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HCCC Happenings

A publication of the Communications Department







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From the **Editor's Desk**

HCCC Happenings is on the College's website at http://www.hccc.edu

Items for the December newsletter are due by Friday, November 13, 2020.

Please send your news items, comments and suggestions to:

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PLEASE NOTE:

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HCCC HOLDS VOTER REGISTRATION AND **ELECTION WORKSHOPS**

The North Hudson Academic Support Center, The Vice President for External Affairs and Special Counsel to the President for Hudson County Community College, the Office of Student Life and Leadership, the Office of Enrollment Services, the LatinX American Association, and the President's Advisory Council for Diversity, Equity, and Inclusion (PACDEI) presented virtual workshops for HCCC students, faculty, and staff to increasing voter awareness and engagement.

On Sept. 21, during "Myth Busting the Vote," presenter Eric Adamson focused on the multiple myths, old and new, associated with voting. The presentation and discussion incorporated polling as a means to introduce each topic, and provided participants with a first-hand experience on how their vote counts.

"The Importance of Voter Participation: Historical Reflections," presented by Antonio Acevedo

on Sept. 23, provided attendees with a comprehensive look at the historical reflections of the voting process in a chronological timeline, and emphasized the importance of voter participation.

This year, for the first time in history, Latinos will be the nation's largest racial or ethnic voter group in the U.S. presidential election. "Voto Latino," presented on Sept. 24, showed attendees how crucial the Hispanic voice is and how to become involved voters. Presented by Your Voice Matters at HCCC.

Election Day is Tuesday, November 3, 2020. New Jersey has mailed a ballot to all active, registered voters for the General Election. A "Vote by Mail Information Session," held on Sept. 29, provided instructions on how to vote by mail. The workshop was presented by the Department of State, New Jersey Division of Elections.

ON THE COVER: HCCC students, faculty and staff cast ballots in their respective communities.

DRESS UP YOUR NEXT VIRTUAL MEETING WITH HCCC BACKGROUNDS





dd some unique HCCC flair to your Zoom/Webex classes, conference calls, or meetings with custom backgrounds of HCCC. To download, please visit the HCCC Communications portal page: https://myhudson.hccc.edu/communications

For information about online, remote, and on-ground learning and the College's plans to return to on-ground operations, students, faculty and staff are encouraged to visit the Return to Campus Task Force web page - http://www.hccc.edu/returntocampus/

HCCC HOLDS LATINO ADVISORY COMMITTEE MEETING

n Thursday, Oct. 15, Hudson County Community College (HCCC) held a meeting of its Latino Advisory Committee. The mission of the LAC is to "focus on identifying areas of need within the Latino community, assess existing resources and their effectiveness, and suggest new strategies and steps to accomplish HCCC's overall mission." The LAC includes a cross-section of the Hudson County community and comprises members of chambers of commerce, civic/cultural organizations, clergy, local businesses, non-profit organizations, and social service groups.

Yeurys Pujols. Executive Director of the North Hudson Campus, welcomed the group and introduced the panelists. Dr. Chris Reber, President of HCCC, discussed key safety measures the College has taken and transitions the College has made in the wake of coronavirus.

Nicholas Chiaravalloti, J.D., Ed.D, Vice President of External Affairs & Senior Counsel to the President, presented about the Hudson County Community College Foundation and available financial support for students.



Lisa Dougherty, Vice President for Student Affairs & Enrollment, discussed enrollment at the College and available student services in the midst of the COVID-19 pandemic. Matthew Fessler, Associate Dean of Enrollment, provided information regarding the upcoming Fall 2020 Virtual Open House and Spring 2021 registration.

HCCC CONTINUES TOURS OF JOURNAL SQUARE CAMPUS WITH COMMUNITY LEADERS



Pictured from left: Alejandra Reyes, WFNJ Program Assistant; Katrice Thomas, Jersey City One-Stop Executive Director; Dr. Eric Friedman, Executive Vice President, and Provost, HCCC; Pamela Gardner, HCCC Trustee, and Richard Gore, Global Palate Productions Managing Director.



https://hudsonccc.webex.com/hudsonccc/j.php?MTID=m94c8f1a4ac44cedcd78e3843484e10da Meeting number (access code): 132 856 8086 | Meeting password: Baem2vahA36

TAP TO JOIN FROM A MOBILE DEVICE (ATTENDEES ONLY) +1-408-418-9388,,1328568086## +tel:2B1-408-418-9388,*01*1328568086%23%23*01* United States Toll

PLEASE PROPERLY WEAR YOUR FACE MASK



FOLLOW THESE GUIDELINES TO

- Wash your hands before and after touching the mask.
- Touch only the bands or ties when putting on and taking off your mask.
- Make sure the mask fits to cover your nose, mouth and chin. If you adjust the mask to cover those areas, wash your hands before and after.
- Make sure you can breathe and talk comfortably through your mask.
- Wash reusable masks after each use. If the mask is disposable, discard it when visibly soiled or damaged.

MILESTONES

Congratulations to the following on their anniversary with Hudson County Community College!

FULL-TIME EMPLOYEES

One Year Nakiya Santos Darryl Jones Stephanie Sanchez

Five Years Christopher Ciely Shaniqua Matos Fernelis Ramirez

> 10 Years Sean Kerwick

15 Years Jo Ann Kulpeksa

PART-TIME EMPLOYEES

One Year Mariana Flores Mohamed Makalou Jacqueline Molina Gregory Simon Vanessa Soto

5 Years Asia Abazeid Johnstone Libutsi

HIRES

Ara Karakashian, Acting Associate Dean, Business, Culinary Arts and Hospitality Management

Jazmene Mosley, Student Success Coach

For professional development workshops, opportunities, and other resources, please visit the Office of Faculty and Staff Development page at <u>http://my.hccc.edu</u>

SAVE THE DATE

COLLEGE SERVICE DAY and ALL COLLEGE FACULTY ORIENTATION Thursday,

January 21, 2021

IN MEMORIAM: CRYSTAL OJEDA

udson County Community College mourns the passing of student Crystal Ojeda.

Crystal Ojeda joined the HCCC family in Fall 2018 and was enrolled in the Medical Assisting program. She was on track to graduate in May 2021. She excelled academically and also in leadership and service; Crystal was inducted into the National Society for Leadership and Success in the fall of 2019. One of her instructors described her as "bright and eager." She was also a familiar face in the community, as she worked for years at several Dunkin' Donuts locations throughout Hudson County.

A memorial service is being planned for those who wish to pay their respects to Crystal and her family. Our thoughts and



prayers are with Crystal's family, friends, and the HCCC community.

HCCC OFFERS NO-COST FLU SHOTS



North Hudson Community Action Corporation (NHCAC) medical workers administer a flu shot.

Hudson County Community College (HCCC) partnered with the North Hudson Community Action Corporation (NHCAC) to provide flu shots for students and employees. On Monday, Oct. 19, the NHCAC provided flu shots to HCCC students and employees at no cost and on a first-come, first-served basis.

As the weather turns colder and people spend more time indoors, experts in the healthcare community are warning against a resurgence of CO-



Anna Krupitskiy, J.D., Vice President for Human Resources, receives her flu shot administered by an NHCAC health professional.

VID-19 occurring alongside flu season, making getting a flu shot especially important this year. To minimize the impact of COVID-19 and the seasonal flu, employing best practices in health and safety – including maintaining social distance, wearing a mask, regularly disinfecting surfaces, and getting a flu shot – are highly recommended. Minimizing the number of serious flu cases will make available medical care and resources for those who do contract a severe case of the flu or COVID-19.

OUR STORIES UNTOLD: VERONICA GEROSIMO AND YVETTE GEROSIMO

Submitted by Lilisa Williams, Yeurys Pujols, and Anna Krupitskiy.

The third installment of Our Stories Untold r series took place on Wednesday, October 28, where more than 70 college community members, including staff, administrators, faculty, and students attended. Veronica Gerosimo, Assistant Dean of Student Life and Leadership, together with her mother, Yvette Gerosimo, were the featured storytellers. Their story highlighted Dissociative Identity Disorder (DID), previously known as a Multiple Personality Disorder, a complex psychological condition caused by many factors, including severe trauma during early childhood. Veronica and Yvette, their loving and inspirational relationship and difficult journey, was felt with tears, heart, and soul by the listeners. A student shared that the "program gave [them] confidence to know that HCCC allows room for the whole student to thrive in who they are and with all the challenges that may accompany them in a culture of acceptance."

hood and challenging experiences, framed by her unfortunate relationship with her physically abusive father. While Yvette sought mental health professionals' help throughout the years, she was not accurately diagnosed until her 30s. It was surreal to hear Veronica describe some of Yvette's distinct personalities, Yolanda, Molly, and the others who would differ in age and gender, and who would continually have power over Yvette's behavior, usually caused by what was perceived as a threatening situation. Veronica shared that Yolanda's personality always emerged as Yvette's protector, while Molly is the 6-year-old girl who never aged. Veronica used to play dolls with Molly when she would appear. This was a way to engage someone with DID, Yvette noted, to continue to show your love and support for the whole person, especially when the alters sometimes took over for a few days at a time.

The story began with Yvette's painful child-

HUDSON COUNTY COMMUNITY COLLEGE FOUNDATION HOSTS 18TH ANNUAL GOLF OUTING ON OCTOBER 13



Golf Committee Chair and immediate past Foundation Chair Richard Mackiewicz with team

Despite rescheduling due to COVID-19 and a rainy start to the day, the Hudson County Community College (HCCC) Foundation raised nearly \$46,000 at its 18th Annual Golf Outing on Tuesday, Oct. 13, 2020. The event, held at Forest Hill Field Club in Bloomfield, included a continental breakfast, shotgun start, cocktails, luncheon, and awards ceremony.

Proceeds from the event will be dedicated to scholarships for HCCC students, and to the College's growth and development.



West Hudson Scholarship Committee member James Doran with team. (West Hudson Scholarship Fundraisers have been affected by COVID19 and Jim graciously supported our Golf Outing)

The HCCC Foundation is a nonprofit, 501 (c) (3) corporation giving tax-exempt status to contributors. The Foundation generates financial support to benefit deserving HCCC students by providing them with scholarships. Additionally, the Foundation provides seed money for the College's physical expansion, new programs, and faculty development. The Foundation also provides for the cultural enrichment of area residents, and the HCCC Foundation Art Collection with over 1,200 works of art by nationally and internationally renowned artists.



Philip Johnston with team

Since the Foundation was established in 1997, it has provided scholarships to more than 2,300 students. In addition to the Annual Golf Outing, the Foundation's Board of Directors organize and hold the following fundraisers: Night at the Races (a family-oriented event), the HCCC Employees' Scholarship Luncheon (where faculty and staff support the Foundation through pledged donations), Annual Appeal, Dining Series, West Hudson/North Arlington events (Taste of Fall, North Hudson Mardi Gras), and the December Holiday Scholarship Extravaganza, the largest and most festive of all of the Foundation's fundraising events.

PACDEI HOSTS 'RIPPLE EFFECTS' DISCUSSION



n Friday, Oct. 16, the President's Advisory Council on Diversity, Equity and Inclusion held a panel discussion titled "Ripple Effects." The panelists discussed the micromoments that defined them and others.

Members of the panel included:

- Anna Krupitskiy, J.D., Vice President for Human Resources (moderator)
- Alison Bach, Assistant Professor, English
- Jenny Bobea, Associate Dean, English & ESL
- Kenny Fabara, Assistant Director,
 Writing Center and Retention Services
- Omar Williams, Manager of Web & Portal Services
- Kyle Woolley, Interim Honors Coordinator/ Head Tutor for Math, Science & Business



Foundation Art Collection

The Hudson County Community College Foundation Art Collection of 1,300+ works is installed in the public areas of ten campus buildings. The entire College is an educational art museum. This Collection reveals aspects of America's and New Jersey's rich artistic and cultural history from the Hudson River School period to today. In recent years, the College's acquisition efforts have focused on strengthening its American and New Jersey modern and contemporary collections.

Each month, this page in HCCC Happenings provides updates on artists whose work is in the collection, and new additions to the collection.



This is a detail shot of a dyptich (one work made in two parts) created in 2009 at the Brodsky Center for Innovative Editions (then at Rutgers in New Brunswick) by Fred Wilson. Untitled, it is a $23" \times 30"$ photogravure, the 25th print from an edition of 40. Thank you to Benjamin J. Dineen III and Dennis C. Hull for the generous donation of this work.

ARTIST NEWS

If you like the work of **Katsunori Hamani**shi, a master of mezzotint printing whose work is installed on the lower level of 2 Enos Place, you might enjoy watching this video of his printmaking process, including the use of baby powder and hair gel! https://www.youtube.com/watch?v=Tj v4UaDqThY&feature=youtu.be (hint: mute the sound and start at 1:14). Hamanishi's work is in the collection of the Metropolitan Museum of Art, the Museum of Modern Art, the Smithsonian, and, of course, HCCC.

If you like the **Bruce Sargeant** portrait of HCCC President Emeritus Dr. Glen Gabert installed on the sixth floor of the eponymous Gabert Library, you might enjoy checking out a new exhibit at Carrie Haddad Gallery called, "Man and Machine," (through November 29.)

The group show focuses on images of human strength juxtaposed against industrial might. Work by the artist Bruce Sargeant (aka Mark Beard) of World War II motorcycles and their "hunky riders," is featured. https://carriehaddadgallery.com/index.cfm?method=Exhibit.Exhibit Description&ExhibitID=F0F81B1E-F211-38FA-3E4DF6970141A58B

People are often puzzled by the work of MacArthur Genius Grant winner, **Fred Wilson**, whose prints are installed on the third floor of the Gabert Library and in the 2nd Floor Computer lab (Room 224) at North Hudson. The large blue prints have some seemingly abstract black lines printed on them. If one reads the placard, the viewer can find out that the work depicts the tiny area a museum devotes to work of African Americans.

In a recent interview with the artists Elmgreen & Dragset, Wilson describes the origins of those works, "In order to support myself ... I worked in museums. And so I got to know them pretty well. It was just a weird experience to be in museums, working in museums, and also being a visitor, and also being an artist, and seeing how the institution thought about all those three different things, which was pretty simplistic and not very intelligent. In the major museums, like the MET, and MoMA, and at that time the American Crafts Museum, I was working freelance It made me want to engage with museum space because I was really angry at the museum for who they thought their audience was and who they ignored entirely. So, I decided to take the museum as my palette, and the environment with which I expressed my creativity. That's kind of how it all began. I just saw the museum as a space not considering people who looked like me. [Wilson is African American.] So it was from that that I wanted to speak back to the museum."

If you'd like to watch the entire discussion/ interview, go to: https://www.pacegallery.com/ journal/elmgreen-dragset-in-conversation-withfred-wilson/

In 1976-77, the Archives of American Art at the Smithsonian Institution in Washington, DC, asked noted women artists, including Mary Beth Edelson, Joan Semmel, Harmony Hammond, and Audrey Flack, "What is Feminist Art?" In 2019, the Archives made the same inquiry of noted women artists including Joan Snyder, Joyce Kozloff, and Martha Wilson. Their widely varying responses can be seen online at: https://www.aaa.si.edu/exhibitions/what-is-feminist-art

If you like the Audrey Flack's work in room 313 (the Student Service Training Area) of the Culinary Conference Center, you might enjoy her new documentary, "Queen of Hearts: Audrey Flack," which opens in virtual cinemas on November 13. Flack is famous for being a pioneering photorealist painter. The 88-year-old artist says of the 1970s, "It was hard to be a woman artist then. Having children? I never mentioned it because you were thought less of." She also talks about how she came to terms with horrific events in human history--such as the Holocaust--through her work: "The thing was to paint the horror so you could look at it. Make it that beautiful." Her gorgeous, voluptuous, astoundingly precise paintings still have the power to evoke awe. Here's the film trailer: https://www.youtube.com/ watch?v=st4L5pryrbw&feature=emb_logo

We welcome anecdotes and information about how the art collection benefits our community. If you have enjoyed using the art collection in your teaching, your studies, or your everyday life, please let us know! Contact <u>ASiegel@hccc.edu</u> and tell us the story of how the art collection works for you.

To make a donation to the Foundation Art Collection, please contact Nicholas A. Chiaravalloti, J.D., Ed.D., Vice President for External Affairs and Senior Counsel to the President at <u>nchiaravalloti@hccc.edu</u>, or (201) 360-4009.

For detailed information regarding donating artwork, please visit https://www.hccc.edu/foundationart/

Would you like to explore the Foundation Art Collection using our new online searchable tools? Go to www.hccc.edu/FoundationArt/Collections

Here is your opportunity to invest in the future of our community, one in which your generosity will be doubled and make a phenomenal, life-changing impact at an unprecedented time of challenge.



National Giving – Hudson County Community College (HCCC) will match your donation, dollar-for-dollar, up to \$100,000.

Your tax-exempt donation to the HCCC Foundation Giving Match Drive will help HCCC students complete their education and make transformational changes in their lives.

You may donate at www.hccc.edu/FoundationDonor

For more information, contact Nicholas A. Chiaravalloti, J.D., Ed.D., Vice President for External Affairs and Senior Counsel to the President at chiaravalloti@hccc.edu

DEPARTMENT OF. **CULTURAL AFFAIRS** presents

Exhibitions

ELECTORAL ELECTRIC **NOVEMBER 2 – NOVEMBER 20** Featured on Dineen Hull Gallery Channel,

You Tube Artists include: Vandana Jain, Orit Ben-Shitrit, John Sims, Chris Bors and Tricia McLaughlin Curated by Michelle Vitale

From Fire Drill Fridays to the Black Lives Matter Movement, HCCC's Benjamin J. Dineen, III and Dennis C. Hull Gallery showcases election topic digital homages in Electoral Electric, curated by gallery director, Michelle Vitale. Electoral Electric is a thirty-minute video presentation featuring the work of five artists and can be found on Hudson County Community College's Department of Cultural Affairs' brand new YouTube channel. Courtesy of Mana Contemporary, Orit Ben-Shitrit highlights the economic entanglements of war in ONOMONO; a trailer of John Sims' new "Korona Killer" game is featured as well as Sims' poetic



tribute to the Trayvon Martin murder; Vandana Jain incorporates corporate logos into an escalating then de-escalating mandala spaceship; Tricia McLaughlin leads viewers into two not so sci-fi politically charged animated adventures; and the digital compilation concludes with found collaged audition tapes in I Win, by artist and HCCC Adjunct Professor, Chris Bors. Featured on Dineen Hull Gallery YouTube channel, beginning November 2nd at: https://tinyurl.com/ElectoralElectric

ARTIST TALK: JOHN SIMS THURSDAY, NOVEMBER 12, 11 a.m.

John Sims, a Detroit native, is a conceptual artist, writer and activist, who creates art and curatorial projects spanning the areas of



installation, performance, text, music, film, and large-scale activism, informed by mathematics, design, the politics of white supremacy, sacred symbols/anniversaries, and poetic/political text. For 20 years, he has been working on the forefront of contemporary mathematical art and leading the national pushback on Confederate iconography. johnsimsproject.com

https://tinyurl.com/ArtistTalkSims

These Are the People in Your Neighborhood Community Interview Series

FRED FLEISHER TUESDAY, NOVEMBER 10, 11 A.M.

Artist & Veteran

Hudson County is home and work to many amazing talents. HCCC's Department of Cultural Affairs will host intimate interviews with creatives from diverse industries to share their personal stories of growth and success. Michelle Vitale, Director of Cultural Affairs, will chat with these passionate entrepreneurs to inspire our College and the greater community.www.fredfleisher.net https://tinyurl.com/FredFleischer

ANGUS VAIL FRIDAY, DECEMBER 4, 6 P.M.

JC Fridays - Founder, Container Globe <u>www.thecontainerglobe.com</u> For more information and to participate, visit: <u>https://www.jcfridays.com/</u>

Programs

FRIDAY, DECEMBER 18, 10 A.M STUDENT ART PRESENTATIONS | Webex

At the end of each semester, the HCCC Art & Studio Departments celebrate the creativity of our students with a curated exhibition and student portfolio presentation. On December 18, join both departments with live WebEx portfolio presentations.

For more information, email: gallery@hccc.edu



Juniors and Seniors in Hudson County! (Future 2021 and 2022 Graduates)

SAVE MONEY: Pay half the cost of in-county tuition at HCCC, significantly lower than tuition at four-year institutions.

Credits transfer to four-year institutions

Earn up to 36 credits toward an Associate Degree through the Early College Program

Contact EarlyCollege@hccc.edu to get started.



ENROLLMENT NEWS

HUDSON COUNTY COMMUNITY COLLEGE TO HOST FOUR VIRTUAL 'CHOOSE YOUR OWN DESTINATION' OPEN HOUSE EVENTS

Hudson County Community College (HCCC) has scheduled four unique Virtual Open House events that allow an attendee to "Choose Your Own Destination" based on academic interests or a general overview of programs and services.

The first event will take place on Tuesday, November 10, from 4 to 7 p.m. Attendees will be welcomed by the College's President, Dr. Chris Reber. The event also includes a General Information Session and open Question & Answer Panel during the first hour. From 5 to 7 p.m., Student & Academic Support Services will provide information on admissions, financial aid, testing, advising and transfer services, campus events, clubs, and organizations, registration and transcript evaluations, academic support services, the HCCC Library and services, career services, Hudson Helps, the Educational Opportunity Fund (EOF), international students, disability and accessibility services, and health and wellness. Those interested in Science, Technology, Engineering and Math (STEM), Business, Culinary Arts & Hospitality Management, Early College, Year Up, Veterans, and Enrollment Services should attend the Wednesday, November 11 event from 5 to 7 p.m. Topics will include details about the College's award-winning programs; the Division of Academic Development and Support Services; how high school students may take college courses; the Year Up Program, that pairs talented young adults and top companies to launch careers, power business, and build communities; Question and Answer session; and a celebration of Veterans' Day.

Humanities & Social Sciences, English and ESL, Nursing & Health Sciences, Continuing Education and Workforce Development, and Enrollment Services will be highlighted at the Thursday, November 12 event, from 5 to 7 p.m. Topics will include the Honors Program, the College's Secaucus Center, the Department of Cultural Affairs, enrollment and academic advisement services,

Start the new year off at HCCC!

Online, On-Ground or Remote course options are available. Apply now at www.hccc.edu/apply and use the promo code "HC3" to waive the \$25 application fee!



and information pertaining to the programs in the major courses of study listed.

For those who are unable to attend any or all weekday sessions, a Virtual Open House will be held on Saturday, November 14, from 10 a.m. to 12 p.m. The event will include information on admissions, financial aid, testing, and academic advisement. For information on accessing the sessions, go to www.hccc.edu/openhouse or email admissions@hccc.edu.

HCCC Remote College Placement:

You Have Options!

When enrolling at HCCC, students can choose from three options to determine their college placement:

- 1. College Placement Exemptions You may be eligible for college-level course work by submitting qualifying High School transcripts, SAT, ACT, TOEFL, and AP scores.
- 2. Online College Placement Test You can take the College Placement Test through Examity's online proctoring services.
- 3. Directed Self-Placement You will review course descriptions/ expectations followed by a brief questionnaire. At the end of questionnaire, you will select preferred course placement.
- For more details and instructions go to www.hccc.edu/remoteplacement

We are still here for you!

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PHI THETA KAPPA HONOR SOCIETY NEWS



Gardening at Liberty State Park on Sept, 26: Prof Ted Lai, Crystal Troncoso, and Nirali Limbachiya.



Scholar Dash 5K at Lincoln Park on Sept. 27: Pedro Moranchel, Christopher Garlaza, Courage Lahban, Darciane Barbieri Etz, and Nirali Limbachiya. Participants not pictured: Abou Traore (taking photo) and Sofia Pazmino, participating at another location.



Apply to Year Up, a paid one-year internship program that enables motivated young adults to move from minimum wage to a meaningful career in Business or Information Technology (IT).

- To apply to Year Up you must...
 - be between the ages of 17-26
 - have a HS diploma or GED
 - enroll at HCCC and major in Business Administration, Business Liberal Arts, Computer Science, Cybersecurity, Hospitality Management or Management
 - have valid work authorization (DACA students are accepted)
- · be motivated to launch a professional career in Business or IT

We're accepting applications on a rolling basis, and spots can fill up quickly!

To learn more, sign up at http://bit.ly/yearupjc



OUR STORIES UNTOLD: VERONICA GEROSIMO AND YVETTE GEROSIMO

Continued from page 4

Many audience members related to the horrible experience of misdiagnosis and hospitalization that followed for weeks at a time. Students and colleagues pointed out similar circumstances where their friends, family members and even children struggled with mental health challenges and stigma. This story highlighted the struggle that individuals and families go through, often in silence, without knowing about it outside of the family. This program provided awareness of the realities and complexities of mental health care as and the importance of an accurate diagnosis and finding the right support, professionally and within the circle of family and friends.

This story exemplified human resiliency as love and family were able to overcome generational challenges and trauma. It was passionate, with many moments of tears as well as the expressions of affection that clearly showed the love and bond that Veronica and Yvette share. It was powerful and reassuring to hear Yvette's willingness to share her painful experiences for the benefit of others. Veronica, a universally well-liked and well-respected leader and colleague at the college, has been dealing with these family challenges for most of her adult life, and most of us did not know about it. This speaks to a larger picture, one that illustrates that no matter how challenging your situation might be, it is likely that you are not alone and that others are facing similar obstacles. Hearing Veronica and Yvette's story supports the point that we can all learn and relate to others and that our common struggles and areas of aspirations are greater than what makes us different.

Our Stories Untold storytelling emerged as a partnership between the Office of Human Resources and the President's Advisory Council on Diversity, Equity and Inclusion (PACDEI). This series highlights HCCC community members as they share their personal, educational, and professional experiences, advice, and insight. Each program aims to introduce some of our outstanding and influential colleagues to enhance inclusion and create community. Previous participants have shared that the program lets them feel like they have a voice at HCCC, with so many inspirational stories hidden within our community. If you would like to share your story or know someone with a compelling story, please contact us at PACDEI@hccc.edu.

Mental Health Counseling & Wellness is here to help students with obstacles that might impact your academic goals. Our Employee Assistance Program is also here for you by calling the emotional support line at 833-848-1764 or visiting www. eap.ndbh.com.

Staff / Students needing referrals to Mental Health Counseling, please the General Care and Concern Form.



Please join HCCC President Dr. Chris Reber for a VIRTUAL TOWN HALL MEETING on Thursday, November 5 from 2 p.m. - 3 p.m.

JOIN THE SESSION AT: Conference Call Phone: 1-888-363-4734 Access Code: 9751220#

Learn about important updates and have your questions answered in real time.

CONTINUING EDUCATION & WORKFORCE DEVELOPMENT NEWS



Afro-Latino Travels with Kim Haas

On October 14, Continuing Education partnered with Student Life and Leadership to offer a special event for Hispanic Heritage Month: a live, online screening and discussion of the groundbreaking PBS travel series, "Afro-Latino Travels with Kim Haas." The series introduces viewers to Afro-Latinos and their profound legacy in the Americas through history, culture, cuisine, art, dance, music, environmental conservation, literature, sports, and festivals, and celebrates the historical and cultural contributions of Latin America's African descendants.

Host, Kim Haas, led a lively discussion on various topics related to Afro-Latino culture and identity. Over eighty participants attended, from states around the country; even from outside of the country – Spain! Several HCCC students and community members attended with their family members, switched on their cameras and microphones, and shared stories of their cultures, their favorite food dishes and dances, discussed afrolatinx public figures and entertainers, and reminisced about growing up afro-latinx. Participants shared with, and learned from, each other, and left with feelings of pride, hope, and joy.

For more information and a viewing schedule for "Afro-Latino Travels with Kim Haas," visit <u>www.travelswithkimhaas.com</u> Check your local PBS station for show dates and times.

Podcasting Essentials for Beginners

This October instructor Kimberly Sumpter led a beginner's course in podcasting, designed for students interested in creating, launching, and growing a successful podcast. Over 20 students learned basic tips, including developing a show concept, finding their ideal listeners, essential gear, how to record episodes, and basic editing tips. Students also learned how get their podcasts listed in directories like Apple and Spotify.



Kimberly Sumpter had a 17-year career in the radio broadcasting industry, starting as an intern at 97.9 the Box in Houston. She became a Promotions Director at KIIZ-FM in Killeen, TX, while hosting the rated #1 midday show in Central, TX,



for over two years. She jumped from market #141 to market #5, where she worked as an on-air announcer at KRNB-FM 105.7 before becoming a News and Traffic reporter and Assistant Promotions Director at 94.5 KSOUL and 97.9 the Beat in Dallas. Kimberly currently hosts and produces the Sistahs Connect podcast.

If you are interested in registering for the Winter Podcasting class please contact <u>amuniz@hccc.</u> edu.



The Continuing Education Department at Hudson County Community College is offering a QuickBooks certification course this semester that is meeting in a hybrid format. Students could attend the class in-person or remotely using readily available technologies to faculty and students. Those who attend the class in person have the same classroom experience as before but with new protocols to keep students and faculty safe without impeding on the learning process. New classroom technologies allow students to attend the class remotely, interact with the instructor and their fellow classmates, and be a part of the class from home. If you are interested in attending the next QuickBooks class please email amuniz@hccc.edu.

Healthcare Certificate Programs & Apprenticeship Programs through CEWD

The Hudson County Community College (HCCC) Division of Continuing Education and Workforce Development (CEWD) continues to offer a variety of Healthcare Certificate Programs for our community. Not only are these certificate programs relatively short and low-cost, they lead to employment opportunities upon completion. Healthcare support jobs are predicted to be the fastest growing source of job opportunities in the next decade. CEWD currently offers the following Healthcare

Certificate Programs:

- Basic Life Support for Healthcare Providers (BLS)
- Certified EKG Technician (CET)
- Certified Hemodialysis Technician (CHT)
- Certified Nurse Aide (CNA)
- Certified Phlebotomy Technician (CPT)
- Patient Access Representative (PAR)
- Patient Care Technician (PCT)
- Pharmacy Technician

CEWD is also in the second year of the New Jersey HealthWorks Scaling Apprenticeship Grant, a U.S. Department of Labor grant allowing us to award students with apprenticeships in Certified Nurse Aide, Patient Care Technician and Pharmacy Technician programs. This apprenticeship grant is "Earn While You Learn", so students will work at a facility while learning at HCCC.

CEWD held a Healthcare Programs Information Session in October and will continue to host one per month. The next two information sessions will take place on Tuesday, November 10 at 9:30 a.m. <u>https://tinyurl.com/hcsess</u> and Tuesday, December 1 at 5:00 p.m. Please save the date and spread the word! For more information on our CEWD Healthcare Certificate Programs or an Information Session, please email Betsey Barnum, Apprenticeship Coordinator for Healthcare at <u>cewdhealthcare@hccc.edu</u>.

#MASKUP CONTEST RESULTS

Hudson County Community College asked students, staff, and faculty to help communicate why it is so important to wear a mask to stop the spread of coronavirus. The College collected 43 submissions as part of the #MaskUp Contest. The Return to Campus Task Force and Human Resources Working Group selected the winning entires. Thank you to everyone who participated!

AND THE WINNERS ARE:

Funny



Fun Christopher Conzen Arizabeth Baez Flores



Cultural Pride Angline Pummer



Statement Piece Chrystele Reid



Creative Elham Kamali



HCCC Spirit- Ellie Merles

Alexis Muniz





Essential Workers Yesenia Paneto

Hudson County Community College cares for you, and wants to help you.



Is life interfering with completing a course?

Have a mental health concern?

Have an emergency situation? Have a health

concern/condition?

Here's how you can let us know.

CLICK HERE FOR THE FORM

Or visit: https://myhudson.hccc.edu/hudson-care

A member of the CARE Team will respond to you shortly.

We are still here for you!





Honorable Mention Veronica Gerosimo and Raffaella Pernice

COMMUNITY POLICING

The Urban Policing Institute (UPI) provided a webinar on October 15th with two law enforcement professionals for a panel discussion. Jonathan Parham, Director of County-Wide Police Policy, Planning, and Training (Union County Prosecutor's Office) and Lieutenant Keith Miano, Training Unit Supervisor, Counter-Terrorism Training, New Jersey Transit Police. The panelists discussed the topic, "To Serve and Protect: The Guardian Mindset in Policing.'

After providing a thorough explanation to the definition of guardian mindset, the panel covered subtopics including training new recruits with the new mindset versus retraining veteran officers; balancing the guardian concept with the entrenched "warrior" philosophy; examining principles of dignity, compassion, and if the panelists believe that the guardian principles will translate well in other areas across the United States.

Director Parham and Lieutenant Miano concluded the webinar by responding to questions from the audience during the question and answer session.

MENTAL HEALTH PROVIDING ONGOING AND UPCOMING SERVICES

6

The Mental Health Counseling Department provides Telehealth counseling five days a week, and you can acquire services via completing a General Care and Concern Form. We also host support groups; please check out https://involved.hccc.edu/organization/mentalhealthcounselingandwellness for all upcoming activities. All communication with a provider is confidential and delivered by a licensed mental health provider.

When we are on break or during off business hours, students can continue to get peer-to-peer support via TalkCampus, which provides a safe place to be anonymous or not and talk about anything in a judgment-free atmosphere. Your boyfriend broke up with you? Your dad is annoying, you are stressed over school, COVID-19 anxiety ... it doesn't matter. No suffering in silence ... talk with someone!

TalkCampus also provides free Guided Meditations, wellness tips, sleep tips, and also Journaling. Please view our Mental Health portal to provide you with coping tools and resources for your mental health needs https://myhudson.hccc.edu/ mental-health-counseling-wellness-center

HCCC Library

R **Mental Health Counseling & Wellness**

Hosts

virtual

OPEN

SHARE A POEM SPOKEN WORD PLAY MUSIC LISTEN! Friday, October 16 4pm-5pm

Zoom Link: https://zoom.us/j/9861826840

Meeting ID: 986 1826 8408

Password: 1nJ57u

Join Us for

"Out of the Darkness"

Suicide Prevention Virtual Walk

<u>SUNDAY, NOVEMBER 1</u>

https://afsp.donordrive.com/index.cfm?fuseaction=donordrive. team&teamID=265479

P

ALL

are



Tele-Talk Times is an informal, confidential consultation via Telehealth. No appointment is needed. First come, first served, all HCCC students are welcome!

Monday	3pm-4pm	https://doxy.me/paineandrew	
Tuesday	10am-11am	https://doxy.me/donnavhccc	
Wednesday	10am-11am*	https://doxy.me/karlahccc	(
Thursday	11am-12pm	https://doxy.me/tsl	ľ
Friday	2pm-3pm*	https://doxy.me/yvettehccc	

*Servicios en Español Disponible Miercoles y Viernes.

HOW IT WORKS

If someone is already being serviced, you will be placed in a virtual waiting room The average time to talk 5 - 15 minutes.

Please note Tele-Talk-Times are not a substitution for mental health counseling. If you required more support, you will be referred to either off-campus, on-campus providers that would meet your mental health needs.



HOSTED BY KARLA LEVINE, B.S.W. & DONNA HEGGS

ADDITIONAL RESOURCES:

Mental Health Portal Page: https://myhudson.hccc.edu/mental-health-counseling-wellness-centerhttps:

Instagram: hcccmentalhealthcounseling

Facebook: hcccmentalhealthcounseling

New Jersey Suicide Prevention HOPELINE 24/7 Peer Support & Suicide Prevention 1.855.654.6735 http://www.njhopeline.com/

24 Hour Hotline 7 Days a Week 1.800.273.8255 https://suicidepreventionlifeline.org/

CRISIS TEXT LINE / TEXT HELLO to 741741 Free, 24/7 Confidential

HCCC INDUCTS 2020-2021 SGA OFFICERS



Karen Riera Co President





Nara Bautista Senator



n Monday, Oct. 19, Hudson County Community College's (HCCC) Office of Student Life and Leadership conducted a Virtual Swearing In for the Student Government Association's 2020-2021 executive board and senators. Due to the pandemic, the incoming officers were appointed after an application and interview process. The new executive board and senators will



Maria Mezquita Vice President



Karl Ramos Senator



Jasmine Ngin Director of Finance



Pedro Moranchel Director of Inter-club Council



Vanisha Patel Director of Record Keeping



Jenette Wiggins Director of Diversity, Equity & Inclusion



focus on advocating for student concerns, serving as the student voice on campus wide committees, promoting student involvement opportunities, and lobbying for community college funding and support on the county, state, and national level. Warren Rigby, 2019-2020 SGA President, gave his final remarks and was met with gratitude and appreciation from administration, staff, and students for his time and commitment leading the SGA for the past academic year.

ACHIEVING THE DREAM UPDATE



Members of HCCC's Student Success Dream Team along with members of the six How Teams meet with Dr. Fifield and Dr. Garcia via Zoom during their October 2020 virtual visit.

rom Tuesday, October 13 through Friday, October 16, 2020, Dr. Mary Fifield and Dr. Rene Garcia, HCCC's Achieving the Dream Leadership and Data Coaches, respectively, participated in their first visit to HCCC of the 2020-21 Academic Year. Due to the COVID-19 pandemic, their visit was conducted through a series of virtual meetings.

The 2020-21 Academic Year marks HCCC's second year of engagement with Achieving the Dream. The visit by Dr. Fifield and Dr. Garcia provided an opportunity for the HCCC community to reflect on the accomplishments of our first year

as an Achieving the Dream member college and set the stage for the next phase of student success work at HCCC, including the implementation of our Student Success Action Plan.

The agenda for Dr. Fifield and Dr. Garcia's visit was a testament to the far-reaching and inclusive nature of HCCC's student success work. On Tuesday, October 13, Drs. Fifield and Garcia met with the college community in a Town Hall forum, and as part of the President's Report at the October Board of Trustees' meeting, they presented on HCCC's student success work to date. In both venues, Drs. Fifield and Garcia offered helpful context for and insightful feedback on HCCC's Student Success Action Plan. The full audio recording of the October 13, 2020 Town Hall forum at which Drs. Fifield and Garcia presented can be accessed at: http://www.hccc.edu/TownHall/101320/

The balance of Dr. Fifield and Dr. Garcia's visit involved a series of meetings with Yeurys Pujols and Lilisa Williams, co-chairs of HCCC's President's Advisory Council on Diversity, Equity, and Inclusion (PACDEI); John Scanlon, Executive Director of Institutional Research: and senior leaders in the Division of Academic Affairs. These sessions served to highlight the many ways in which the Student Success Action Plan fits within the larger context of HCCC's strategic planning efforts as it aligns with features of both the Academic Master Plan 2020-23 and the overarching goals of PAC-DEI. The synergies among those three strategic planning efforts were most evident in a meeting between Dr. Fifield and Dr. Garcia and members of HCCC's Dream Team in which members of the six How Teams also participated. Each of the six How Teams also met separately with Drs. Fifield and Garcia. This time provided an opportunity for questions, deeper conversation about specific components of the Student Success Action Plan, and effective methods for moving the work forward.

Dr. Fifield and Dr. Garcia's next comprehensive visit is scheduled for March 2021.

The Professional Association's Cultural Committeein collaboration with Student Affairs and President Advisory Council on Diversity, Equity & Inclusion (PACDEI)

presents

"The Color of Law"

A Forgotten History of How Our Government Segregated America

SPEAKER: Richard Rothstein,

author of the book: "The Color of Law"

To get the free copy of the book, participants must fill the form by following the link below: Fill out this form to receive a free copy of Richard Rothstein's book, *The Color of Law*

Event will take place on WebEx and details can be found below

Friday, November 20, 2020 at 1 p.m.

Meeting number: 132 662 3118 | Password: n53JtFzpAE5 https://hudsonccc.webex.com/hudsonccc/j.php?MTID=m27bd9d4 2890541afd3bbd8934b00e895

First 50 participants to register will receive a free copy of the book.

Richard Rothstein is the author of THE COLOR OF LAW: A Forgotten History of How Our Government Segregated America. A Distinguished Fellow of the Economic Policy Institute, and a Senior Fellow (emeritus) at the Thurgood Marshall Institute of the NAACP Legal Defense Fund. In addition to his recent book, *The Color of Law*, he is the author of many other articles and books on race and education, which can be found at his web page at the Economic Policy Institute: www.epi.org/peple/richard-rethetem/

HCCC Learning Communities VIRTUAL INFORMATION SESSION

Wednesday, November 18 at 4 p.m.

Discover how Learning Communities at HCCC are transforming your educational experience through:

- Linked groups of students who progress together (the community)
- Smaller, informal and interactive classes
- Support of two or three professors that coordinate class work, assignments and field trips
- Developing leadership skills as well as insight into your next phases of education or career
- Having an Academic Coach available to you inside and outside of the classroom
- And more!

REGISTER NOW!

https://hudsonccc.webex.com/hudsonccc/onstage/g.php?MTID=e406c793bdcc 6644e5117785cc5bead1c

QUESTIONS?

Contact HCCC Learning Communities Program at (201) 360-4162 or e-mail LC@hccc.edu.

2020 PHILIP JOHNSTON AWARDS FOR EXCELLENCE IN TEACHING

W Johnston, the former Chair of the Hudson County Community College Foundation, is again sponsoring the *Philip Johnston Awards for Excellence in Teaching.* This is a wonderful opportunity to recognize faculty members who strive for excellence in all they do.

Please forward nominations to the office of Dr. Eric Friedman, Executive Vice President and Provost, through Linda Guastini lguastini@hccc. edu..

The themes for this year's awards are:

- 1. Using Data and Best Practices to Improve Teaching and Learning
- 2. Diversity, Equity and Inclusion in the Classroom

Please identify how the nominated faculty member has demonstrated excellence in one of the themed areas and provide a 250- to 500word summary that supports your nomination. Nominees must have completed two full years of full-time teaching at the College. Note: You may nominate yourself.

Each award carries a \$2,000 recognition and the ceremony will coincide with College Service Day in January 2021. There will be one award in each category. Nominations must be received and acknowledged by December 5, 2020. An external judge will select the award recipients.

Please feel free to contact lguastini@hccc.edu or Dr. Friedman (efriedman@hccc.edu) with any questions.

JOIN US FOR AN INFORMATION SESSION on Healthcare Certificate Programs and Healthcare Apprenticeship Programs at Hudson County Community College.



Learn More! If you are looking for a career in healthcare, register here for the INFORMATION SESSION TUESDAY, NOVEMBER 10 at 9:30 a.m.

https://tinyurl.com/hcsess

FOR MORE INFORMATION

email your name and phone number to: Betsey Barnum cewdhealthcare@hccc.edu





CALENDAR

Sunday, November 1

Online registration begins for Winter/Spring 2021

"Out of the Darkness" Suicide Prevention Virtual Walk; join at https://afsp.donordrive. com/index.cfm?fuseaction=donordrive. team&teamID=265479

Phi Theta Kappa Fall Induction, 2 p.m.

Monday, November 2 - Friday, November 20

Exhibit: "Electoral Electric." https://tinyurl.com/ ElectoralElectric

Monday, November 2

In-Person registration begins for Winter/Spring 2021

Tuesday, November 3

Election Day - College Open; classes in session

HCCC Fall 2020

VIRTUAL OPEN HOUSE

A "Choose Your Own Destination" Event.



The HCCC Fall 2020 Virtual Open House is scheduled for the following dates and times:

Tuesday, November 10: 4 p.m. - 7 p.m.

Wednesday, November 11: 5 p.m.- 7 p.m.

Thursday, November 12: 5 p.m. - 7 p.m.

Saturday, November 14:

10 a.m. - 12 p.m. For more information go to: www.hccc.edu/openhouse or email admissions@hccc.edu.

TO RSVP:

https://hudsonopenhouse.eventbrite.com

Wednesday, November 4

Last day to submit Midterm advisory grades to the Registrar's Office

Thursday, November 5

Virtual Town Hall Meeting, 2 p.m. to 3 p.m. Join at 1-888-363-4734, Access Code: 9751220#

Addressing the Opioid Epidemic: A Primer on Opioid Addiction, Overdose Management, and Medication-Assisted Treatment, 2 p.m. to 3 p.m. Join at https://rutgers-hipaa.zoom.us/j/9926371 3306?pwd=QjBraTUwdTJrTEdGTDdUZDhOTm 9ZZz09; Meeting ID: 992 6371 3306; Password: ruriot

ACUE Information Session, 3:30 to 5 p.m. Join at https://hudsonccc.webex.com/hudsonccc/j.ph p?MTID=mbee71121f0df417133bec371fa2b8d 4d; Meeting number: 132 070 7941; Password: M2ZhZMYCR92

Friday, November 6

Subscription Dining Luncheon Series, 11:30 a.m., Culinary Conference Center, 161 Newkirk Street

Tuesday, November 10

"These Are the People in Your Neighborhood ..." series featuring Fred Fleisher, Artist & Veteran, 11 a.m. To participate, please join at https://hudsonccc.webex.com/hudsonccc/j.php?MTID=m619 f28b967f02c8417d88d2275ac

Fall 2020 Virtual Open House, 4 p.m. to 7 p.m. To register, please visit https://hudsonopenhouse. eventbrite.com/.

Wednesday, November 11 – Monday, December 21 Culinary Cycle III

Wednesday, November 11

Veterans' Day – College Open; classes in session

Mindful Play Yoga, 10 a.m. "Wellness Wednesdays" explores mindfulness yoga practice with Jamie Wilson-Murray of Mindful Play Yoga. www. facebook.com/mindfulplayyoga

Fall 2020 Virtual Open House, 5 p.m. to 7 p.m. To register, please visit https://hudsonopenhouse. eventbrite.com/.

Thursday, November 12

Electoral Electric Exhibition Artist Talk featuring John Sims, 11 a.m., https://hudsonccc.webex. com/hudsonccc/j.php?MTID=mf88af6d3a785d3 74b5970ebac7c4bf55 Fall 2020 Virtual Open House, 5 p.m. to 7 p.m. To register, please visit https://hudsonopenhouse. eventbrite.com/.

Friday, November 13

Young Masters Art Classes, 10 a.m. "Young Masters Fridays" online arts enrichment programs for children and families with Kristin J. DeAngelis: www.facebook.com/youngmastersartclass

Subscription Dining Luncheon Series, 11:30 a.m., Culinary Conference Center, 161 Newkirk Street

Saturday, November 14

Fall 2020 Virtual Open House, 10 a.m. to 12 p.m. To register, please visit https://hudsonopenhouse. eventbrite.com/.

Wednesday, November 18

Last day to complete official withdrawal

Learning Communities Virtual Info Session, 4 p.m. Join via Webex: https://hudsonccc.webex.com/ hudsonccc/onstage/g.php?MTID=e406c793bdcc6 644e5117785cc5bead1c

Thursday, November 19

Real Money 101: Entrepreneurship, 1 p.m. Register at https://zoom.us/webinar/register/ WN_ TVmXhxjGRmyyqBgj2cT13w

All College Council General Meeting, 2:30 p.m. Join via Webex at https://hudsonccc.webex.com/ hudsonccc/j.php?MTID=m6f4cfde282313af3f02 f56ddb547b5ec; Meeting number: 132 068 4700; Password: V3QuaFmMu25

Friday, November 20

"The Color of Law" featuring author Richard Rothstein, 1 p.m. Join at https://hudsonccc.webex. com/hudsonccc/j.php?MTID=m27bd9d42890541 afd3bbd8934b00e895; Meeting number: 132 662 3118; Password: n53JtFzpAE5

Tuesday, November 24

Meeting of Hudson County Community College Board of Trustees, 5 p.m.

Wednesday, November 25

Day classes in session; no classes after 6 p.m.

Thursday, November 26 – Sunday, November 29 Thanksgiving recess – College Closed

HCCC Virtual Commencement Ceremony Thursday, December 10 12:00 p.m.

Recognizing the graduates of the 2019-2020 academic year and the Fall 2020 semester.

Hudson County Community College Board of Trustees

William J. Netchert, Esq., *Chair* Bakari Gerard Lee, Esq., *Vice Chair* Karen A. Fahrenholz, *Secretary/Treasurer* Joseph V. Doria, Jr., Ed.D. Adamarys Galvin Pamela E. Gardner Roberta Kenny Jeanette Peña Silvia Rodriguez Harold G. Stahl, Jr. James A. Fife, *Trustee Emeritus* Joanne Kosakowski, *Trustee Emerita* Christopher M. Reber, Ph.D., *College President* Abderahim Salhi, *Alumni Representative*

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JOURNAL SQUARE CAMPUS

70 Sip Avenue Jersey City, NJ 07306 Phone (201) 714-7100

NORTH HUDSON CAMPUS

4800 Kennedy Boulevard Union City, NJ 07087 Phone (201) 360-4600

SECAUCUS CENTER

Located at the Frank J. Gargiulo Campus of the Hudson County Schools of Technology One High Tech Way Secaucus, NJ 07094

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ALUMNI CORNER

Mike Duverne Class of 2020

Associate in Science, Exercise Science

What factors led you to decide to attend Hudson County Community College?

I was an EMT. I initially came to Hudson County Community College to pursue my degree in Paramedic Science. HCCC was the closest college that provided the paramedic course. I completed my initial prerequisites, but the paramedic class was from September to September, so my advisers persuade me to pick up a second major which was (NASM PT) exercise science.

What is your favorite memory of the College, in or out of the classroom?

My fondest memories would be DJ-ing the various events and art exhibitions at Cultural Affairs and participating within the exercise pop-ups we would have in the Library.

How did you become interested in exercise science?

I played four years of football in high school and I did three years of EMS for the City of East Orange, New Jersey. These life experiences influenced me to pursue exercise science and paramedic science.

How did your time at HCCC prepare you for your career/ life now?

The unique skills I learned from my professors and HCCC health staff and crew are the reason I am able to make an income in these uncertain times. I am currently personal training. Many of the unique skills I picked up from my various NASM and exercise science classes.

What is a typical work day for you?

My day begins at 5 o'clock in the morning; my first client is usually at 5:30 a.m. and then every hour I have clients coming in.

What has been the most memorable project/case you have worked on?

The pop-up event in the Library gifted me with some unique experience; many of the skills I used, I still use today with my clients.



Who are your biggest inspirations that have impacted your work in some way?

Hands down, Prof. H and Prof. Kat. If there ever were a question or a problem, I could always come to them and they would always be there to help me.

What advice would you give to recent HCCC graduates?

Always keep in contact with your fellow alumni and professors. We are all students and even though we will go on to pursue bigger degrees. Always know that your friends, professors, counselors, etc. at HCCC will always be family if you need advice or a call to see how you're doing.

What advice do you have for those students who are just starting their college careers?

If I could give advice, I would tell my fellow scholars not to waste time or money: have a plan and then bring it to your respective school so it can be manifested. You will need passion and you need to love what you do. So when you get that dream job, you'll never work a day in your life because the passion and love will be there.

HCCC Alumni: Get Involved!



Did you enjoy your experience at HCCC? Are you willing to contribute time? Do you want to inspire others with your success stories? Are you looking for career support?

If so join, socialize and network!

For information about the College's Alumni Association or membership benefits, please email alumni@hccc.edu.