elston 222/381-1344

Monday-Friday 8:30 am-4:30 pm

Student Government

Elston 220H/381-1338

By appointment or walk-in

Testing Center

Elston 427/381-1293

TestingCenter@sunysccc.edu
Monday-Thursday 8:30 am-7 pm
Friday 8:30 am-3 pm
Saturday 10 am-2 pm

TRIO Student Support

Services Elston 328/381-1465

Monday-Friday 8:30 am-4:30 pm

Tutor Services

Begley Library 210/381-1461

Mon.-Fri. 8 am-4 pm (Coordinator)
Tutoring available Mon.-Sat. (some
evenings) based upon scheduling.

Veterans Affairs

Elston 223/381-1284

Open daily. See office for hours.

Wellness and Support

Services

Elston 222/381-1365
Monday-Friday 8:30 am-4:30 pm

Workforce Development

Kindl Bldg., 201 State St.

595-1101, ext. 3
Monday-Friday 8:30 am-4:30 pm

YWCA Children's Center

Gateway Bldg./381-1375/1389

Monday-Friday 7:30 am-5:30 pm