THE FACTORY TIMES

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THE FACTORY TIMES
pursuing creativity.

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Publication Guidelines

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2021 STUDENT SHOWCASE!
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to All Students
Who Have Participated!**

What Does it Take to be an Entrepreneur?

An Insider Look on How a SUNY Poly Class is Developing Entrepreneurs

When most people think of entrepreneurs, they think of famous examples like Steve Jobs, Elon Musk, and so on and so forth. The truth is there are entrepreneurs all around us; the Global Entrepreneurship Monitor has found that 55% of adults in the U.S have started one business in their lifetime. Have you ever wondered what it takes to become an entrepreneur? Maybe you have an idea in your head, or just want to learn more. Well, that's what I was thinking a couple of months ago when I was registering for courses. It seemed like my schedule was set until I got an email about an exciting entrepreneurship course at SUNY Poly.

ENT 485 Reimagining Entrepreneurship: Ethical Venturing for Social Impact

The email mentioned how the course provides a "hands-on" experience for those interested in entrepreneurship and making a positive social impact. Throughout the semester, students develop their venture, get mentorship from an SBDC (Small Business Development Center) coach, create a business plan, and pitch their venture at a business competition. Now, being more than halfway done with the course, I can say the email was right; plus there's so much that you can gain from the experience!

Collaboration

Behind any successful entrepreneur, there's always a team behind them. Something I appreciate about the course is the emphasis on collaboration. In the real world, it's teams that bring impact, not just one person. The first few weeks of class, we developed teams that we would stay in throughout most of the semester. Everyone on each team had different experiences and perspectives, which is helpful throughout the whole process. Not only were you able to collaborate with team members but with the instructor, Dr. Edgell, a business coach, and other classmates on different teams. Especially in the ideation process (when you're coming up with ideas), having people who think differently than you can help spark new connections or ideas.

Dedication

Throughout the course, you'll become committed to the business you're developing. Every decision you make, the time you spend researching, and the feedback you receive reveals the potential of the impact your business could carry. Understanding that value, I think, is a great motivator for entrepreneurs. Having that dedication sustains you and keeps you grounded when it seems like chaos.

Integrity

While there are other notable characteristics entrepreneurs can embody, I think integrity is one of the most important. Through the course, you learn about sustainability, ethics, and making a positive impact. You gain an understanding of how organizations are challenging the traditional approaches, and are building more impactful and sustainable businesses. While you work on developing your business, you can incorporate these values to become a responsible and proactive member of society.

Entrepreneur

NO GUTS NO GLORY

Patience

Collaboration

Patience during the Process

Entrepreneurs must also be patient. Thankfully, Dr. Edgell has an interactive process that guides the class through ideation to eventually pitching the idea. The process takes time, and there are a lot of decisions you must make within a deadline, which is like any project. What makes the process more enjoyable is being able to visualize your work. The class encourages creating prototypes, charts, and lots of sticky notes to envision your thoughts and ideas tangibly. You also learn through the process to be comfortable with change. Your final venture idea will probably look different than your first, and that's okay! The truth is the process helps refine and strengthen your idea(s) and makes them more sustainable.

As you can see, there's a lot that goes into becoming an entrepreneur, but you don't have to be intimidated. At SUNY Poly, there are plenty of opportunities to learn more. I would highly recommend taking ENT 485 or any other entrepreneurship class! The skills you learn are highly transferable to both your professional and personal life. You'll be challenged, supported, and inspired! Before I sign off, I would like to thank Dr. Edgell, Shelby, Niyati, and my classmates for creating such a memorable experience! The lessons I've learned will carry far beyond this course!

Written By: Joy Valencia
Designed By: Yelizaveta Kiuchun

Vaccination Time: How I Chose Which Vaccine To Get and Why

By: Kurt Lui

With 3 different COVID vaccinations to choose from in the U.S. (at my time of choosing at least), I had an important choice to make. I had to consider elements such as scheduling, recovery time, and the severity of the average harmless side effects after each vaccination. This article is about those options, and ultimately which choice I made. Looking at the vaccines available, I had two main groups to choose from; the double shot vaccines from Moderna and Pfizer, and the single shot vaccine from Johnson and Johnson.

TIME AVAILABLE TO SCHEDULE A VACCINE (OR TWO)

This factor was probably the first thing that made me lean towards receiving the Johnson and Johnson vaccine. Thanks to colleges taking away all our break days in the semester, I barely had time to schedule one vaccine appointment, let alone a second. While I would need to schedule in more recovery time if I got the Johnson and Johnson vaccine, I would be at home recovering in a place I could immediately resume schoolwork after the side effects wore off. On the contrary, each trip out to a vaccination appointment puts my effort into transportation and arriving on time to get vaccinated. This meant that the Johnson and Johnson vaccine would be a better vaccination for a tight schedule.

SIDE EFFECTS (THE NORMAL ONES ALMOST EVERYONE GETS)

Most people are sore or sometimes feverish after a vaccine. The difference is, these side effects were more pronounced in the Johnson and Johnson vaccine (at the time of my decision, so was the blood clot issue. However, that was specific people from a specific demographic, all with a low-platelet count, so based on these factors, I assumed I wasn't at risk). Because of this, recovery time from the side effects was definitely a benefit of the Pfizer or Moderna options.

EFFECTIVENESS

While the effectiveness of each vaccine is definitely adequate, I wanted to look into the specific numbers that really showed which one was right for me. At the time of my decision, the Pfizer and Moderna vaccines were much more initially effective than the Johnson and Johnson option, but the Johnson and Johnson vaccine was said to have a greater "long term effectiveness" in regards to preventing bad cases of COVID (some sources I read even said 100%). When looking at long-term protection versus initial effectiveness, each vaccine had their benefits in different ways.

AVAILABILITY

What really convinced me that the Johnson and Johnson vaccine would be better for me was the availability. I looked at other vaccination locations, and they were either extremely far away, or required a specific PCR test before I showed up (which would have brought me back to the first issue with the scheduling). Fortunately, I found a vaccination site that offered me the Johnson and Johnson option, it was relatively easy to get to, and there was no hassle. I was in and out in less than an hour! Ultimately, I think availability is a major factor in which vaccination is chosen, and has the opportunity to put one vaccine over the others depending on location and alternatives.

PERSONAL PREFERENCE

Admittedly, this is less important than the other factors in my decision, but I felt this aspect of my choice was important nonetheless. I've always had a personal preference for stronger vaccinations because they can offer greater protection. This started when I always got the flu mist instead of the flu shot as a child, as the flu mist is made with live flu viruses, and was sometimes reported to work better in children. While the concept of using a live strain over a dead one, or artificially creating antibodies, isn't always a guarantee to be more powerful when vaccinating, I still felt it was worth it.

Ultimately, these different factors were all what influenced my choice to receive the Johnson and Johnson vaccine. Almost a week later, although I know vaccination doesn't mean the pandemic is over and we all still have to wear masks and socially distance, I'm glad I made the choice that I did, and am happy to have my vaccination out of the way. I can only hope the world will be responsible enough so that I don't have to receive another one next year, in addition to my flu mist or flu shot.

SGU Student Wellness Committee Staff Discussion 1: "Mental and Emotional Health"

- Justin Savoy

The Merriam Webster dictionary defines mental health as, "the condition of being sound mentally and emotionally; characterized by the absence of mental illness and by adequate adjustment, especially as reflected in feeling comfortable about oneself, positive feelings about others, and the ability to meet the demands of daily life." Unfortunately, mental health has slowly, but surely, turned into a taboo in American culture. It seems as if people are scared to talk about mental health, and, as a result of this, some may feel trapped and helpless. It is important to have open conversations surrounding mental health, especially with all of the difficulties that the COVID-19 pandemic has caused. College students have been learning in a virtual environment for over a year now; Some have spent most, if not all of their time, in a virtual environment due to COVID-19. The difficulty of online learning, meshed with social isolation, has caused a surge in mental illness across the world. There should be more open conversations about mental health now in order to help those in need.

There is a lot of confusion surrounding the difference between mental and emotional health. Many believe that these two pillars of wellness are grouped together. There are indeed similarities and are both important, but they do stand on their own merits. Emotional health is more focused on being able to control one's emotions and having healthy emotional connections with others. For example, being able to have a balance of emotions, rather than constantly feeling a select couple. The ability to have healthy emotional connections is very important, as going into a relationship (whether platonic or romantic) without strong emotional health can lead to a lot of problems. A lot of the focus is on mental health, but emotional health is also very important, as not being able to control one's emotions can lead to worsening health conditions. Just like mental health, emotional health is not talked about nearly as much as it should be.

This staff discussion is focused on both mental and emotional health. The questions were answered by Sandra Mizerak and Briana Lewis, both of whom are counselors in SUNY Poly's Wellness Center. The conversation was hosted by the chair of the SGU Student Wellness Committee, Justin Savoy. Our next staff discussion will be focused on environmental health, hosted by Senator Chris DeLuca. If you have any questions about student wellness or have any ideas about how to improve student wellness, please feel free to reach out to our committee at sgustudentwellness@sunypoly.edu. If you would like to join our weekly meetings, our link to join is on Engage! Finally, if you believe that you would benefit from counseling services, the SUNY Poly Wellness Center can help. You can email them at wellnesscenter@sunypoly.edu. Stay safe, healthy, and happy!

Q&A

1.) What advice would you give POC students that are hesitant about seeing a counselor that isn't a POC?

We understand why it is important for students to work with and interact with individuals who they feel represent them. With that being said, we acknowledge the lack of racial diversity in the counseling office. While we do our best to serve all students, we would be more than happy to help assist a student looking to find a counselor in the community that best meets their needs.

2.) How do I make an appointment to see a counselor from the Wellness Center? Are all of the appointments virtual?

Currently, the majority of students are seen virtually. However, if there are certain circumstances in which a student really could not be seen virtually - such as poor internet connection or no confidential place to hold a telehealth session - then plans could be made to be seen in person. For health & safety reasons counselors would prefer to see students virtually at this point.

3.) Is keeping a journal of my feelings throughout the week a good way to track my overall attitude and happiness?

Yes. Journaling can be a great way to track your mood. Writing can serve as a calming and meditative tool. Studies have shown that freewriting (stream of consciousness) can especially lower one's stress levels.

4.) I often find myself struggling to keep up with my schoolwork. What are some ways that I can improve my motivation to get homework done when I am feeling tired or lost?

Suggestions include: changing up the location of where you study, stay hydrated, make sure to eat foods that energize you such as protein (stay away from processed sugars), get a lot of Vitamin D (mostly though foods) but also get outside once a day to get some sun (sun provides Serotonin which is the chemical that makes you feel calm & happy), and exercise 3 to 4x a week (walking on a sunny day which will provide you with both the Serotonin and Endorphins both which will help increase motivation). Make sure you are sleeping on average 7 to 9 hours a day; good sleep is the number one way to keep your motivation going! Take breaks in between homework/projects/papers; commit to working on a subject for a specific amount of time then take a 30 minute to 60-minute break away from your computer, during the break, stretch, walk, get something to eat, or talk to a friend. Do the homework that you find easiest or most enjoyable first that way you will build momentum to do the other work.

Try to tackle the homework when you are most alert, preferably when the sun is up; even if you consider yourself a "night owl" studies show our minds & bodies start going into shutdown mode once the sun starts setting, so try to get at least half done while the sun is still up. Lastly, if you are still struggling, try to identify at least three positive aspects of each subject such as how it will help you in your career, how it will help you in the next class you have to take, or find three interesting facts about the subject in order to help you obtain some sense of intrinsic or extrinsic motivation.

5.) I would like to see a counselor, but do not want to take time away from someone who needs it more than me. Would it be possible to meet only when I feel like I need to?

The length and frequency of sessions are typically determined during the first session by both the student and counselor. It is not a good idea to think one student is more deserving than another in terms of a counselor's time. The counselors at SUNY Poly have time for all students, no matter what the issue is. There is no such thing as a minor vs. major problem. If, however, a student really only wants to meet "as needed" and there are no safety issues in which a counselor may advise against meeting episodically, then yes a student has the freedom to meet as often as they feel necessary.

6.) How do I differentiate between depression and having a few bad days?

Depression is a mental health disorder diagnosed by a mental health provider where there are specific symptoms that last a minimum of two weeks without it being attributed to a medical problem, grief from loss, or a substance abuse problem. Depression can come in the form of sadness, apathy, irritability, and emotional disconnection. Depression typically interferes with one's interpersonal life, occupational life, academic life, and spiritual life. Sadness is a feeling which typically is temporary and fluid and can be attributed to changes or in one's environment or upsetting situations. The best way to differentiate between the two is: depression is a state of mental disorder and sadness is a feeling.

7.) Why did you decide to pursue a career in counseling?

Sandy: I believe everybody deserves a safe and confidential space, along with a safe and confidential person to explore their individual feelings and thoughts/explore who they are and what they want. I do not believe many people have that type of space or person in their life to do that with them and so having a counselor in their life can be a tremendous gift. I wanted to be that person to offer that to someone.

Briana: I've always enjoyed being with people. I feel lucky that people allow me to be part of their lives. Similar to Sandy, I believe that everyone deserves support and empathy, and the chance to grow and heal.

8.) I am thinking about pursuing a career in mental health services, what skills should I work on before applying to jobs?

There are a vast amount of jobs one could pursue in the mental health field. First, I would suggest exploring what population you would like to work with such as children, adults, the elderly, people with intellectual disabilities, sex offenders, etc. Second, work on having good communication skills such as taking a public speaking class. Third, make sure to take some psychology classes assuming you are not a psychology or sociology major already. Lastly, work on understanding yourself and knowing what your triggers are, practice good self-care, and understanding what your intentions are...for example ask yourself why you are pursuing this line of work and what you hope to get out of it.

9.) How does confidentiality work at the Wellness Center?

The Wellness Center has three distinct services (medical, counseling, and health promotion). Students who seek out these services must fill out an informed consent. Confidentiality is explained in detail on these consent forms. Essentially most everything that happens or is said in the Wellness Center is confidential with the exception of a student making a statement of the threat of suicide, harm to someone else, or in the case of a child being abused.

10.) What are some ways that I can help my friends and family that suffer from depression/anxiety?

The most important thing you can do to help a friend is to listen without judgment or an agenda. Listening and validating a friend's feelings is the most important thing you can do. You would be surprised how little this happens, which leaves people feeling alone and misunderstood. Once you have listened to them, then encourage them to seek out counseling and/or seek out information. Only offer the suggestions once you have patiently listened and made them feel valued.

5 Ways to Make the Most of Each Day

Do you sometimes feel like you're living the same day? You wake up, go to work or school, go home, and then do it all over again. Then, one day you wake up and realize years have gone by, wondering where the lost time went. I know it's a little dramatic, but I think everyone has moments where the reality of life catches up to you. While I understand that each day won't always be memorable, I think each day still matters. I've learned that there are small ways you and I can make the most out of each day.
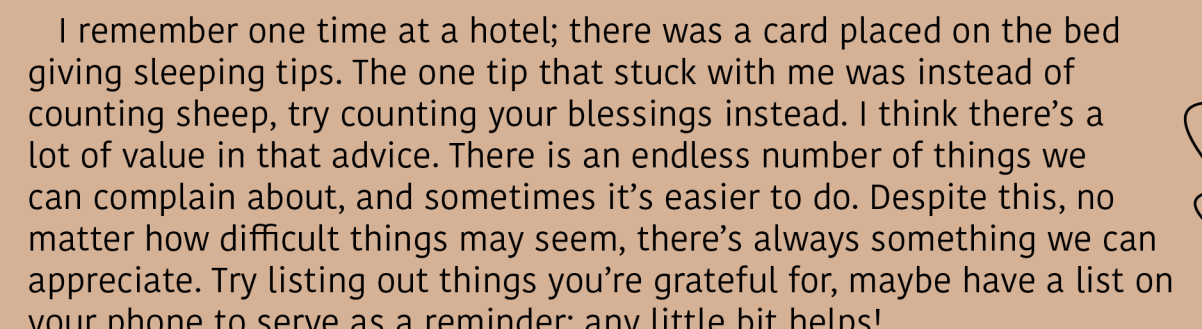
#1: Try Something New

Routine is something that we can appreciate… and despise from time to time. It's certainly nice knowing what to expect in life, but it can also make it seem like your life is predictable and boring. Something that I strive to do is TRY something new each day. It can be anything: driving a different way home, eating at a different restaurant, or reading that book you've been wanting to read. I think it's a fun thing to do, plus you never know how it could impact your life.

#2: Journal

Journaling is one of my favorite things to do! You can write about anything. There's no structure to it; it can be long or short, a rant or personal story, the possibilities are endless. I like journaling on special days I want to remember, or horrible days I need to process through. If you're unsure what to journal about, google some prompt ideas, you won't be disappointed. You don't have to do it every day, but I would recommend doing it when you can. I find I feel relieved after getting all my thoughts on paper, because my brain isn't carrying all the weight.

#3: Count Your Blessings

I remember one time at a hotel; there was a card placed on the bed giving sleeping tips. The one tip that stuck with me was instead of counting sheep, try counting your blessings instead. I think there's a lot of value in that advice. There is an endless number of things we can complain about, and sometimes it's easier to do. Despite this, no matter how difficult things may seem, there's always something we can appreciate. Try listing out things you're grateful for, maybe have a list on your phone to serve as a reminder; any little bit helps!

#4: Do Something Nice for Someone

Have you ever had someone do something nice for you? Most people would answer yes! The great thing about doing something nice is you never know how much that act of kindness could affect someone. It doesn't need to be extravagant or expensive as long as it's sincere; that's what counts! Maybe it's complimenting your coworker or helping out a stranger. I think there are plenty of opportunities to show kindness each day.

#5: Treat Yo Self

In the show Parks and Rec, beloved characters Tom Haverford and Donna Meagle entertained viewers with their made-up holiday (Treat Yo Self) where they spent the day relaxing and enjoying lavish experiences. While it's excessive, Tom and Donna know how to relax, which is something we all need! No matter what the day brings, make sure to treat yourself to things or activities that you enjoy and help you relax. It could be cooking, exercising, painting, really anything that you enjoy (Just don't get too carried away).

It can be frustrating feeling stuck in the day-to-day realities of life; where you feel more like a spectator as time passes. Luckily, each day brings new opportunities for us to find meaning. As long as we're willing to make small steps, those changes can lead to a more fulfilling life. So treat each day as a gift, and it may surprise you what it will bring.

Written By: Joy Valencia
Designed By: Yelizaveta

Give It A Chance!

Why movies and TV Studios aren't the only ones responsible for incessant remakes

BY: Kurt Lui

Have you been shaking your head at all the annoying half-baked remakes that are coming out? Are you annoyed that movie and TV studios constantly try to re-capitalize their own success with certain franchises? Do you want studios to come up with some new stuff for once? Well, there are actually many ways you can do your part to encourage them to do this. Here are some simple examples:

DON'T DESTROY A STUDIO FOR TRYING SOMETHING NEW

While it seems like a simple concept, when a new series launches, it isn't hard to find hordes of both professional and nonprofessional critics seeking to pick apart every part of the series and overly-critique it into the ground. Don't show people who do that any support; after all, every new thing needs time to grow. Think about how some of your favorite movie series or TV shows evolved over time! Instead, why not support the series and people who are giving it positive feedback? It makes a whole lot of difference.
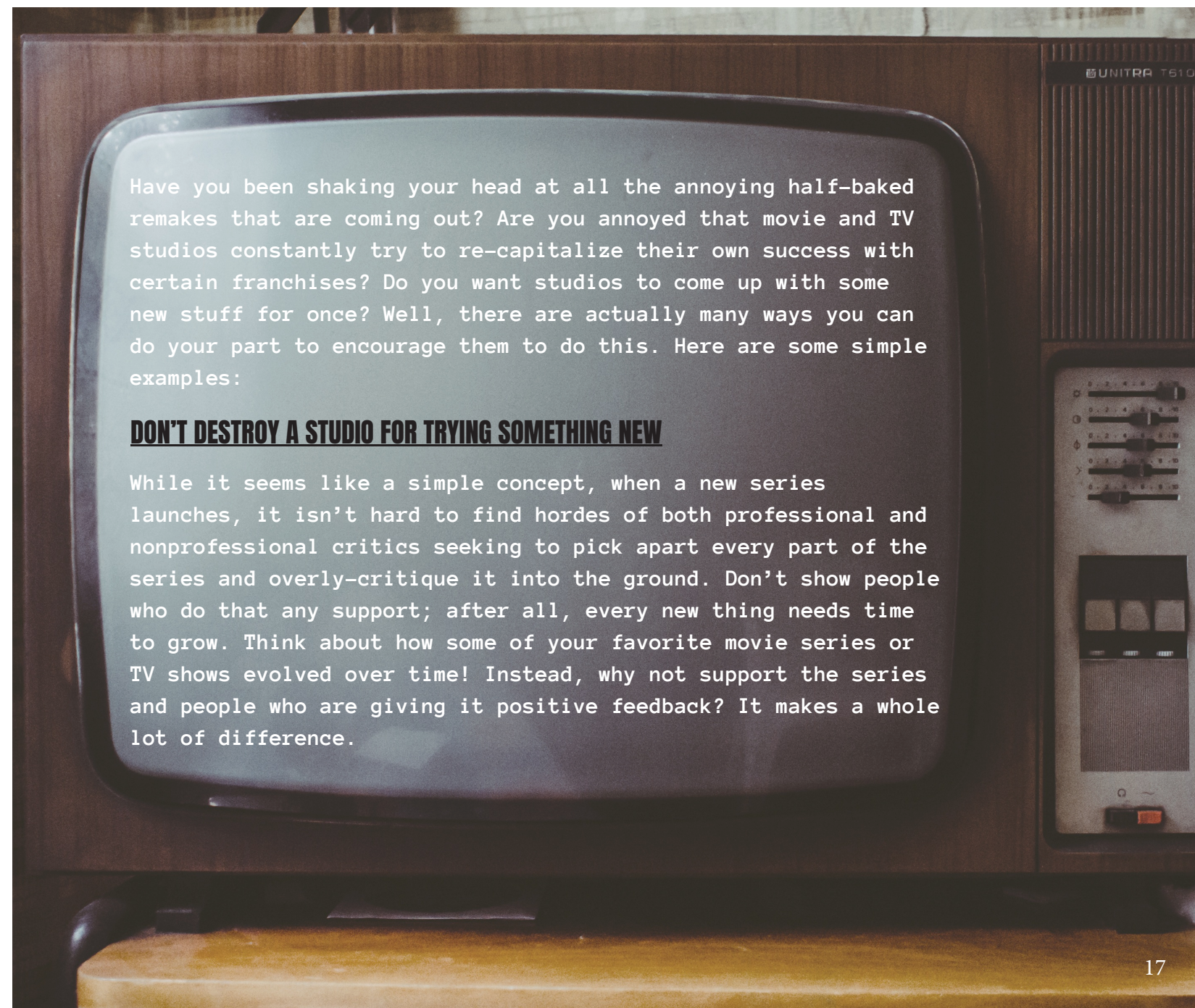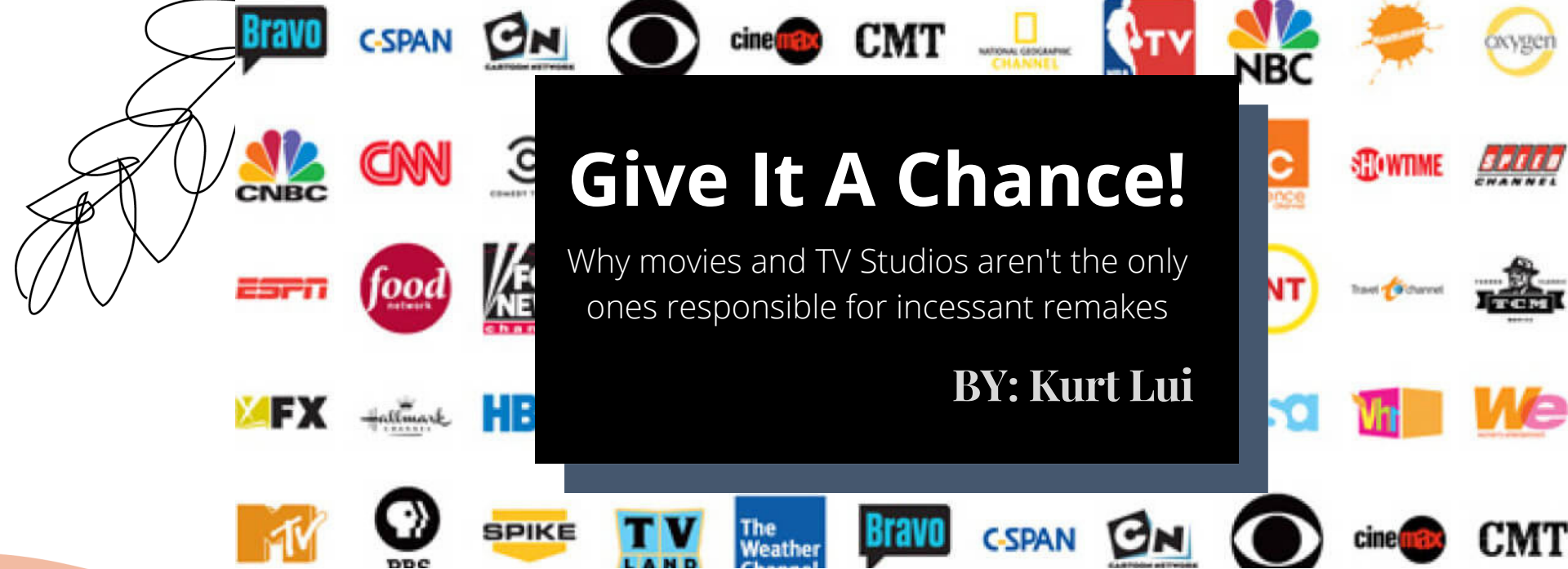
SUPPORT AND ENCOURAGE THE RISKS COMPANIES TAKE WITH NEW SERIES

   Another big reason companies are stuck in a rut with remakes is because they feel safer doing something that's already popular. No one likes unnecessary risks; and until viewers like you show that you'll reward the risk that studios take with new series, that isn't going to change easily. Show your support for a new series – whether that's by seeing a new movie, buying the merchandise, or filling out a survey on a website – and use every opportunity you have to show the studios that you're ready and willing for change!

DON'T EMBRACE BLIND CRITIQUES OR CANCEL CULTURE, THEY HARM ART

We've all seen those, *ahem*, undesirably annoying people who read a clickbait article title and go on a rant about it, when in reality, the article is entirely different from whatever their complaints are. No one likes these people. You certainly wouldn't want someone complaining to you about false information, so why did we create an entire movement around it? Cancel culture is infested with untrue accusations, wildly false claims of "appropriation", and destruction of representation across the board, making artists fear taking inspiration from anything they don't have 100% experience with, and destroying diversity. As long as this is a problem, studios aren't going to be comfortable taking new inspirations, finding new stories to tell, or bringing new and daring series to your viewing pleasure. So the next time you hear a wild accusation, don't rely on social media to fact-check it for you. Do your own research on it, come to your own conclusion, and don't get upset over something that people are trying to blow out of proportion. And most importantly, if it doesn't relate to you, why would you excessively complain about it? Think before you shout.

JUST GIVE ME A CHANCE

makeameme.org
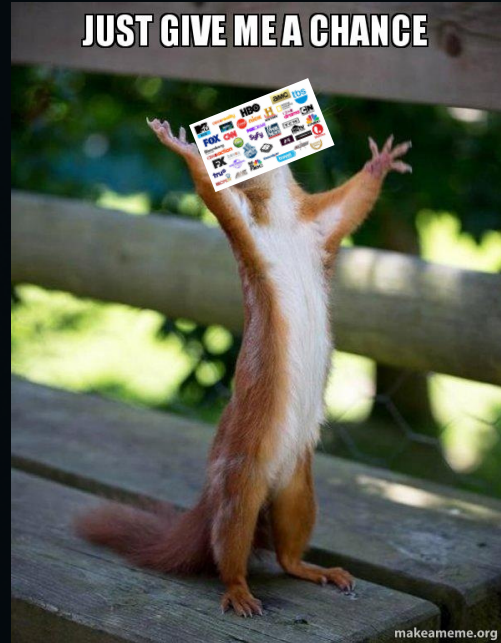
DON'T FUND OR PAY FOR REMAKES

   If you embrace new ideas in movies and TV, you're still competing with everyone who gives business to remakes. As hard as it can be to let that remake of your favorite movie or TV series go unwatched, if you paid for it, you're telling the company and/or studio that they can still make money off of them. Think about minimizing how much you pay for old series, and maybe not watching remakes altogether; after all, more and more remakes aren't even good anymore, with studios continuing to try to squeeze them for all the money they're worth. So next time, when you think about how another remake is annoying and there should be some new movies or shows out, reconsider looking at the remake, and think about what you can do to help that happen!

SHARP

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Old Macdonald Had A Farm 10101

By: Christopher Bovee De Soto

If you sang the title of this article in your head when you read it, give yourself a gold star if it went something like, "Old MacDonald had a farm, one zero one zero one." Big corporate agricultural farms have long been using fancy machinery and computerized systems to manage their crops and herds. Now, with a booming Internet of Things (IoT) market on the rise, even local and rural farmers can benefit from the dawning of a smart-farming revolution. Even without the Internet, farmers can still deploy a well-planned infrastructure to track and manage many aspects of their farms. The technology is out there to automate, increase, and enhance modern farming techniques and practices, so let us break it down.

There are generally five ways IoT can improve return-on-investment for agriculture, which of course can be, and has been, abstracted into just about any other field:

- Collecting massive amounts of data, using intelligent sensors around the farm
- Maintaining tighter control over internal farm processes to lower risk
- Reducing the farm's operational waste, and thus costs, thanks to tighter control
- Decreasing administrative overhead by using automated business processes
- Enhancing overall product quality and output volume

Once we have a good grasp on what IoT can do for farming, we can pivot and look at examples of some agricultural IoT use cases:

- Managing and detecting soil quality
- Monitoring and managing cattle
- Weather monitoring and forecasting of conditions
- Automating greenhouse and hothouse operations
- Drones for crop and herd monitoring
- Precision application of herbicides, pesticides, and other industrial chemicals
- Integrated and end-to-end management of farming workflows
- Real-time data analytics and forecasting

After developing use cases for these often tiny and low-power devices that comprise an IoT environment, there are still several technical considerations for smart-farms and smart-farmers to account for:

- The Hardware - What brand or brands of equipment, and do they mesh well?
- The Brain - What kind of central nervous system will this require?
- The Maintenance - Who will do the hardware, firmware, and software maintenance?
- The Mobility - Where does the farm end and the office begin?
- The Infrastructure - How resilient does it all have to be?
- Connectivity - Is the Internet necessary, or will just an internal network suffice?
- Data Collection Frequency - How often will the systems poll the IoT devices for new data?
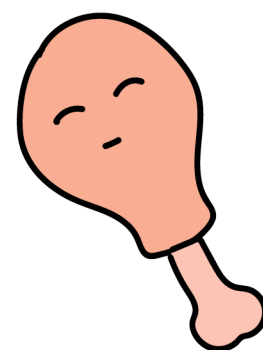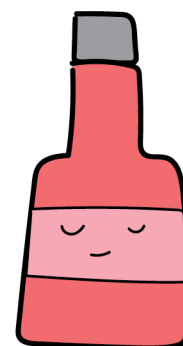- Data Security - Where and how will the resulting data be stored?

Bringing an entire farm, or even a few aspects of a whole farm, into the Internet-age is no easy lift. As technologies evolve and continue to get lighter and use less power, farmers will have even greater control over the world's food production. All of this leads to a reduction in costs and a greater return on investment. Still, the ancillary benefits are also good for the environment in terms of reduced chemical runoff, reduced waste, and better conditions for our food to be growing in. For more information, watch this YouTube video from Bill Gates, filmed at Dancing Crow Farm, where they piloted a project called "FarmBeats" to bring more data to the table for better farms and better farmers.

Designed By: Mcdhellyne Edwards

https://www.youtube.com/watch?v=BCIohEJYxdY

UTICA

How Sauce, Chicken, and Noodles Changed Utica: The Story Behind the Most Iconic Utica Dish

Utica is home to some of the best food. From half-moons to greens, there's something in Utica for everyone. Perhaps one of the most iconic Utica foods is Chicken Riggies. "What's Chicken Riggies?" you might ask. Imagine this; it's a weekend, you're going out to eat, and you glance around the restaurant, looking for inspiration of what you should order. As your eyes race through the room, you notice a bright pink sauce covering a bed of fluffy noodles. Once the dish reaches your table, you realize this seemingly normal pasta dish features a variety of veggies, peppers, and of course, chicken. As your fork transports the pasta to your taste buds, you're not prepared for what comes next. The innocent pink marinara sauce is the perfect disguise for the spicy flavor packed in your bite of the noodles and sauce. It's the kind of spicy that keeps you wanting more until there's nothing left. There you have it, the most iconic pasta in Utica, Chicken Riggies. What's even more intriguing about this local delicacy is the story behind its beginnings.

SMALL BEGINNINGS

You may be surprised to learn that the history of Chicken Riggies has been widely debated, with a variety of different stories claiming the truth behind the dish. One thing that is agreed upon is the dish was created between the late 70s and early 80s. One of the more popular story's credits the restaurant, The Clinton House, for inventing the dish. The Clinton House was a popular Italian restaurant owned by Chef Richie Scamardo and Chef Bobby Hazleton. In an interview with WIBX 950, head chef of Aqua Vino, Michael Geno, recalls the birth of Chicken Riggies at The Clinton House. He explained

how in 1979, on Monday nights, a group of regulars would come in to play cards; each week the restaurant would make a riggie dish with chicken, tomatoes, and cherry peppers. A former dishwasher at The Clinton House, Mike Schultz, recalls Chef Bobby Hazleton making a dish like Chicken Riggies for the kitchen staff.

BECOMING A MENU STAPLE

Mike Schultz would eventually end up working as the head chef of the Chesterfield Restaurant. During his time at Chesterfield, he decided to put Chicken Riggies on the menu in 1989. Schultz believes he helped make the dish, the famous iconic it is today, with the restaurant having Chicken Riggies on its menu for more than 25 years.

THE SECRET BEHIND THE SAUCE

During my research into the history of the dish, I was surprised to learn about the sauce. Most of you may know that a lot of recipes use heavy cream in their sauce; although the original Chicken Riggie's sauce is made with 1 wine instead of heavy cream. Over the years, restaurants have put their spin on the dish, which is why you'll see different variations. Utica even holds a Chicken Riggies festival each year.

So, if you haven't yet, you should try Chicken Riggies! Whether you're making it at home, or trying it at a restaurant, you won't be disappointed!

Written By: Joy Valencia
Designed By: Yelizaveta Kiuchun

MIND YOUR "MANRS"

CHRISTOPHER BOVEE DE SOTO

In terms of how the Internet works, at least on a day-to-day basis, few people give much (if any) thought to how all our data traffic in and of itself is delivered around the globe at lightning speeds. I turn on my phone or computer, and since it's already configured, it just connects. I click a bookmark in my browser and the page I want comes up. The truth of the matter is there exists an Internet Ecosystem, composed of organizations and communities of individuals, from across different companies and organizations themselves, who do their professional best to ensure that the Internet's traffic keeps flowing in an orderly fashion. This Internet Ecosystem also ensures that the Internet is constantly evolving as new technology proves itself over time.

Managing the Internet Ecosystem is a monumental task. The individual team players are myriad; technologists, engineers, architects, creatives, global and local organizations, operators, vendors, Internet users, educators, and policy and decision-makers. Chief among those players is an organization - aptly named the Internet Society - that lays out the basic organizing principles that the rest of the ecosystem runs on. Two other important organizations involved in the evolution and management of the Internet are the Internet Engineering Task Force (IETF), and the World Wide Web Consortium (W3C), who help coordinate and implement the open standards we all use whenever we do things like order a pizza through an app on our phone, or when we sign up online to get COVID-19 vaccinations. Groups, both loosely and tightly organized, keep the backbones of our modern technological lives up and running without much fanfare.

One of the latest initiatives from the Internet Society is known as the Mutually Agreed Norms for Routing Security (MANRS). In terms of keeping the traffic flowing over the Internet, a big chunk of the processes involved are centered around preventing security incidents with the publication of what are known as routes. As the name might suggest, all traffic must have a route in order to be transmitted across the network. That also means that in order to access the Internet, or most any network for that matter, traffic must pass through a device known as a router. The larger the amount of traffic, the larger the router, and the more individual routes the traffic will likely take to reach its destination. Routes are stored by routers in what are known as routing tables. These complex tables are maintained and published through route advertisements between Autonomous Systems (AS). AS are in turn assigned Autonomous System Numbers (ASN) by a centralized authority known as the Internet Assigned Numbers Authority (IANA).

The MANRS initiative, through its Fellowship and Ambassador Programs, aims to normalize the management of these routing tables across the operators of all AS. They've come up with four concrete actions to achieve normalization; filtering, anti-spoofing, coordination, and global validation. Filtering ensures the accuracy of an operator's own route advertisements, and of the advertisements from their customers, to adjacent networks with prefix and what is known as AS-path granularity. Anti-spoofing enables source address validation for at least single-homed stub customer networks, the operators' own end-users, and infrastructure. These two concepts, among other advantages, prevent rogue networks from advertising routes and stealing traffic otherwise headed for legitimate destinations. Coordination maintains globally accessible up-to-date contact information for everyone, and global validation publishes their data, so the Internet Ecosystem as a whole can validate routing information on a global scale.

The most recent example of these four principles in action was observed when the military-government of Myanmar ordered local telecommunications companies to hijack popular routes to the social media company Twitter, effectively stealing traffic that was supposed to be international-bound back into their own country instead. Route hijacking is a sophisticated attack that can either redirect traffic for malicious purposes, such as stealing usernames and passwords, or in this case, to dead-end the traffic so it never reaches its destination. As the military coup-d'etat is still being carried out, I personally hope a free and open Internet will stand with the citizens of Myanmar who are merely trying to get the word out on social media over what's happening in their country.

On another personal note, I have a marked interest in these sorts of inner workings surrounding the Internet. So much so that I'm going to apply to the Internet Society's MANRS Fellowship Program for 2021. Both my academic & professional careers have given me valuable opportunities to sharpen my analytical & critical feedback skills. I'm also an outlier of sorts, in that I enjoy reviewing policy documents, so I feel like I'm prepared to make an impact, particularly as a Policy Analyst Fellow.

I specialized in Information Technology for my associate's degree & then Networking for my bachelor's. Now that I'm about to finish a master's in Cybersecurity here with SUNY Polytechnic Institute, I realize I've been taking aim at Internet, routing, distributed denials of service (DDoS) & other actionable security issues that are often addressed by wide-ranging Communities of Interest (COI), for over two decades. If I can turn around and help those communities improve on existing policies, I think I should give it a shot.

I hope there are more folks like me out there who will also apply to be MANRS Fellows. They have three categories of fellows; I already mentioned I want to be a Policy Analyst, but there are also Researcher and Virtual / Online Trainer positions to be had. Each has a slightly different skill set and asks for practical experience in the networking field. If you have the time and the résumé, why not apply?

To read more about how the Internet works visit...

➤ *https://www.internetsociety.org/internet/who-makes-it-work*

To read more about the MANRS Fellowship Program visit...

➤ *https://www.manrs.org/ambassadors-program/fellows/*

To learn more about the MANRS program watch...

➤ *https://www.youtube.com/watch?v=nJINk5p-HEE*

Designed By: Mcdhellyne Edwards

Freeze

Written and designed By: Mcdhellyne Edwards

They said "Freeze" and you froze. The way those eyes looked at you, leaving you with a burning sensation and clarification that you were not only being watched, but controlled and analyzed by their gaze. You often found yourself trying to rebel and to never freeze, rather escape from those eyes, but your body was already under their dominance. You believed it was only the eyes and commands that had control over you, but how they approached you also made you weak... it made you submissive to them. After they were done playing and torturing your mind, you finally had your own time to rest and be free, the freedom to think and imagine anything you ever wanted. Funnily enough, even then you were trapped with memories, imaginations, and desires that included them and only them. A time where they were not with you physically or mentally seemed to no longer exist.

They said "Freeze" and you froze. This time you didn't hold back, looking forward to the way they will use you. However, this time it was different. They seemed quieter, less demanding, noticed you less, wanted you less, and even bothered by your existence. Your heart began to rise; you wanted to be the puppet, the game once again, yet you knew deep inside they no longer wanted to. The day they parted ways with you and told you, "You're finally free." Words you would've prayed to hear no longer sounded as beautiful and mesmerizing as you had pictured them. You fumble through your words as you explain you wanted to be with them, wanted to turn time back or even forward, where once again they say freeze and you will freeze. As words came out of your mouth uncontrollably, with the intention to convince them to stay, you didn't notice they were already walking away.

"Freeze," you said, but they didn't freeze, instead walking faster into the abyss. It seemed that as they walked towards the darkness, it grew larger around their figure. "FREEZE" you desperately screamed yet there was nothing there anymore. You sat down and mumbled, "Please just freeze."

That Can't Be Healthy: Issues with Mental Health in an Era Where Mental Health Can 'Do No Wrong'

(Trigger Warning: Extremely Heavy Material)

I'm a victim of child psychiatric abuse. There, I said it. No big deal, especially since it happened over a decade ago during my childhood right? Wrong. Now more than ever, as in our current mental health system, an overwhelming majority of the changes I see enacted for the purpose of better mental health services are actually huge enablers for the system to treat patients as bad as I had been, if not somehow worse. But no one wants to talk about these issues because we're so "pro-men-tal-health" now, and people are ready to object before I tell them of my abuse. Like it or not, every system has good and bad things about it.

INFORMED CONSENT AND EXTENSIVE RECORD KEEPING: GOOD FOR MEDICAL PRACTICE, NOT SO MUCH IN PSYCHIATRY

While informed consent is a great tool to protect from faulty or cash-grab lawsuits, signing all those forms is the last thing someone on the edge of a mental breakdown and seeking counseling for it wants. It is important to remember that we have an alternative: judges and courts throw out faulty lawsuits every day, so why would they accept or maintain a lawsuit against a mental health practitioner that's obviously going nowhere? Medical malpractice lawsuits may be a cash-grab, but mental health malpractice? Not at all. Even without informed consent paperwork, mental health malpractice is very broad and hard to prove if the lawsuit isn't thrown out, and the damages awarded are very miniscule compared to a physical medical malpractice lawsuit. This means that the informed consent paperwork just ends up being a hassle to the patient seeking mental health services. Getting rid of, or at the very least, minimizing the informed consent paperwork to one signature, is something that would be a change for the better. In regards to record-keeping, while important notes and information should be kept or sent to a primary care provider, the sheer length and detail of certain records is both questionable and a data liability to the patient. Is it really necessary to keep a record of former employees or students who sought counseling one time, six to ten years after they left the organization? And what trust dynamic does this show? For anyone who thinks such extensive data is necessary, keep in mind only a few years ago, crisis counselors were required to take minimal notes and not share any data, and they did their jobs just fine. Especially in an age of data leaks and breaches, assuring people seeking mental health services that they won't have to worry about another paper trail is relieving to say the least.

STATE MANDATED REPORTING: EASE UP ON CALLING THE COPS

I'm sure you think you know where this is going; cops aren't trained mental health practitioners, and so on, but sadly, it's a bit worse than that. State mandated reporting can be a nightmare. What started as a stipulation in mental health service providers' jobs as a requirement to contact the police (if they think someone is in immediate danger), has since snowballed into an escape route for more questionable practitioners to call the police on an exaggeration of what constitutes danger. This has become a fear that is applied to all mental health practitioners by some people, as people often talk to others like counselors about some very serious things; even if hypothetical, they don't want the police called on them for a wayward description of their emotions. If we are to usher in people to mental health services as a society, we should be giving them the freedom to talk about their darkest moments or biggest worries without fear that it will result in misinterpretation and a visit by the popo. We can start by better defining the guidelines for state mandated reporting, and establishing it as something that's only used when immediate danger isn't hypothetically talked about, and instead is a physical absolute.

DIAGNOSES: PERMANENCE ISN'T A GOOD THING, ESPECIALLY WHEN IT'S A MISDIAGNOSIS

In the age of mental health services being glorified on social media, it's fairly common for people to get a diagnosis and act like it's both a revelation and a turning point in their life. What this doesn't show is the swarms of people who opt for a "soft" diagnosis, off the records from a counselor, so that they don't have to deal with how permanent a diagnosis can actually be on your medical records. Unfortunately, even a misdiagnosis proves extremely difficult to fix on a medical record, as it's virtually guaranteed to stay on your medical history. This not only is a problem to people who work to deal with whatever they are diagnosed with - to the point where they don't need the diagnosis for treatment - but also closes doors for people because of the stigma attached to certain diagnoses. Nothing should be truly permanent, let alone when it can be damaging to the patient. While this issue doesn't look to go away in the near future, there is no shame in advocating for "soft" diagnoses for those who need it, as diagnoses are still important.

IDOLIZATION: NOTHING DESERVES INFINITE PRAISE, AND IT IS HARMFUL

Let's be honest, idolization is a problem. It lets certain figures get away with some pretty nasty stuff; whether we're talking about celebrities, mental health services, or even singing the birthday song. Nothing is perfect, and understanding and improving on imperfections are how we grow as individuals and as a society. We shouldn't oppress those who had bad experiences with mental health, just like we shouldn't be jealous of those who had good experiences. Instead, we must work to improve our mental health system so that everyone receives fair treatment. That starts with both acknowledging the room for improvement, and recognizing how far mental health has come in our society, and (hopefully) how it will continue to grow.

Author's Note:

The beginning was not an example, and I actually am a victim of child psychiatric abuse. To learn more about child psychiatric abuse or psychiatric abuse in general, check reliable resources and articles, and make sure they are accurate. Nothing pertained in this article is meant to offend, hurt, or point fun.

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How to Retrieve Files You've Uploaded to Your Old Classes

Have you ever handed in the perfect project to a previous Blackboard class? Or, maybe your professor's online feedback from last semester was really helpful to you, but you can't access it anymore? Well, I've got just the trick. After poking around Blackboard's tools, I found something that helped me immensely for archiving my proudest homeworks. I've posted screenshots below with annotations of what to click, and what order to click them in.

When you get to the area shown in the last screenshot, you should now have full access to search through all your classes, view the submissions and feedback for each posting, and save them for yourself. I hope this was helpful!

-Bobby Zuch