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A look at
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Community
College

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SCENE



College Art Clubs help students 'De-Stress and Express'

STORY AND PHOTOS
BY PATRICIO ROBAYO



The SUNY Sullivan Art Club is a space where students can connect with others who share their interests and explore new ideas through art.

At right: Mariam Elsayed, Roxanne Dastparvardeh, and Dayanara Olan, SUNY Sullivan Art Club members, take a moment to express themselves creatively. Art clubs, an essential part of campus life, provide students with a much-needed break from the daily grind.

College art clubs are the perfect places for students to de-stress and express themselves creatively, according to Mariam Elsayed, Roxanne Dastparvardeh, and Dayanara Olan, members of one such club at SUNY Sullivan.

The group meets regularly to draw and paint together, and the bonding and collaborative process helps make the experience more enjoyable.

The Art Club provides a much-needed break from the rigors of school, which can be overwhelming and stressful at times.

Elsayed explains, "I feel like we could really express ourselves."

Dastparvardeh, who is also

a member of the club, adds, "I like drawing. You could draw at home or in your dorm room, but why not come together and draw? We're about finding like-minded people."

The Art Club is where they can connect with others who share their interests and explore new ideas. Elsayed points out, "You could always bounce ideas from each other and get more ideas."

The club is currently working on a project where each member will contribute a piece of artwork to be displayed on a shelf. Once completed, the pieces will be put together to create a collage painting.

The collaborative process is not only fun but also therapeutic for the members. As they paint, they say they disconnect from reality and immerse themselves in the process, allowing them to let go of stress and anxiety.

In addition to their current project, the art club is also working on a Woodstock sculpture to be

displayed on campus to represent the club.

Art clubs are an essential part of campus life, offering students a break from the daily grind and a chance to express themselves creatively. The art club members at SUNY Sullivan have found a supportive community in each other, and they encourage other students to explore similar clubs.

Dastparvardeh explains, "In high school, art club was where I found my people and my close friends. And so, coming to this school [SUNY Sullivan], I also wanted to recreate that right here."

For students who are struggling with the demands of college life, joining SUNY Sullivan's Art Club may be just the outlet they need. The club offers a supportive environment where they can explore their creativity and connect with others who share their passions.

Olan concludes, "It's just amazing to be able to come in here and paint and just have fun with everyone."



SUNY Sullivan School Scene

'A look inside Sullivan County's only community college'

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Dayanara Olan participates in a SUNY Sullivan Black Student Union meeting, which strives to promote diversity and cultural awareness on campus.

At right: During a SUNY Sullivan Black Student Union meeting, Amanda Awuku discusses plans for an April 25 event aimed at bringing the school community together and raising awareness about diverse cuisines from various cultures.



Black Student Union strives to promote diversity at college

STORY AND PHOTOS
BY PATRICIO ROBAYO

The Black Student Union at SUNY Sullivan strives to promote diversity and cultural awareness on campus.

Fantashia Lovejoy, President of the Black Student Union, discussed the mission and goals of the organization. She said that the group's main objective is "to bring cultural awareness, positivity and be of service to the community."

Getting involved in student clubs and organizations can be valuable and fulfilling for college students. It can enhance their sense of belonging on campus and their academic resilience.

Lovejoy explained that the organization was started last semester by a group of people who approached her with the idea of having a club representing the black community.

In the mid-1960s, a wave of activism swept across American college campuses. The Black Campus Movement emerged during this time, as African American students began to demand greater representation and inclusivity in higher education. One of the most significant



Haddy Gai, Amanda Awuku, and Fantashia Lovejoy, SUNY Sullivan Black Student Union members, meet regularly at the Student Union.

outcomes of this movement was the founding of the first Black student union in 1966 at San Francisco State University.

The Black Student Union at SUNY Sullivan is not limited to just black students, as it is open to anyone interested in promoting cultural awareness and diversity.

Lovejoy emphasized that the club is "very open" and welcomes anyone who is interested in joining. Meetings are open, and students are encouraged to attend and provide input to help the organization grow.

The organization is currently planning an event for April 25 to bring the school community together and make people aware

of different types of foods from different cultures.

Lovejoy said that the event is in conjunction with the LSU (Latin Student Union) and that they are trying to spread cultural awareness about Latin foods that a lot of people like to eat, as well as food from black cultures.

"Hopefully, we're looking for this to be an opportunity to be an event that we do every year, and it'll grow, and the type of foods would vary depending on who we have on campus," she said.

Haddy Gai, a member of the Black Student Union, said, "We want to be involved in community service events, be involved on campus, be involved with other students, get

able to bring in more students to come to the club."

Lovejoy explained that she joined because she wanted to be more involved and felt that the organization was something for her personally. "I knew I could; it would be easier for me to connect with people of my color."

The club is open to all students who are interested in joining and getting involved in community service events and campus activities.

Since founding the first Black Student Union, these organizations have played a vital role in supporting students and advocating for greater equity and inclusivity in higher education.



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News: The COVID-19 vaccine will no longer be mandated for students to attend SUNY Sullivan!



SUNY Sullivan Healthcare Conference

STORY AND PHOTOS
BY PATRICIO ROBAYO

The Health Sciences Program at SUNY Sullivan successfully organized a healthcare conference for respiratory care on March 23-24 that spanned across the campus and Resorts World Catskills.

This event attracted more than 100 attendees, including medical professionals such as respiratory therapists, EMTs, nurses, and medical assistants, as well as students who were eager to learn from field experts.

The conference offered participants a rare chance to hear directly from industry experts on topics crucial to providing exceptional patient care.

Attendees also earned Continuing Education Units and Continuing Medical Education Units. The event culminated with a networking and recruitment reception held at Resorts World Casino on Thursday evening.

The conference vendors included many notable organizations such as The Center for Discovery, Crystal Run Health, Sunset Lake Rehab, Roscoe Rehab, Binghamton University, Post University, and numerous others.

The conference program offered an extensive lineup of lectures and presentations on various topics related to the healthcare industry.

Some of the notable sessions included "Life on a Ventilator After Acute Care," "Respiratory Protocols & Patient Advocacy," "Legal & Ethical Dilemmas of the Practitioner," "Patient Safety, Lessons Learned from the Aviation Industry," and several others.

Brandon Bedenbender, the Director of Clinical Education of SUNY Sullivan's Respiratory Care Program, said they wanted



Pam Jones, SUNY Sullivan's College Nurse, checks out the latest in regional healthcare advancements at an event hosted by the Health Sciences Program.

At right: Brandon Bedenbender, Director of Clinical Education for SUNY Sullivan's Respiratory Care Program, explains how the conference aims to spotlight the incredible work of healthcare professionals and raise awareness of their vital roles to the general public.

to bring together healthcare professionals, including physicians, nurses, medical assistants, and respiratory therapists, to create strong support and awareness of each other's roles.

Additionally, the conference aimed to highlight the incredible work that healthcare professionals do and to bring awareness of their roles to the general public.

Bedenbender also explained that the interdisciplinary care aspect was essential in building a better team. The conference had speakers from the respiratory care program and other medical organizations, such as Garnett, Krista Ryan, and Binghamton University.

Bedenbender noted that the conference had a very diverse speaking group from all aspects



of healthcare and that it was meaningful information for everyone.

The conference had positive energy, great presentations, and a lot of support from clinical affiliates.

Bedenbender said that the students very much enjoyed the conference and that they would be able to see familiar faces when they work together outside the

hospital.

The conference was a big success, and Bedenbender said that they are looking to hold another conference next year.

The positive energy and diverse speaking group made the conference meaningful for everyone. The conference's success means that there will be another conference next year, bringing together even more



Tom McManus, Director of the Respiratory Program at SUNY Sullivan, sheds light on the critical role played by respiratory therapists.



At left: The Health Sciences Program at SUNY Sullivan successfully organized a healthcare conference that drew over 100 attendees, including medical professionals and students, spanning across the campus and Resorts World Catskills.

healthcare professionals to share their knowledge and expertise.

Respiratory Therapists

Respiratory therapists are essential to the healthcare system, but many people are unaware of what they do. Tom McManus, the Director of the Respiratory Program at SUNY Sullivan, shed some light on the role of respiratory therapists.

McManus said that respiratory therapists work in every department in the hospital, but their work can go unnoticed. "Respiratory therapists basically are involved in all aspects of disease processes that affect their breathing," McManus said.

Respiratory therapists provide aerosolized medication treatments, oxygen therapy, and aerosol therapy and are

team members for all codes and cardiopulmonary arrests.

They also work in critical care areas such as the emergency room and ICU, managing patients with respiratory distress, illnesses, and those on ventilators.

McManus noted that the profession is growing and becoming more relied upon in critical care.

"People are realizing they need respiratory therapists and an increased attention now to healthcare maintenance," McManus said. He added that respiratory therapists treat patients of all ages and are involved in disease management and patient education.

"We might do diagnostic testing; we'll draw blood from the patient to measure their actual oxygen levels. We also have non-invasive

ways of measuring the oxygen," he said.

Respiratory therapists also give medications to open up airways and reduce inflammation in the lungs.

"We are a team," he said. "Nurse therapists and physicians collaborate along with the other ancillary services like dietary pharmacy and physical therapy."

As the profession continues to grow, respiratory therapists will play an increasingly vital role in patient care, said McManus.

Quit Smoking

SUNY Sullivan has been taking initiatives to promote a healthier college, according to Pam Jones, the college nurse who was attending the health fair.

Jones explained that the event to help students and staff quit smoking was called "tobacco-free March Madness," aimed at preventing campus vaping and smoking.

"We went tobacco-free 100 percent in May of 2020," she said.

"That was from a grant from the Truth Initiative. We're just keeping it alive and keep it going. Trying to keep everybody healthy and happy," Jones added.

Jones said that the initiative had been successful in helping students and employees quit smoking.

"We've had some students come up and say they are quitting or they have quit, as well as some employees since we went tobacco-free," she said.

"We've had some employees quit as well because you have to leave campus completely to go have your cigarette now," Jones added.

Jones also highlighted the financial benefits of quitting smoking, stating that a smoking calculator provided by the tobacco-free action community had shown students how much they could save.

"How many packs per day cost you how much over the years?" said Jones.

The college is committed to keeping the initiative alive and promoting healthier choices for everyone on campus.

Justine Hoskin:

Pastry Chef turned director who's sweetening up Catskill Hospitality

STORY AND PHOTOS BY PATRICIO ROBAYO

Justine Hoskin is the new Director of the Catskill Hospitality Institute at SUNY Sullivan. Hoskin is a graduate of Johnson & Wales University in Charlotte, N.C., where she earned degrees in baking & pastry arts and food service management.

She has since worked in numerous roles in the food service and hospitality industry and most recently served as the Director of Room Operations at Foster Supply Hospitality in Youngsville.

Hoskin says she has roots in the Catskills as she visited the area frequently as a child and has been living in Sullivan County for several years.

Hoskin expressed her excitement about the program at SUNY Sullivan and the opportunity to work with students and faculty, saying, "It's nice to be able to have the opportunity to work with

them."

Hoskin said the institute's role is preparing students for careers in the hospitality industry, saying that "They're leaving here with the



After enjoying the educational and informative SUNY Sullivan Health Fair, attendees eagerly line up for a delicious and nutritious buffet, happy and satisfied with their experience.



Justine Hoskin steps into her new role as Director of the Catskill Hospitality Institute at SUNY Sullivan.



The delectable tiramisu is ready to delight attendees at the SUNY Sullivan Health Fair.

fundamental skills that they need and can start in as an upper tier line cook, potentially, sous chef, and have the standard culinary skills that you need."

She highlighted the importance of learning culinary skills and other aspects of the industry, such as HR management, business, and math.

In addition to preparing students for careers in the hospitality industry, Hoskin also highlighted the importance of giving students the opportunity to explore different career paths.

She said that by earning a degree in hospitality, students are setting

themselves up for success, even if they decide not to pursue a career in the industry.

At the healthcare at SUNY Sullivan, students prepared all the food in conjunction with American Dining. The smaller class size allowed for a more hands-on experience for the students, giving them a chance to hone their skills

and gain real-world experience.

Hoskin noted that the students primarily did all the food preparation for the conference, saying, "everything that's going to be out there today will be done by our students."

As the new director of the Catskill Hospitality Institute at SUNY Sullivan, Justine Hoskin brings a wealth of knowledge and experience to the program.

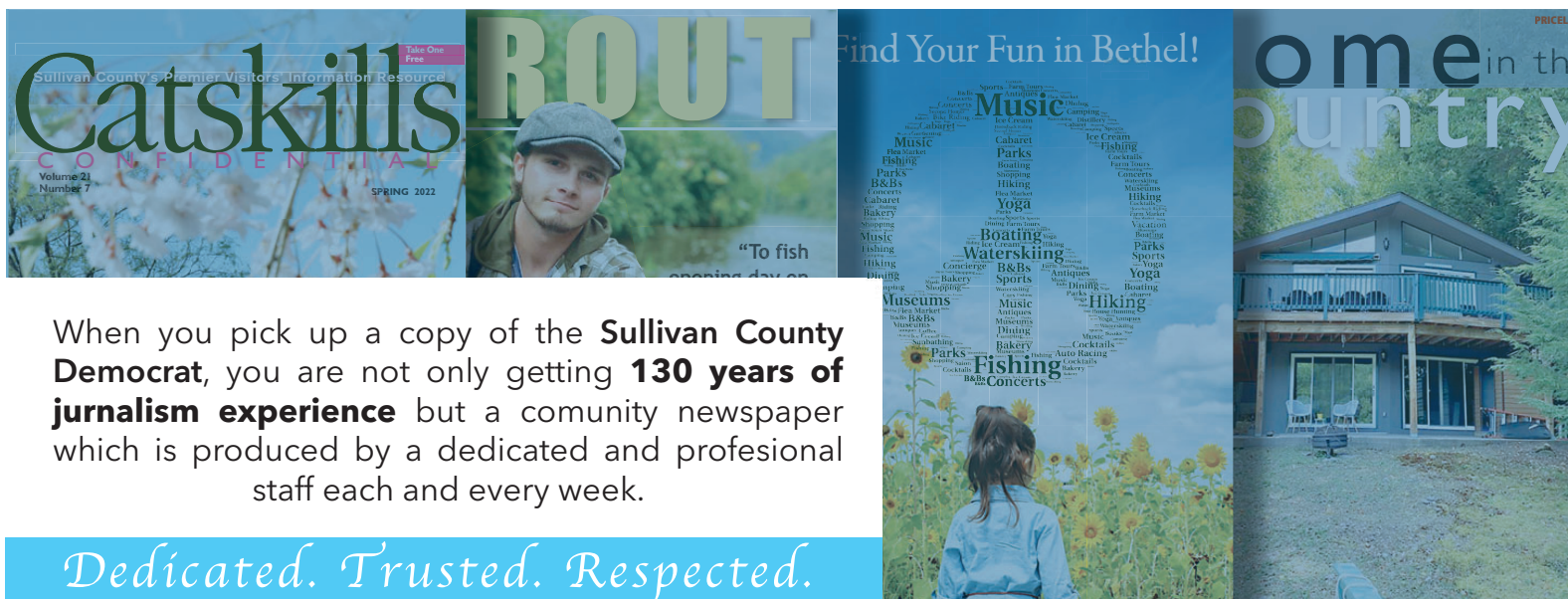
With a focus on giving students the skills they need to succeed in the hospitality industry and beyond, Hoskin and the institute are preparing students for the future while also supporting the growth of the industry in the Catskills.

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Garden Club digging into sustainable agriculture

SUNY Sullivan's Garden Club offers students the opportunity to experience hands-on gardening and agriculture. According to Club Advisor Kathy Scullion, students can learn how to plant, grow, and harvest various plants, including fruits, vegetables, herbs, and flowers.

Scullion also coordinates SUNY Sullivan students participating in the Bridges to the Baccalaureate Program at SUNY Purchase, an eight-week science research program in the summer that is funded by the National Institutes of Health.

The Garden Club is open to anyone interested in growing plants, flowers, or vegetables. Scullion said that she likes to focus on growing food and that she also coordinates the community

Before the SUNY Sullivan Garden Club students can get their hands in the dirt and plant, Kathy Scullion carefully preps the seeds for the class.



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Kathy Scullion, the green-thumbed guru, advises the SUNY Sullivan Garden Club, allowing students to get their hands dirty and experience the joys of agriculture firsthand.

garden.

The SUNY Sullivan Community Garden has 35 raised beds that are rented out to faculty, staff, students, and community members.

Garden Club members plant food in the garden beds that are not rented, and they supply a lot of produce to the SUNY Sullivan

Food Pantry from the SUNY Sullivan Community Garden and Hope Farm.

The garden club grows a variety of plants throughout the year. During the summer, they have a high tunnel full of tomatoes and several garlic beds for the culinary program and students. The club also has beds of spinach that are doing well.

In the greenhouse, which is open year-round, they grow cold-hardy greens in the winter. The greenhouse is not heated, but they can grow some plants directly in the ground.

Scullion said that the Garden Club is usually tended by four or five students at a time, but about 10 students have shown up.

The Garden Club offers students the opportunity to learn about gardening and agriculture, which can be beneficial to their health and well-being.

Gardening can be a relaxing and enjoyable hobby, and it also provides opportunities to learn about nutrition, sustainability, and environmental stewardship.

When asked about what a new

student can expect when joining the club, Scullion said, "If we're inside and we're starting seeds, we fill up the flats with soil, make indentations with seeds, plant seeds, water, put them under lights. And then if we're outside, everybody gets to play in the dirt, you know, everybody gets to plant."

She also notes that in the fall, much of the produce is ready to harvest and that students can bring home food they've helped grow and try new foods like swiss chard or kale.

While the club is primarily for students, community members are welcome to come in and learn about gardening as well. The community garden is open for visitors to walk around and learn about the plants.

Scullion also works with plants inside the classroom, teaching students about different plants and their uses.

When asked about her philosophy when teaching students, Scullion replied, "I just love it that they love working with the plants and that so many students who have no experience

and have never done it before are interested. So if I can help them..."

She goes on to say that there is something for everyone to do and that she is willing to help students one-on-one if they need it.

The greenhouse houses a variety of plants, including spinach and mustard greens. Scullion notes that the mustard greens are "very spicy," and she hopes to use them in a gumbo dish later on.

The greenhouse's warmth and protection allow for an early start to the growing season. Scullion points out that the garlic inside the greenhouse is weeks ahead of the garlic outside, already poking up about an inch above the soil.

"Everyone should know how to grow their own food," Scullion says. "It's important to have a connection to where your food comes from."

"It's not just about growing food; it's about learning to be self-sufficient and sustainable," she said.

The SUNY Sullivan Garden Club is helping to create a new generation of environmentally-conscious and food-literate individuals.

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