

Fall 2023

# College Hill News

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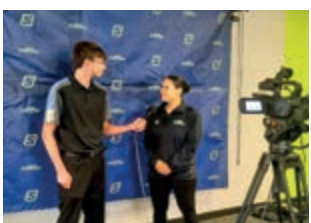
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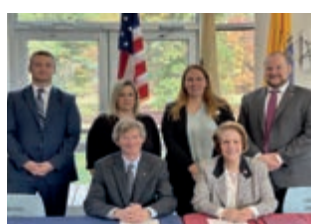
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## Sensational Flavors at Arbor Restaurant & Bakery

By Valentina T. Lopez Gimenez  
College Hill Writer

Seasonings from Europe and America can be tested by everyone at the newly established Arbor Restaurant and Bakery.

Run by the prestigious Chef Martin Kester and students from Sussex County Community College in Newton, the facility not only offers a sense of familiarity and peacefulness but also a great selection of food. Part of the Culinary Arts Institute inside the McGuire Technical Education Center at 47 Main St., Newton, the Arbor Restaurant and Bakery is now open to the public.

Kester explained, "If you look at the landscape around here one of the dominant features is trees. Arbor has ties to spiritual education, enlightenment, nourishment and protection."



Photo by Valentina T. Lopez Gimenez

The name of the establishment expresses exactly its essence. With the support of community partnerships and businesses in the county who helped to pull off Arbor in the fall of 2022, about 20 students from the Culinary program, Baking and Pastry Arts and Hotel Restaurant Management have the opportunity to learn all about operations and systems while using them.

"The college and the county have made a significant investment in us, and the public support has been incredible, people stop here every day," Kester stated.

The menu has a variety of flavors during the school year. The fall started with Italian cuisine followed by international tastes of the Middle East. During the spring, French meals will be available for everyone to try. In the last seven weeks of the school

semester, there is going to be seasonal American food, which will be focused on the ingredients grown by the Agricultural Program of the college and the farmland down the street.

"Whatever we offer sells out very quickly, people are very excited to participate and support it," Kester said. "Whatever is offered is limited and it sells very fast. People like pretty much everything they make, but it changes constantly. They gave five weeks of French pastries, like croissants, pain ou chocolat or cannoli.

"Every week we have to adjust what we are selling based on the previous sale thinking it was going to be a pattern but it wasn't," Kester said. "It was close, but every week shifted a little bit.

"It tells us we have the same clientele coming and want to try new things," he added. "And we have new different clients with different tastes. Because at the beginning it was walking in, no reservation, items were sold out in two hours, which was incredible."

If there is a desire to get a hot beverage or a pastry, for a varied price between \$4 and \$6, on Fridays, Arbor is open from 8:30 a.m. to 1:30 p.m. and every available item can be ordered. However, if there is an interest in getting lunch or dinner, it is necessary to make a reservation through its website [sussex.edu/culinaryinstitute](http://sussex.edu/culinaryinstitute).

The operation hours on Thursdays are 5:30 p.m. to 7:30 p.m. and Fridays 11:30 a.m. to 1:30 p.m. At a cost of \$35 for lunch and \$45 for dinner, the establishment also offers pre-orders of a fixed three-course meal to bring home, and Baking Workshops every Friday night for the public. Getting reservations for the last one is tough. "Fourteen weeks, 12 spots and it sold out in 24 hours," Kester stated.

Kester, from Mount Olive, studied at The Culinary Institute of America in New York, worked for five top-rated restaurants in New Jersey, and got his teaching certificate. He knew he would want to teach at some point. He helped build the program and the facility. "The project was in process for several years but physical construction took almost 18 months," said Kester, professor of the Culinary Institute classes. "I was fortunate to give this an opportunity."

The fact that the facility is run exclusively for students has been challenging. The restaurant must work during their class hours, and because every student follows different paths, it isn't easy to get constant students.

His passion for cooking and teaching helped him to overcome some of these obstacles. Regarding public demand, his priority is the students' education.

"Students that are enrolled in classes are gaining hands-on technical training but we do need some hourly student workers to help support our public operations," Kester said.



Photo by Valentina T. Lopez Gimenez

Arbor Restaurant and Bakery is a culinary treasure that not only delights the palate but also offers an enriching educational opportunity for students.

There are 14 different classes in the Culinary, and Baking & Pastry programs. Kester's commitment to fostering learning and his unwavering love for the culinary arts make Arbor a distinctive and bright addition to the culinary scene in Newton.

Kester advises every culinary student to explore their career and experiences as much as they can.

"Get out and try working in different places for free, staging, shadowing or trailing, there are so many career possibilities," he said. "The number of paths in this field are larger than ever and it is extremely portable. You can take these skills anywhere in the world.

"But to try to know what piece you want to have in it or where you want to work," he added. "Whether a restaurant, hotel, corporate dining, or retail any of these possibilities go try them all before you get too far down in a career path. It costs you a couple of hours of your time to go see what it is like to work at a chain restaurant, a fine dining restaurant, or somewhere in between. Those are going to be widely different experiences with expectations. Go and try those things. That's the quickest way to find out if something is right for you."



## The Campus Store Finds New Home at Skylanders Cafe!

By Valentina T. Lopez Gimenez

College Hill Writer

For all of those coffee cravings, cozy school-logo attire or a delicious lunch, look no further than the newly relocated Campus Store now situated at Skylanders Café at Sussex County Community College in Newton.

The shift comes with a fresh array of offerings and Zack Elkhamiri, a 23-year-old student at SCCC, is at the helm, steering the store alongside fellow students who've taken up part-time roles to support their education financially and gain valuable experience. The Campus Store, a student-run venture, initially opened its doors more than three years ago operating as a hub

for student employment. Elkhamiri shared insights into the recent changes and the store's mission to serve both practical and experiential purposes.

Open Monday through Thursday from 9 a.m. to 4 p.m., the Campus Store bid farewell to its old location. The store is now permanently located in the Skylander Cafe.

Elkhamiri explained the move, stating, "It wasn't profitable."

While the previous store space remains vacant, ideas have been floated about potential uses, including a club hangout or a launch area for students. However, the fate of the empty space remains uncertain.

"We don't know what's going to happen with the empty space," he acknowledged. The Campus Store is not just a place to buy school-related items; it's a hub for

networking and financial support for students striving to afford their education. With a diverse range of items, from clothing pieces and mugs to coffee and food, the store caters to various student needs.

Burgers and fries top the list of popular items, alongside snacks that students can't seem to resist. Elkhamiri shared plans to expand its inventory to include essential school supplies such as notebooks, folders and pencils to better serve the student community.

The Campus Store's relocation this fall to its new location at Skylanders Cafe brings forth not only a new shopping destination but also an opportunity for students to gain work experience and financial support. Under Elkhamiri's leadership, the store continues to evolve, catering to the diverse needs of the

student body while remaining a central hub for both convenience and community on the campus.

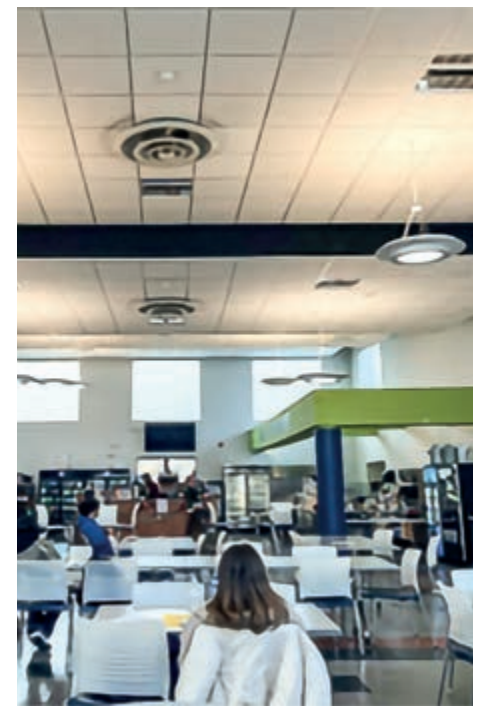


Photo by Valentina T. Lopez Gimenez

# Arts & Entertainment

## She Kills Monsters Attracts Impressive Collaboration

By Melanie Schouppe

College Hill Writer

*She Kills Monsters*, a heartwarming play performed at Sussex County Community College in Newton this semester, introduced students to stage fighting, and opened many different learning opportunities to its participants. The play *She Kills Monsters* follows the story of Agnes Evans, who is played by sophomore Tessa Gori, as she tries to learn more and con-



Photo provided by Allison Ognibene

nect with her sister Tilly Evans, played by sophomore Aurelia Shanga, who has passed on in a car accident through the game *Dungeons And Dragons*. Throughout the play, the audience will see Agnes learn and begin to understand her sister through epic battle scenes and the company that surrounds her sister. A play that can tell a story about grief and connect with a distant family member in such a creative way should

be given much respect and praise. A notable aspect of something this play brought to the SCCC theater department is the introduction of choreographed fight scenes which seemed to be the common favorite aspect of the show from the cast. The school's theater liaison and adjunct, 51-year-old Allison Ognibene of Sparta, directed the show. She started working at SCCC in 2021 and also attended as a student in 1990.

Ognibene discussed the process of choosing the shows at SCCC. Many different factors can go into choosing future shows, some of those include how many students there are to participate, and the type of actors there are. This year's play brought 40 individuals an opportunity to come together to produce the show. With 20 featured performers, the other 20 came from different majors to make the show the spectacle it ended up being. Two students from Professor James Jeffrey's Storyboarding illustration class had done the art and illustrations, while a student from Professor Anthony Ur's named Emma had worked on the animations used for the show — a first for the theater program. Though these were just two examples of others involved, this show had the biggest collaboration between students according to Jeffrey's.

"My favorite aspect is seeing students participate and being able to use what they learned in the classroom and apply it to a real-life performance in their discipline," Ognibene explained, "from illustration, animation, construction, acting, sound design, painting— all of that coming together to creating a performance and exhibit." This play is a strong connection between different departments coming together to create a wonderful

show for people to enjoy with its sets, cast and crew. Performances were held November 2 through November 4, with up to 400 attending. Special guest attendees included SCCC President Jon Connolly and Chief of Staff Wendy Fullem. Gori, of Sparta, is a 20-year-old sophomore theater major at SCCC. She is the person bringing Agnes Evans to life. Gori had started her theater journey in sixth grade initiated by her love and enjoyment of music. She is currently planning to attend the University of Hawaii to continue pursuing theater and music. Other roles Gori has performed throughout her time in theater include Violet in *Willy Wonka*, Cathay in *Singing In The Rain*, and Wednesday in the *Addams Family*. She also got to assistant-direct last year's play *Play On*.



Artwork by Joanna Cecere

Gori expanded on how she can relate to her character through the feeling of going through grief because she had recently lost a loved one and was also going through the same feeling. She described how her character Agnes Evans starts with not understanding the "nerdy"

interest her sister had. But throughout the play, she develops and begins understanding and finding enjoyment in the game which ultimately helps her better understand and connect with her sister and come to terms with what happened to her.



Photo provided by Allison Ognibene

"I would say she changes a lot," Gori explained. "At the beginning, she doesn't understand her sister or anything about what she is interested in like the nerdy stuff then she goes into it and learns about everything her sister was really into and she ends up liking it and learning more about her sister and she's kind of accepting her death and feeling more connected to her." Aurelia Shanga, of Mount Olive, is a 20-year-old sophomore theater major at SCCC, who is portraying Tilly Evans. Shanga's theater journey began with watching plays and doing stage crew throughout middle school and high school. Shanga plans to transfer to a four-year school most likely Centenary University after graduating. She also plans to continue theater as a career path for her future. Some roles she has been able to perform were *Everybody in Everybody*, Violet in *Play On*, and Clytemnestra in *Agamemnon*. Shanga shared that she related to her character Tilly through her nerdy interest type of nerdy



(Continued from Page 2)

interest, having a small group of friends and not being the most popular person. She explained how even though she was a different type of nerdy she would have considered herself one, especially at the age of

15 which is the age of her character. She talked about how the goal and purpose of her character was to bring her closer to her sister and to teach her sister about her. This show was set to have a celebration gala on December 5, from

5:30 p.m. to 8:30 p.m., at the SCCC Student Performing Arts Center to display and celebrate all the hard work of the participants. Through the collaboration between different students, this ended up being a spectacular performance with

great audience reception. The hard work of all the people involved really showed and made an amazing performance for the viewers.

## SCCC Offers Sports Broadcasting Class

By Kelly Elisabeth Barta  
College Hill Writer

Sussex County Community College in Newton offers its students a cutting-edge and hands-on sports broadcasting class during spring and fall semesters.

This program is set to prepare aspiring sportscasters and sports media production students for the local media industry and beyond.

For some people, their passion for sports goes beyond being a fan in the stands, including Professor Dan Cleary, a long-time local sports broadcaster, journalist and former SCCC student.

"I'm a local sports guy," said Cleary. "I grew up in the county and played sports in the county, so my heart is in Sussex County sports."

Cleary grew up playing and watching local sports with his father in the 70s and 80s, later beginning his professional sports media career as a writer for Straus News from 1988-1994. He then moved up the ladder as a sportswriter and eventual sports editor for the N.J. Herald from 1994-2005. From there, Cleary's career in live coverage began as he joined Mugs Media as a sports director, hosting shows twice a week and providing a voice to around 90 local sports

broadcasts per year. Now Cleary continues that career as a PXP commentator for local high school sports broadcasting company Morris Sussex Sports while teaching sports broadcasting at SCCC.

"For kids that love sports, I want them to take that love to a next level and teach them how to broadcast a game, how to explain a game to people watching," said Cleary. "And for kids that are not normally interested in sports, I want to give them the confidence to speak publicly and be able to express themselves and come out of their shell."

The structure of this course allows students to build skills in conducting interviews, public speaking, live sports commentary, play-by-play calling and media creation. With both in classroom practical learning and hands-on practice during Skylanders athletic events, students will get local experience.

Each semester, the sports broadcasting class will work together to build, write, produce and broadcast a new edition of the SCCC Sports Review Show, showcasing the highlights and news from all athletics programs available at SCCC. This show is shared through the SCCC Athletics channel on YouTube and local Channel 20.

"I think of the one the missions of this class is to get students from here to broadcast the other student

athletes on campus and keep it all within the school," said Cleary. "And promote the athletic department, and promote the kids that maybe want to go into this as a living."

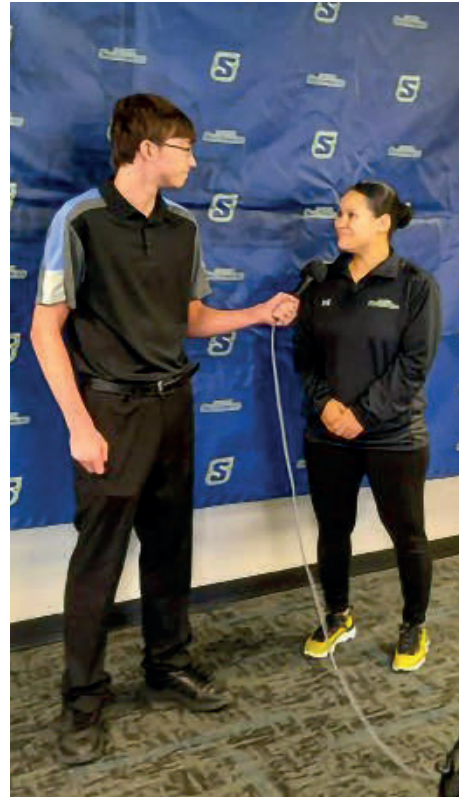


Photo by Kelly Elisabeth Barta

This course is currently being offered at SCCC to all students interested in sportscasting, sports media production, newscasting, journalism, and those looking to build skills in the areas of public speaking, writing and TV production. SCCC values its local talent and aims to equip the next generation of sportscasters with the confidence and skills they need to excel in this exciting and fast-paced industry.

"I've been very lucky that students who have taken my class already have jobs at Morris Sussex Sports, and have taken what they learned here to be able to move on and make a little money doing it," said Cleary. "So that's been really cool, to see that my students have moved on."

Paul Arvary, a former student of Cleary's class, said, "Being from more behind the scenes line of work, my experience of Dan's class was more about understanding the whole picture of a broadcast. Taking the time to learn some of the intricacies of being in front of the camera has greatly improved my ability to perform my own job." SCCC Dean of Communications Sherry Fitzgerald is a huge supporter and promoter of this class offering.

"The sports broadcasting and media production class led by Daniel Cleary is a must take if you are looking to break into the exciting field of Sports Broadcasting," said Fitzgerald. "Students get a real-life experience by working closely with the professor and peers as well as regularly attending sports events. If you're interested, please contact me at [sfitzgerald@sussex.edu](mailto:sfitzgerald@sussex.edu)."

Sports Broadcasting is being offered as a course in the spring 2024 semester, held every Monday and Thursday from 4:30 p.m. - 6:30 p.m. at Studio 20 in the V building.

## College Novel Sparks 30 Years of Reading and Discussion

By Melanie Schouppé  
College Hill Writer

Throughout the years Sussex County Community College in Newton has chosen a work of fiction to help spread the enjoyment of reading to the students. An engaging program since 1993, this year included a discussion game and trivia based on the novel to help encourage participation.

The start of the college novels can be traced back 30 years ago when it was kicked off by Dr. Eleanor Carducci a now-retired professor at SCCC and other members of the community. It began with the intention of establishing a reading community on campus giving other professors material to use within their classes and giving book lovers a chance to have dissections about the book they have read.

Professor Mary Thompson, a 50-year-old English professor at SCCC, is the current coordinator of the college novel program. She is the one to hold discussion events like the trivia one on Nov. 8, and the yearly meeting around February or March to vote for the following year's book.



Stock photo

According to Thompson, though the votes are the main aspect when deciding on a book there are also other factors such as what would be easiest to get a large quantity of

copies and what books have material that can be used in a classroom.

"We have a meeting at the end of every year, anyone can nominate their choices for the college novel," Thompson explained, "and anyone who attends the meeting we work to narrow them down and try to determine which one will be the most useful or disciplinary, the most interesting to the students." The yearly novels are a great way to have students try to get into reading as well as giving a chance for works of fiction to have focus, said Thompson. These novels bring a sense of common ground for the college community to read and analyze. Some previous favorite novels from the past included Station Eleven written by Emily St. John Mandel and The Martian written by Andy Weir. These and all the past novels have been featured for lessons in foundation classes, English compensation classes, and literature by women or British literature if it can fall into those classes.

The college novel program has loads of support from the SCCC administration. So, with that, the funding to purchase these books comes from Academic Affairs which is why the students get access to the books for free. By keeping the books free of purchase, they hope it can encourage more students to read them. This year's novel is *Eleanor Oliphant Is Completely Fine* written by Gail Honeyman. The novel tackles themes of mental health and facing loneliness. Two students freshman Kyle Simmen and sophomore Kassem Elcheikhali both agreed with this message. They along with others attended an open discussion at the SCCC Students Center Theater on Nov. 8 and agreed that this novel has a lesson that every human needs to hear about reaching out to others and not bottling up emotions till they break a person. "I thought it was a good college novel and I liked the topics that it dealt with," said Simmen. "I thought the novel was OK; personally, it wasn't my favorite, but I do think a lot of



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the topics that are discussed are very important and it was a very good choice for the collage novel." When asked about the message of the book, Elcheikhali said, "Seek help

and it's OK to open up to people." They concluded that the college should make the novel program and voting for the books more known to the other students. They said that would help get more students interested in partic-

ipating and reading the chosen book. The college novel program is meant to encourage readers and non-readers alike to come together and enjoy a piece of fiction. With more student input, open discus-

sion and corresponding activities, the chapter on the SCCC college novel program continues. Next year's selection, is still a mystery...perhaps it will be a mystery or a great read on historical fiction.

## SCCC Students Stay Local and Save with Ramapo Program

By Shelby Stapel  
College Hill Writer

Sussex County Community College and Ramapo College have introduced a new program allowing students to spend an extra year on campus and save thousands.

The 3+1 Ramapo at Sussex Program lets students spend an extra year on Sussex's campus, completing the junior year of Ramapo's bachelor's degree curriculum in Newton before transferring to Ramapo for their fourth and final year.

This program allows students to pay three years of Sussex tuition and only one of Ramapo tuition, receiving their four-year degree for a fraction of the cost. According to a press release, students in the program will save approximately \$7,000 on their degree as opposed to those transferring traditionally with an associate degree.

The current degrees offered are criminal justice, psychology and liberal arts. These programs were liberal arts. These programs were chosen because not only are they well-enrolled at Sussex, but they align well with the complementing bachelor's degrees offered at Ramapo. According to Cory Homer, vice president of Student Success and Institutional Effectiveness, there are plans to eventually expand, but the focus for the immediate future is on continuing to develop these programs.

"It is truly an exciting time for our campus," states Kathleen Okay, senior vice president of Academic and Student Affairs at Sussex. "We are incredibly excited to offer this opportunity to our students, and to do so with a valued partner like Ramapo College."

According to Homer, the model for this program was initially developed by the state, and choosing to work in collaboration with Ramapo College was a "natural fit." Sussex has a "strong working relationship" and long history of collaboration with Ramapo, with faculty at both

institutions often working together on curriculum sequences at their respective schools to set up potential transfer students for success.



Pictured, standing from left, are SCCC's Dr. Cory Homer, vice president of Student Success and Dr. Kathleen Okay, senior vice president of Academic & Student Affairs; and Ramapo's Interim Provost Dr. Susan Gaulden and Dr. Christopher Romano, vice president of Enrollment Management. Seated from left, are SCCC President Dr. Jon H. Connolly; and Ramapo College President Dr. Cindy R. Jebb.

These strong ties lead to many Sussex graduates choosing Ramapo as their transfer school. The new 3+1 Ramapo at Sussex program strengthens this relationship while providing even more students with an opportunity to save extra on their degree. Students must apply and be accepted into the program, known as the

Advanced Associates of Continuous Studies at Sussex, before enrolling in courses. According to the SCCC website, students must first maintain at least a 2.5 GPA in liberal arts, criminal justice or psychology for two years at Sussex. They must then apply for and earn 30 credits in the Advanced and Continuous Studies courses in their third year before applying to Ramapo for year four of the program.

With the program having been in the works for about four years, fall 2023 is its first semester up and running.

"There are seven students currently participating in the program for this year, but there has been a lot of inquiries into enrolling in the future," states Homer.

The new 3+1 Ramapo at Sussex Program saves students thousands and offers the convenience of staying close to home. Individuals with questions can reach out to Homer at [chomer@sussex.edu](mailto:chomer@sussex.edu).

## SCCC Pollinator Garden Built By Girl Scouts

By Shelby Stapel  
College Hill Writer

A pollinator presence is growing at Sussex County Community College in Newton, thanks to help from one of the nation's most recognizable youth organizations: The Girl Scouts.

This past spring saw the installation of a brand-new pollinator garden at the college's Student Farm, conceptualized and built by a local troop of girls. The garden provides the resources and habitats needed for pollinators to thrive and carry out their jobs.

Pollinators are a versatile group, including bees, flies, wasps, butterflies and moths, and their job is one that is crucial to the environment and agriculture, according to the U.S. Department of Agriculture's Forest Service. By transferring the pollen from one plant to another, the process of plant reproduction is set into motion, leading to fertilization and successful harvests of the goods humans consume. This is not possible without the installation of native plants, ones that typically occur naturally within an ecosystem. The pollinator garden, composed

of native plants, provides "the resources and habitats that insects need to carry out the process of pollination," according to SCCC Agriculture and Horticulture Program Supervisor Erin Shroll.



Photo provided by Erin Shroll

Native plants incorporated into the garden include echinacea, asters, yarrow, and goldenrod, all acting as "host plants" for a variety of pollinator species. Also included were several types of leaves and stems, which can be used by the pollinators to build homes within the garden. The project was set into motion when the Girl Scout troop reached out to the college, penning a "compelling" letter expressing its deep interest in and concern for the cause. Work was quickly underway with assistance from Shroll, who contributed her time and expertise to bring the troop's vision to life.

The troop's contributions were most notably in the development and installation of the garden. It

started out by doing much of the initial physical labor, like carving out the land and getting rid of the grass. It was a laborious task and a team effort, with the entire troop and even some parents donating their time and resources. They built a significantly large space of approximately 10 by 30 feet before filling it with their wide variety of native plants, provided by the college.

Something unique about the garden is the features implemented to make it an "experience" for visitors. For example, the group incorporated a log into the garden, so that guests may visit and sit to see the garden in action. Referring to it as a "pollinator observation station," they wanted it to be something interesting for students and the public to engage in. The pollinator garden remains a work in progress, as Shroll stresses that a garden is "never fully finished." Now, it continues to grow and change, with the college's agricultural classes helping to maintain it and further improve it.

The pollinator garden is just one feature of the college's Student Farm, located on Route 206 in Newton. Also featuring a variety of crops, a composting station and farm stand, the Student Farm is an exciting destination for all students and members of the community. Under the direction of Shroll,

the farm hosts regular events and open houses, most recently "Farm Fridays" throughout the fall semester. The farm continues to grow and develop, with those involved hoping to provide more opportunities for individuals to experience it firsthand in the spring.



Photo provided by Erin Shroll

"I want other students to feel invited to come out," states Shroll, stressing the "therapeutic" qualities of gardening. She hopes to someday work with "all students" on the pollinator garden and more.

For an opportunity to engage with nature, be sure to check out the SCCC Student Farm and the remarkable pollinator garden of native plants.





# SPORTS



## Women's Volleyball Team Completes First Season

by Kelly Elisabeth Barta  
College Hill Writer

The Sussex County Community College Women's Volleyball team in Newton completed its first season on Oct. 16 ending in a 2-17 record. However, its season scoring does not reflect the success and accomplishments of the new team and coaching staff.

Led by first year head coach Shannel Zeeman, the Skylanders competed in about 20 matches with two victories over Rowan South Jersey College at the start of the season. Zeeman says they played until October with six players, which is just enough for a full team. They then acquired a seventh member during the last few games. She voices how proud she is of the small team for stepping up and playing its best game despite all odds.

SCCC had been attempting to form an official volleyball team for the past few years. Flyers and meetings to form interest had circulated the college during 2022, but not enough potential players emerged. This came as a huge

disappointment to then assistant coach, Zeeman, so when she took over the role of head coach at the start of this year, she knew exactly what needed to be done.

"I truly believe that everything happens for a reason," said Zeeman.

She set to work building social media, organizing open gyms for potential players and SCCC newsletters to generate more interest.



Photo credit: Instagram account SCCCWVB  
The SCCC Women's Volleyball Team (left) with their Coach Shannel Zeeman (far right)

Majority of the women on the team do not have high school or club volleyball experience, but that never held anyone back. Zeeman states that this season's expectations were not for wins, but for

learning and playing its best game. "That's always my mentality as a coach, don't get me wrong, it feels amazing to win," said Zeeman. "But winning is not always the goal for me. As long as we're progressing every single game, as long as we're fixing mistakes we made the game before, that's all I care about as a coach moving forward."

Zeeman had played volleyball all four years of high school and moved on to play two more years at Middlesex College. In her college senior year, she was MVP and team captain. After graduation, she went on to start coaching club volleyball before taking a break in 2019. Her mentality as a coach is about not only being a great athlete but being a good teammate.

"This is a great opportunity for women volleyball players in Sussex County and the surrounding area," said SCCC's first-year athletic director Todd Poltersdorf. "I am super excited to see the program compete and develop under first year head coach Shannel Zeeman. The sport is continuing to grow and the college felt the need to bring this sport to our athletic department! The benefits of athletic participation are immeasurable in an education-based program and

the goal of every school should be to provide the opportunity to participate to the largest number of students as possible. Adding women's volleyball allows us to do that!"



Stock photo of Coach Zeeman

The team looks to bring in more wins next season and start making a name for itself and the school. Anyone interested in joining the SCCC Women's Volleyball team for next season can reach out to Zeeman at [szeeman@sussex.edu](mailto:szeeman@sussex.edu).

"Definitely open to all students, even if you haven't played volleyball before," said Zeeman. "The team has been really great with being patient with each other, helping each other learn. Myself and my assistant coach, Edwin, we've been really great with teaching the basic skills. So as long as you are willing to commit, stay dedicated, and try your best, we are willing to have you. 100%!"

## New Era of Conscious Eating Helps Future

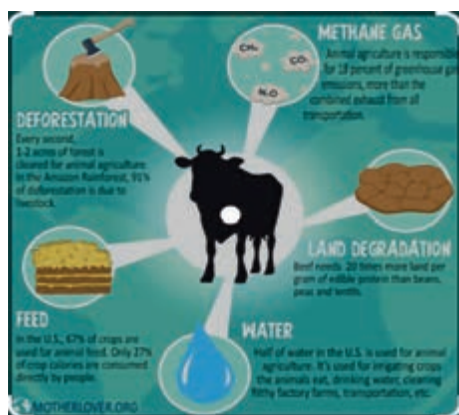
By Valentina T. Lopez Gimenez  
College Hill Writer

According to the U.S. Department of Agriculture in North America, a staggering 63-74% of individuals consume red or processed meat daily, with broiler chicken dominating the past decade's meat consumption. Yet, the environmental toll is severe.

Industrial meat, particularly beef, contributes to climate change through methane emissions and drives deforestation as forests are converted to grazing land in intensive factory farms.

Animal agriculture claims a disproportionate 77% of global agricultural land, supplying only 17% of the world's food, leading to deforestation and ecosystem damage. Contrastingly, plant-based meat requires 47-99% less land. This prompts a crucial reevaluation of our dietary habits. Our current meat consumption perpetuates a destructive cycle with far-reaching consequences for our environment. Embracing plant-based alternatives are not just a choice; it's a responsibility to ensure a sustainable future.

Financially, the cost of our meat-centric diets is significant. While beans and legumes emerge as affordable, nutrient-rich alternatives, the disparity in the cost of animal proteins (\$1-\$21.55 versus plant-based proteins (82 cents- \$15) highlights a compelling argument for reevaluating our grocery choices.



Stock photo

Despite initial concerns about the perceived high cost of plant-based diets, a shift towards bean-based proteins promises economic benefits. However, the impact extends beyond our wallets and ecosystems; it touches our very well-being. Post-meat consumption, feelings of fatigue, dizziness and sleep troubles may arise. Harvard University has done some research on the consumption of meat, and Dr. Frank Hu says that

an accumulated body of evidence shows a clear link between a high intake of red and processed meats and a higher risk for heart disease, cancer, diabetes and premature death. While the exact safe amounts remain debatable, evidence leans towards moderation suggesting no more than two to three servings per week.

The key word here is "high." Hu points out that the exact amounts for safely consuming red meat are open to debate. The evidence shows that people with a relatively low intake have lower health risks. A general recommendation is that people should stick to no more than two to three servings per week.

Based on my personal experience, I stopped eating meat regularly about five years ago. I can feel my body has changed notably. I used to feel filled and bloated. After every meal, I had the urge to take a nap. Sometimes, if I go to a restaurant or an event, I would treat myself and have a dish with meat. But I would eat consciously, understanding my body might not feel completely well. After having all the information based on research and medical trials, we saw how consuming

meat affects the environment, our budget and our bodies. We all shouldn't continue consuming meat at all. But this is not a perfect world, if anyone asks, "What can I do" a simple and accurate answer is: Just eat less meat. It's in your control, and you can begin right now. It benefits both you and the planet.



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Editor: Cheryl Conway  
Layout and Design: Jimmy Jeffreys  
Advisor: Sherry Fitzgerald  
Masthead Design: Anthony Klein



# Reasons Why Pepsi is Superior to Coke

by Melanie Schouppe  
College Hill Writer

Everyone has a personal preference when it comes liking Coke-Cola or Pepsi soda more. My opinion on the matter has been the same throughout my whole life and that is that Pepsi dominates Coke.

As a person who grew up struggling to find restaurants and places that sell Pepsi instead of Coke, I feel that they love to make the Pepsi people work a little harder to have their preferences met.

Now some people will say there is no difference in the taste, or they prefer the taste of Coke. But as an evaded Pepsi enjoyer I can tell you that there is a notable difference between the two Colas. I have done some digging into the so-called Cola Wars and found the most notable differences between the two carbonated drinks. To hear from someone with the op-

posite opinion to me I talked with my mother who is a strong Coke supporter. According to my mom, her reasoning for preferring Coke was that it was less sweet, and a lot bubblier. I do feel this is a very valid opinion. I understand not everyone has a big, sweet tooth like I do. It also seems that most of the public agrees with my mother after reading about a study and blind taste test done by the University of South Carolina out of 136 students involved with the test 61% stated they preferred Coke over Pepsi.

However, I believe there is a notable difference between the two brands of cola. But I do understand not everyone is going to be able to tell the differences or will have strong beliefs about Coke being the main soda of choice. Even so, I have done some digging on the differences in ingredients.

After looking into the differences between Pepsi and Coke there are three main differences when it comes to ingredients. Those are that Pepsi has a bit more sugar than Coke; Pepsi has citric acid in

it while Coke does not; and Coke does have more carbonation in its cola compared to Pepsi according to differencebetween.net.

Also, the same source talks about how people tend to base their opinions on things such as the branding of the two. For example, Coke has been around longer than Pepsi and never changes its logo design which makes people feel more comfortable with it. Pepsi hasn't been around as long as Coke and tends to change up its logo frequently making people feel a little more uneasy about going with Pepsi.

Now going back to the study done at the University of South Carolina, I want to talk about something I found very interesting which is called the "Pepsi Paradox." The "Pepsi Paradox" is a weird occurrence when having people blind taste test Coke and Pepsi. People who say that they like Coke better than Pepsi tend to choose the Pepsi option as their favorite. Though going off of results from the study disprove this theory with 46% still preferring Coke and 39% choosing Pepsi.

However, this study did discover that avid Pepsi drinkers did a better job accurately saying which soda was Pepsi or Coke. This is shown by 60% of the Coke drinkers

being able to identify which was which while 80% of Pepsi drinkers were able to identify them. So even if the popular opinion is that Coke is a better soda people who prefer Pepsi tend to have stronger identifying skill and know their stuff.

Even after doing a bunch of digging and reading on the Coke vs Pepsi debacle I still will hold on to my opinion of Pepsi being the better of the two. I can acknowledge that there is the popular opinion that Coke is better, but I will be sticking to the soda that can hit my sweet tooth.



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## Editor's Note

### SCCC Community Journalist Certificate

By SCCC Marketing Department

Sussex County Community College in Newton will be offering a FREE certificate focusing on helping community members develop themselves as community journalists with the skills to cover community-centered news happening in their hometowns and county. The certificate is called Becoming a Community Journalist and will be offered at SCCC in spring 2024. The program will offer a hands-on exploration of how journalism works. Participants will learn the tools needed for understanding the local issues that are affecting themselves and their neighbors and how to report important stories with and for their communities. The certificate's instructor will

be Prof. Cheryl Conway. Conway teaches Journalism I and 2 at SCCC and has decades of experience as a reporter and editor for community newspapers and magazines. Conway said, "I want the participants to begin thinking like journalists and be prepared to effectively engage with their neighbors and local government. Our aim is to prepare them to become more civically active and get involved in the community media ecosystem." Dr. Nancy Gallo wrote the grant application on behalf of SCCC and its Center for Lifelong Learning and is the grant's administrator. Gallo, who is also the Center's director, said, "We are so appreciative to the New Jersey Council for the Humanities for choosing SCCC as a worthy recipient of this grant."

SCCC was one of only three community colleges statewide chosen to participate. Gallo added, "This grant

promises to have far-reaching and long-term benefits for our county and its citizens. The certificate is designed to teach journalism skills and design practices for anyone in greater Sussex County who wants to share stories and information that their communities need to thrive."

The Becoming a Community Journalist program is offered with support from the New Jersey Council for the Humanities and Journalism + Design at The New School. The program is made possible by a grant from the New Jersey Civic Information Consortium, an independent, publicly-funded non-profit organization that supports quality local journalism, promising media startups and other efforts meant to better inform people.

Those interested in registering for the Becoming a Community Journalist Certificate can check the Cen-

ter for Lifelong Learning's webpage on the SCCC website at <https://www.sussex.edu/community/center-for-lifelong-learning/> for further information about the certificate, specific start date and how to register. The certificate will be offered in person and online beginning in spring 2024. The in-person workshops will meet eight consecutive Tuesdays on the SCCC campus. The online version of the certificate is offered asynchronously and will also be taught by Conway. Further information is available by calling 973-579-0555 ext. 1277.



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### Grad 122 Typography and Layout Students Design the College Hill News Masthead



Led by Sherry Fitzgerald and Jimmy Jeffreys, students: Anthony Klein designed front cover masthead and Peter Nagy designed above masthead for spring 2024.

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