

the lighthouse

Suffolk County Community College
News of The Eastern Campus

news



ON CAMPUS



An Interview With Professor Burak

Kat O'Gara - CONTRIBUTING WRITER

Water Burak is an Adjunct Assistant Professor in the Sciences. I got to know Professor Burak after taking his Oceanography class this semester, and found that he had a great life story, one that should be archived.

What led you to Suffolk? I started working for SCCC back in 2005 as a Professional Assistant setting up lab equipment for Anatomy and Physiology lab classes. At the time I was in the process of getting my master's degree in Marine Science from Stony Brook University. Once I got my degree I heard that the college was looking for a part-time instructor to teach Oceanography and I jumped at the chance. That was 15 years ago, and I've taught Oceanography every semester since except for one. I love teaching part-time at Suffolk and find it extremely rewarding. There is nothing I love more than sharing my passion for science and the natural world.

Did you always know what you wanted to do? Not at all! I started out in college as a business major, but it didn't take me long to figure out that it wasn't for me. I took some time off and worked a couple of different jobs. For a while I even thought I wanted to work in film and television production. After knocking on lots of doors and even working for free, I came to realize that wasn't for me. Did I really want to spend the rest of my life in a darkened windowless room editing videos, especially when my first love was being in the great outdoors?

I was planning on going back to college when opportunity knocked. I was looking into taking an extended working vacation by volunteering at one of the National Parks out west. I was talking with Glacier National Park in Montana about volunteering there when they told me about an opportunity with the U.S. Forest Service's fisheries projects. I ended up volunteering for three months (earning a small stipend and a round-trip ticket from New York) but was then hired on a temporary basis for another three months. I went back to Alaska the following spring, and to make a long story short, I ended up living in Alaska for seven years there working

as a Fisheries Technician for the Forest Service. While there I went back to college and graduated with a degree in biology from the University of Alaska Southeast.

Aside from teaching at Suffolk, what else do you do for a career? I'm a fisheries biologist with the New York State Department of Environment Conservation (DEC). I've been with the DEC for about 6 years, and prior to that I was a biologist for New York State Parks here in the Long Island region.

Going back to when you were living in Alaska, where else have you lived? I grew up here in New York, and besides Alaska, I've also lived and worked in Hawaii for several months, Florida for a winter, and for a year in New Orleans while on an academic exchange.

What is one place you want to live and why? My wife, Yvette and I are toying the idea of eventually retiring somewhere in Latin America,--Mexico, Costa Rica, or Ecuador. These are places we've been to together and really enjoyed. Ecuador would be a good choice because my wife has lots of family there. I love the vibe of Latin America and the tropics in general. I also can't get enough of the warm blue oceans of the tropics.

Is there anywhere else you teach? I've also worked as an adjunct at both Stony Brook University and Dowelling College but only taught one class at Dowelling and only a couple at Stony Brook. This was before I started working at SCCC. Nowadays, besides my full-time teaching just one class a semester is enough to keep me busy.

What are some of your hobbies? Fishing and boating. Did I mention I like to fish and boat? My wife and I also love to travel, especially when there is fishing involved.

Inside the Shark Tank

Daniel Lauterman - CONTRIBUTING WRITER

Welcome to Inside the Shark Tank.

Our guest this month is Professor Maggie Marcincuk, MA, LCSW. Maggie serves as our Mental Health Counselor on the Eastern campus and she is also a professor for COL 101: College Seminar. You may have seen Maggie downstairs at one of her popular programs like kindness week or dog therapy sessions that promote mental health and you may also have seen her as our very own Fairy Grade Mother walking around campus in a pink tutu making everyone smile.

Suffolk County Community College offers free and confidential, short term mental health services that are made available on each of the college campuses. The services we provide to students is part of the SCCC CARES Initiative where at Suffolk we are Creating Awareness and Readiness to End Stigma about mental health issues.

Students can make an appointment with Maggie by email at marcinm@sunysuffolk.edu, by phone at 631-548-2650, or in person in the Counseling Center, located on the second floor of the Peconic Building. Students can find out more about services, including events and making an appointment at www.sunysuffolk.edu/experience-student-life/mental-health-services and you can also follow Mental Health Services on Instagram at [@scccmentalhealth](https://www.instagram.com/scccmentalhealth).

Mental Health Services offer programming throughout each semester. In March, they will be having the Mental Health Challenge, encouraging students to support their mental health. Each day of the calendar month there will be something that students can do to better their mental health and practice mental health care.

On March 30th, there will be a celebration discussing the month's activities and steps of what they can continue to do to stay in good mental health. Food and raffle prizes are included so make sure to attend. In

April, on the 3rd and 6th, Mental Health Services will be celebrating the International Day of Happiness and in early May they will be having an event promoting relaxation prior to finals. Stay on the lookout for more information. If any students have ideas for programming, please reach out to Maggie at marcinm@sunysuffolk.edu. All ideas are welcomed!

I asked Maggie some questions so we could learn more about her.

What movie have you seen the most times? The Blind Side or Pitch Perfect

What superpower would you choose to have? To be in two places at the same time

If you could go anywhere in the world right now, where would it be? Ireland

Who is someone in your profession you really admire? Tom Tyson, who started the Mental Health Program at Suffolk County Community College.

What makes your job exciting? The students that I work with. I always admire the fact that they are hardworking and go to both work and school. When I get a student that feels that they can share things with me. I feel also that I can connect well with students and they feel supported. It is exciting to see students grow.

When did you know you wanted this job? I knew I wanted to work here as soon as I saw the opportunity.

What did you do at work yesterday? I planned a program for kindness week, went to a meeting regarding Take Back the Night that will be held in April and met with students.

How do you see mental health services evolving over the next five years? It has evolved a lot since COVID, three additional counselors have been hired through grant

funding.

Can anyone be a leader? I say yes, some are more naturally born leaders, but some can also learn how to become a leader. The question is do you want to become a leader?

Question 10: What is the single most important quality a leader can have? Someone who is inclusive and equity minded and recognizes the strengths within the team that you are working with.

What is the best career advice you have ever received? To make sure that I am taking care of myself, or self-care, so that I can continue to take care of others.

What advice would you give your younger self at the start of your career? You do not need a doctorate degree to do what you want to do which for me is mental health counseling.

What strategies have had the biggest impact on your success? I think being open to learning from more experienced people, for example, turning to a mentor to learn about the profession. Also, being open to ways to grow personally and in my field.

Which fictional character would you most like to meet? Buzz Lightyear

What would your motto be? My motto is never let age define you.



Are People Using The Café Since Its Re-opening, And What Do You Think About It?

Chase Wanat - EDITOR-IN-CHIEF

Jasmine Ramos, Psychology:

People are definitely using the café since its reopening. Not even just as a social place, but people are 100% eating too. I think the café is great just because I was always hungry when it was shut down, but now that the café is reopened, I can just go and grab fries or a bagel!

Allie Bozuhoski, General Studies:

I have seen a good handful of repeat customers, but outside of repeats I do not think I have seen many new customers. The food selections are slim, and only half of the items on the menu are not actually available since they are not “in stock” and the other half that is available are pretty hit or miss on if they are actually good. Comparing the Eastern Campus’s café to Ammerman’s selection of foods is quite frankly insulting. I understand that Ammerman is a bigger campus, but it is still sad and offensive that we don’t even have half of the selections that Ammerman has. The lack of an Apple Pay option is also something I see as an issue.

Liam Doyle, General Studies:

The café has been getting occasional use and on a regular basis you can see a decent number of repeat customers. I would say it’s just ok, a 5/10 at most. It has its purpose, and it fulfills it, but it could be a lot better.

Houston Vysniauskas, Political Science:

It’s good to see the café back, but I would

say the prices are a little ridiculous. When you compare the prices now to when the café was open during Covid they are not even CLOSE to as high as it is now, and I feel like that makes it so there’s fewer repeat customers. As an employee, it feels easier and cheaper to get a full meal from Burger King or McDonalds. As a Jewish man, it is hard and limiting to find a food that will allow me to eat in accordance to my religion, especially on holidays.

Jenn Quantano, Environmental Science:

People are definitely using the café, and it is something I’ve used personally. I think it’s pretty good for a get in and get out situation. Overall I have no problems with it, and the drink selection is great.

Chris Odwyer, Art/Animation:

The café has been pretty consistently good, and I’ve seen quite a few people get food and drinks. It’s nice to have, especially for when the vending machines aren’t working and you want a drink, and seeing that that happens constantly, it’s great to have a place that is consistent when the machines aren’t.

Sara Ciesla, Health Sciences:

I think there has been a slight increase in customers since the café has been reopened, but I don’t think the school has really been advertising the café as much as they should. It’s hard to find hours, and the hours that they do have are in the grand scheme of things short, making it hard for students who are here late to get food without having to either go off campus or order

something from a delivery app. The Café not being open on Friday is also an issue for plenty of students who’d otherwise be customers, since there is a good amount of students who do show up for Friday classes. I haven’t personally used the café yet since the hours don’t really fit into my schedule, but from a personal observation I’d say that there needs to be some improvement.

Kevin Smiech, Digital Illustration:

It is hard to say if people are really USING the café since its reopening. It feels like it’s split between the people who use it only for a social spot, and the people who use it to actually eat. It’s hard trying to buy food since the prices are expensive. That’s something I really think is holding back people from wanting to buy. The events for the café are also not advertised enough in a way that makes it obvious to people that there is something happening.

Serenity Lopez, English:

I see a lot of people using the café since its reopening! It’s pretty lively overall! I think it’s great that they have new options every once in a while, but I wish that they had longer hours since a lot of people have back to back classes in the hours that they are open.

Jose Castro Torres, Criminal Justice:

The café is not what it should be at all! They need to do a whole lot more to make it better and keep it open for a lot longer.

Message From The New Editor!

Hello Readers! I just wanted to take this time to formally introduce myself as your new editor! My name is Chase Wanat, and I cannot wait to take the helm from my previous editor! When I was offered the position, I was quite honestly surprised. I mean I took a journalism class or two in high school, but this was quite different. It may sound cheesy, but I truly think that what is being done here is great, and so having the opportunity to have such a direct hands-on job like this is greatly appreciated! I’d bore you all with more stories, but that’s pretty much all I have to say! Happy reading, and here’s to many good papers for this semester and more!



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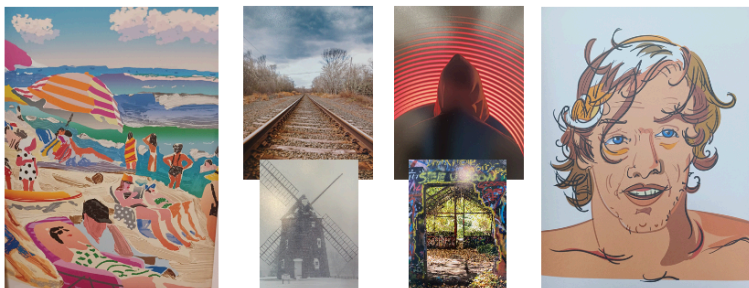
A Message from the Editors

As the fall 2022 semester ends, *The Lighthouse News* editors would like to take a moment to thank all those who made the newspaper possible this semester. Our advisor, Susan Wood, provided us with necessary feedback and encouragement; she offered guidance and answered our many questions throughout the semester, for which we are grateful. Jackie Gould, our Managing Editor, designed the layout of the paper and offered ideas and creations to each issue. Jackie, your work and attention to detail is noticed and appreciated. In addition, we would like to thank our contributing writers, including students on campus. Special thanks go to students Kat and Jillian, for their active participation and engagement with the paper throughout the semester, for contributing to issues and for livening up our meetings. Thanks, also, to faculty and staff for their grace and assistance with our research. Finally, we would like to thank you, our readers. Thank you for your support throughout the semester, and we highly encourage you to reach out with topics that

you may like to see covered in future issues. We welcome new ideas and suggestions. Be sure to check out our online version of *The Lighthouse News* for reading anywhere, at any time, at www.sccclighthousenews.org. If you or anyone you know would like to contribute articles, opinion pieces, photos, comics, or ideas, please reach out to either Jackie Gould at gouldj5001@mail.sunysuffolk.edu or Susan Wood at woods@sunysuffolk.edu.

We would also like to wish our Editor-in-Chief, Tristan Brown-DeVirgilio, the best of luck as he continues his professional career as editor of the Long Island/Queens edition of the *Campus News*. Tristan has contributed pieces to *The Lighthouse News* since the fall of 2021, and became Editor-in-Chief for the first time in the fall 2022 semester. It has been a pleasure to work alongside Tristan, and while we are sad to see him go, we are eager to see where this next journey will take him. Good luck, Tristan!

Lyceum Gallery: Student Fine Arts Exhibit



2022 Issues:

Book Bans at All-Time HIGH

Eight months into 2022, number of reported bans challenges has exceeded all number from 2021.

Wood - ASSOCIATE PROFESSOR, LIBRARIAN

books in school and outside are at an all time high. These books are being targeted for removal because of their content, which includes topics such as race, gender, and sexuality. The removal of these books is a direct result of the Supreme Court's decision in *West Virginia State Board of Education v. Barnette*, which ruled that the government cannot compel citizens to believe in a particular religion. This decision is a landmark case in the history of the First Amendment, and it is a reminder that the government has a duty to protect the rights of all citizens, regardless of their beliefs.

displays in the children's sections of Smithtown Public Libraries and to restrict access to LGBTQ+ content. After a widespread public outcry and Governor Hochul's directive to the New York State Division of Human Rights to investigate, the Board reversed its decision. But similar bans have been enacted across Long Island and the state at other public and school libraries, including Connetquot School District, which banned the display of gender flags in its schools, labeling them "political speech."

In October, the SCCC LGBTQ+ Task Force and the College's Student Services Learning Committee co-sponsored a panel discussion on this problem in order to bring awareness. Panelists included Carolyn Looze, a retired Texas librarian who co-founded the anti-censorship organization *Freedom of Expression*, Jim Conaway, a community activist who helped found the Florida Freedom to Read Project, and Pennsylvania high school teacher Lisa Hodges and student Kaitlyn Willis, who founded an anti-censor school club to protest, among other things, the burning of books about racism and anti-racism in their school district.

The Smithtown Public Libraries Board of Trustees voted this summer to take down Pride

Graphic courtesy of Jackie Gould



subscribers for the inclusion of books representing LGBTQ+ lives and content have been persecuted on social media by politicians, school board members, and parents, and misrepresented as "extremists."

This month's "The Lighthouse News" is brought to you by:

Chase Wanat, Editor-in-Chief

Jackie Gould, Managing Editor

Kat O'Gara, Contributing Writer

Daniel Lauterman, Contributing Writer

Susan Wood, Faculty Advisor

