

## Saving the Environment for Dummies

By: Veronica Flesher

Saving the environment sounds difficult, but there are many easy ways for anyone to help.

It may not seem like a lot, but small actions do add up. It does not have to be anything huge; in fact, there are plenty of simple ways to help the planet.

Here are five easy things anybody can do to do their part.

### 1. Try a meatless Monday (or any day of the week).

Eating beef is more harmful to the environment than driving a car, a report by National Geographic said.

Going vegetarian or vegan can greatly reduce the strain on the environment, but if that seems too drastic, try going a day of the week without any meat. There are plenty of meat alternatives that can be found at the grocery store. Or you can try other proteins, such as chickpeas, lentils or quinoa.

### 2. Buy local and in-season produce.

All the fruits and vegetables in the grocery store have traveled many miles to get there, and the transportation created a lot of pollution. Head to the farmer's market and pick up some locally grown fresh produce. It helps the environment and when in-season, it tastes even better.

### 3. Bring your own bags.

Carrying in groceries after food shopping can be a pain, but consider the environmental impact of those plastic bags. They are not biodegradable and frequently pollute the ocean, killing sea creatures. Next time, bring your own bags to the store. Not only are reusable bags better for the environment, they are stronger and carry more than a plastic bag.

### 4. Reduce, reuse, and recycle.

It seems like it should be common knowledge, but many people do not know about recycling in Ocean County. Make sure to recycle things like glass, aluminum, plastic (types one and two),

Even the smallest act can reduce your carbon footprint and benefit the planet.

paper, and corrugated cardboard. Other items like batteries, paint cans, computers and more can be brought directly to county recycling facilities, located in Lakewood and in Manahawkin.

Even better than recycling is reducing and reusing. The over-packaging of items creates major stress on the environment.

Try to reduce your consumption of products and buy things with less packaging, and reuse the items you have. Jars, bottles, cans and jugs can be easily repurposed into a lot of things.

If you have things you do not want but are still usable, like clothes

or small appliances, try donating or reselling them.

### 5. Start composting.

Do you throw away things like coffee grounds, potato peels and eggshells? You can be composting these things and you do not even need to leave your house.

Create a compost heap in your yard where you can toss food and yard waste. Worms and bacteria will break down the waste and turn it into a wonderfully rich soil that you can use for some potted plants or flowers.

Or if you are feeling ambitious, you can start your own garden with some favorite fruits and vegetables or maybe some native Ocean County plants. There is a reason New Jersey is called the "Garden State," after all.

Composting will use up your waste that was previously thought to be trash, save you money on expensive fertilizers, and reduce your carbon footprint. A great way to help the planet is to give back what you take from it by composting.

Many people will not take action to help the environment because they feel it is too big of an issue. However, even the smallest act can reduce your carbon footprint and benefit the planet.

Examine your own actions and figure out how you can limit negative environmental impact. You will be surprised by just how easy it is.



## SPOTLIGHT ON OCC'S ANIMAL RIGHTS CLUB:

By: Jane Bowden, Editor

OCC's Animal Rights Club is looking for members interested in spreading awareness on the protection of animals and the environment.

Led by President Sabrina Scutt and Vice President Daniel Varall, members meet every Monday from 2 to 3 p.m. in room 211 in the Student Center to organize donations for no-kill and rescue shelters. For students unable to join, contributions of money, animal food, toys and more are accepted.

"Growing the club from the ground up hasn't been easy, but we don't give up for what we believe in," Varall said. "We are still looking for more people to get involved to make the world a better place."

For more information, contact Scutt at [sabrina\\_scutt@students.ocean.edu](mailto:sabrina_scutt@students.ocean.edu) or Varall at [daniel\\_varall@students.ocean.edu](mailto:daniel_varall@students.ocean.edu).



"Sheep" Illustration by OCC student Max Carrier

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# ON CAMPUS & MORE



Illustration by OCC Student Amanda Habe

## CAMPUS BRIEFS

### Phi Theta Kappa Presents Mathematics Awareness Month Lecture “All About Ada”

By: Lindsey Markowitz

Ocean County College’s Tau Iota Chapter of Phi Theta Kappa presents “All About Ada,” a lecture by Mike Pezzimenti on Tuesday, April 24.

“All About Ada” will be presented in Room 128 of the W. Kable Russell Building from 3:30 p.m. to 4:30 p.m. Pezzimenti will lecture about the computing pioneer, Ada Lovelace. “All About Ada” is the last lecture in a five lecture series celebrating Mathematics Awareness Month 2018. The lecture is free to attend.

Lovelace is considered to have written the first instructions for computer programming in the mid-1800s. Although she died in 1852, her work was not recognized until the 1950’s. Her work was re-published in “Faster Than Thought: A Symposium on Digital Computing Machines” in 1953. Since the republishing of her work, Lovelace has received many posthumous honors and awards.



### Ocean County College Annual Seminar in D.C.

By: Robert Greene

Ocean County College is hosting an annual trip to Washington, D.C., which features a full day of educational seminars at the United States Institute of Peace (USIP) from April 26-28.

These seminars are conducted by international experts. The USIP is an independent bipartisan federal institution created and funded by Congress to promote research, education and training on the peaceful resolution of international conflict. This trip also features excursions around the city to museums and other prominent D.C. sites.

Current students at OCC can apply for a scholarship; which will cover travel and lodging. Interested members from the OCC community who are not students may attend the U.S. Institute of Peace seminars but are responsible for their own travel and hotel arrangements.

Applications are available in the Office of Student Life (Student Center, Building #8) or by download from Ocean Connect. For more information, contact Professor Jason Ghibesi at 732-255-0400 ext. 2220 or [jghibesi@ocean.edu](mailto:jghibesi@ocean.edu).

## *The Effects of Climate Change on Plants and Animals*

By: Ryan Ramakrishnan

Thanks to global warming and “spring now arriving several weeks earlier in parts of the world than it did a few decades ago,” many species are struggling to properly adapt, the New York Times recently reported.

Scientists that have studied the effects of seasonal changes on plants and animals have coined the phrase “phenological mismatch,” the New York Times said.

Five examples of species scientists have found to be threatened by global warming, according to the New York Times, are:

#### Spider Orchid

Spider orchids trick male bees into believing the plant is a mating partner. With spring arriving earlier in some parts of the world, there is an earlier emergence of female bees that lure the males away from the orchids, a 2014 study in Britain said. “The main finding is that things are getting increasingly bad for orchid,” Anthony Davvy, a professor of biological science at the University of East Anglia said.

#### European Pied Flycatcher

From Africa, the European pied flycatcher flies north to lay eggs for the arrival of the winter moth caterpillars. The caterpillars in turn munch on oak leaves during the spring.

Scientists in the Netherlands studied in the 2000s that many of the flycatchers were beginning to miss the window for perfect timing. With warming temperatures of the spring, oak trees

leafed out earlier, while the caterpillars’ arrival also saw an earlier time frame, yet the flycatchers still had the normal departure from Africa to Europe and weren’t meeting at the right times.

#### Northern Lapwing and Eurasian Curlew

The Northern lapwing and Eurasian curlew in Finland lay their eggs after the farmers have sown their crops during the spring. With rising temperatures however, the birds started laying eggs earlier at the fields not yet attended by the farmers. This means “well-concealed nests are more likely to get destroyed by tractors and other machinery,” the New York Times said. Researchers are finding the Finland farmers to sow the fields in advance but still seeing the birds lay their eggs there two to three weeks prior now.

#### Caribou

In western Greenland, caribou eat lichen in the winter but travel inland to eat arctic plants and give birth as well in the spring and summer. With warmer temperatures in Greenland and the declining of sea ice, the arctic plants are greening up to 26 days earlier, the New York Times said.

Scientists have found the region to show caribou calves dying earlier on when the seasonal plant growth comes so many days to weeks prior to the migration of the caribou.

“It’s consistent with the idea that mismatch is disadvantageous,” Eric Post, an ecology professor at the University of California, Davis regarding how the study

correlates only the temperatures and the deaths of caribou calves. Earlier greening in the arctic plants may make them less nutritious by the time caribou arrive, Post said.

#### Snowshoe Hare

The brown fur of snowshoe hares changes to white at wintertime for the purpose of camouflage.

“As the earth has warmed however, snow covered in the hare’s habitat melts sooner, leaving the animal more exposed to predators,” the New York Times said.

“Camouflage is critical to keep prey animals alive,” L. Scott Mills, a professor of wildlife biology at the University of Montana, said. Mills found, for every week the snowshoe hare was mismatched, it was seven percent more vulnerable to predators such as the lynx. The hare is currently only mismatched by a week or two but could extend upwards of eight weeks, he said.

“If that were to happen,” Mills said. “[the hare] would start declining toward extinction.”

There may be a chance for species like the snowshoe hare to adapt with the upcoming generations with protection of the more adaptable parts of the populations, the New York Times said.

“It’s not a foregone conclusion that species with phenological mismatch going to go extinct,” Mills said.



Photo by OCC Student Dan McGee

# CAMPUS & EDITORIAL

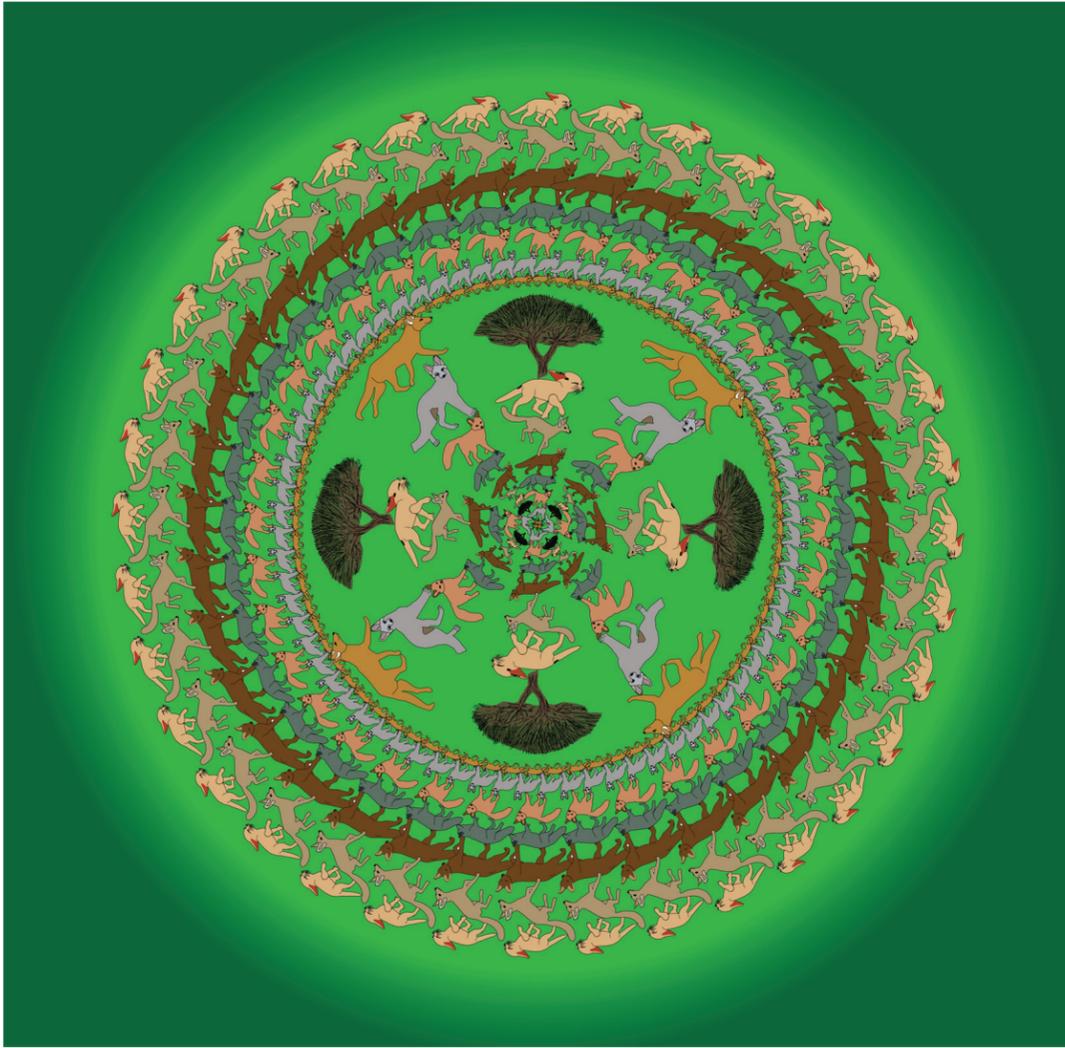


Illustration by OCC Student David Vasquez

## Politics and the Environment

By: Paul Kayser, Jr.

The United States Environmental Protection Agency (EPA) is a federal agency that says its mission is “to protect human health and the environment.”

President Donald Trump chose Oklahoma attorney general Scott Pruitt to direct the EPA in 2017.

Pruitt has acknowledged certain environmental issues, such as how humans contribute to global warming. Elaborating on the issue, though, he said, “measuring with precision, from my perspective, the degree of human contribution is very challenging.”

However, Pruitt said in February that he thinks that climate change might not be a bad thing. “Do we really know what the ideal surface temperature

should be in the year 2100, in the year 2018?” he said.

“That’s fairly arrogant for us to think that we know exactly what it should be in 2100.”

Secretary of Energy Rick Perry and Trump are also skeptical about certain aspects of global warming.

“The concept of global warming was created by and for the Chinese in order to make U.S. manufacturing non-competition,” Trump tweeted in 2012.

The United States is currently under the Paris Accord, an international agreement that strives to combat climate change. Trump announced in June 2017 that the United States will withdraw from the agreement.

“Compliance with the terms of the Paris Accord and the onerous

energy restrictions it has placed on the United States could cost America as much as 2.7 million lost jobs by 2025 according to the National Economic Research Associates,” Trump said.

However, according to the agreement, America cannot fully withdraw until Nov. 4, 2020, which is one day after the next presidential election.

The Trump administration has made eliminating federal regulations an important policy, which includes lifting restrictions on environmental laws that he refers to as hindrances on American businesses.

The Trump administration has looked into reversing over 60 environmental laws, according to the New York Times.

## ...and Don't Forget Arbor Day

By: Tim Kelleher

The first recorded Arbor Day was on April 10, 1872. Julius Sterling Morton was the secretary of agriculture at the time, and invented a holiday dedicated to trees. Approximately 1 million trees were planted into the Nebraska ground that day, and the tradition continues world-wide.

This year Arbor Day lands on Friday, April

27. For the United States this could be considered a very important day to recover from the hurricanes that took place in Texas, Florida and Puerto Rico. Hurricanes Harvey and Irma left Texas and Florida with \$200 billion worth of damage, according to the Arbor Day Foundation.

Imagine the amount of wood and trees that need to be replenished this Arbor Day.

You can help in a number of ways this arbor day. Get together with a group of friends and plant some trees, pick a public park to clean up, it can be fun. Or you can donate to the Arbor Day Foundation and they can plant a tree for you if you want to help the hurricane survivors.

Remember that the earth needs your help to keep it clean this Arbor Day.

## Straws and the Ocean

By: Joseph LaBella

According to “National Geographic,” over 500 million plastic straws are used per year in the United States alone.

According to Straw-less Ocean, plastic straws, along with other plastics, never break down. Over time, plastic will separate into smaller pieces of plastic, called micro-plastics, causing fish and other aquatic life to ingest them which ultimately leads to their death.

Plastic straws are small, they do not usually get thrown into a recycling bin, they get thrown out with the rest of the cup. They then wind up in landfills

rather than recycling facilities, which leads them to oceans.

Take a walk on the beach this summer, one can find straws littered among the sand.

A product that one uses for approximately 20 minutes and then throws away, is causing damage to the population of various species in the ocean.

Leave the straw and use a coffee lid on your fountain beverage the next time you buy a drink from the student center, or drink directly from the bottle rather than using a straw inside of one.

## Reduce, Reuse and Recycle

By: Ashley Bagnall

According to Dump and Run Inc. the average college student will produce 640 lbs of waste this year, including over 500 disposable cups and 320 lbs of paper, this number can be decreased by using something called the Three R’s.

The Three R’s include reduce, reuse and recycle, all of these things help to cut down on the amount of waste we throw away. They conserve natural resources, landfill space and energy.

### The average college student will produce 640 lbs. of waste this year.

The Three R’s save not only the land, but as well as money that communities must use to dispose of waste in landfills.

For college students it might seem impossible for us to incorporate these principles into our daily lives, but just implementing it a little bit can make a huge difference. By refusing to buy items you don’t need, reusing items more than once and disposing the items that are no longer in use at appropriate recycling centers, you can contribute to a healthier planet.

The first of the Three R’s is reduce. The logic behind this is that if there is less waste, then there is less to recycle or reuse. The process of reducing begins with an examination of what you are using, and what it is used for.

Before buying an item determine whether it can be used for something other than just what you are buying it for, this allows you to get an item that does two or more jobs, rather than buying

two items that only do one job each. A great way that college students can reduce waste is by printing on both sides of the paper instead of just on one side.

The second of the Three R’s stands for reuse. Instead of throwing out something that is broken or something that you don’t have use for anymore, hang onto it in case you find another use for it. Learning to reuse items, or re-purpose them for a use different than what they are intended for

is essential for bettering the planet. One example in relation to college students is reusing plastic cups, everyone has been to a party where they have used plastic cups and then threw them away at the end of the night, instead throw them in the dishwasher at the end of the night and you will have clean cups for next time. Not only will this trick help save the planet, but it will also save you money.

The last of the Three R’s is recycle. This means that the recycled material will be transformed again into raw material that can be shaped into a new item. There are very few materials in the world that cannot be recycled, so before throwing something away in the trash make sure it can’t be recycled.

There are recycling bins all over campus that many students ignore. Next time that you mess up on an essay, or receive a paper back that you think that you don’t need, recycle it.

# SPORTS

## Reporting in the Big Leagues

By Casey Kirsh, Sports Writer

The biggest accomplishment for any young sports reporter is to get a chance to cover a professional game.

Sitting in the Prudential Center press box to see the New Jersey Devils skate against the Toronto Maple Leafs in front of a sold-out crowd seemed like a distant dream. On April 5, that became a reality.

I found myself, as well as fellow colleagues, Mike Sheerin and Mike Delasandro, taking in a National Hockey League game from the press-box. For one night only, the three of us got to live the dream of being “attending media”.

The Prudential Center treated the media to a free meal before the puck dropped, and it was not extra food that they had from the concession stands. The press were treated to a wide array of salads, rice, chicken wings, and pasta. It certainly beats the \$7 hot dogs they have in the concessions.

After everyone was finished stuffing their faces, it was off to find the seats in the press-box. The view overlooked the entire ice and it was easy to see the action at every part of the ice.

The press level certainly was everything that a student-reporter could have hoped for. The chants of “Let’s Go Devils” and “We Want the Cup” from the 16,000-plus crowd were very distinguishable. During the intermission, while fans tend to get their snacks and beer, the press were treated to free coffee and ice cream. Upon arriving back to your station, there would be the period’s official stat sheet sitting on the table. How quickly the stats were printed and handed to every member of the media was truly amazing. Now it’s apparent how reporters get these weird and quirky stats such as how many goals a player has when it’s a full moon on a Sunday in March. The media guide chronicled every stat throughout the season for each team.

### Talking with Kinkaid and Taylor Hall is something that any hockey fan could only dream of doing.

The experienced reporters that were recognizable seemed unfazed by the whole experience, and one could be overheard giving his plan to be in Dallas the next night and Boston the night after that. The travel that officials working for the NHL have to do is baffling.

In a game that saw second period goals by Pavel Zacha and Miles Wood as well as Keith Kinkaid making 31 saves as part of a 2-1 victory – a win that clinched the Devils their first playoff berth since 2012 – the most memorable part of the evening was conducting post-game interviews in the locker room.

Talking with Kinkaid and Devils forward and leading scorer, Taylor Hall, is something that any hockey fan could only dream of doing. Walking into the locker room and socializing with the players brings out the realization that these men are people too. The publicity that they receive can make them seem like superheroes, but the media is able to know them as people and not just hockey players.

“It’s a grind. All you have to do is give yourself a chance and things will work out,” Hall said. The team held a playoff spot for all 82 games this season, and gave themselves the chance to finally bring playoff hockey back to the Garden State. The same can be said about being a sports journalist. Getting the chance to work at a professional NHL game is an opportunity that my Viking News colleagues and I could only dream about. It will take a lot of effort to become a professional reporter, but all you can do is give yourself a chance.



**OCC SPORTS REPORTERS COVER DEVILS GAME**  
(Top to bottom) Interviewing Devils goalie Keith Kinkaid in the team’s locker room moments after clinching a playoff berth. The view from the Prudential Center Press Box. Viking News journalists (left to right) Casey Kirsh, Michael Delasandro and Mike Sheerin in the press box before the start of the game.