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## Multimedia Portfolio

Dan Clark

*University at Albany, State University of New York*

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# **Multimedia Portfolio**

Honors Thesis presented to the Department of Journalism in partial fulfillment of graduation with Honors in the Department of Journalism and the Honors College.

University at Albany

Dan Clark

Research Advisor: Thomas Bass

May 2013

## ABSTRACT:

For a journalist, there are only a few things that can land you a job. One of those things is having a professional portfolio. That's why the Journalism Department has its students complete a professional portfolio as part of their Honors program.

The Honors Program takes work students have already completed, then asks them to revise it, or even do it again. That way, when we leave the program, we're ready to start sending out portfolios and resumés to potential employers.

My portfolio is dominated by work that I wrote for a print medium because that's what our program focuses on. However, I have also included broadcast scripts and a multimedia portion. That contains some of the multimedia work that I've produced while in the Journalism and Documentary Studies programs.

As I complete my thesis, I am still attending the University at Albany, but I have also started working full time at a local news station. In my interview, I presented my portfolio, which ended up being a big part of why I was hired. It's a professional tool essential to journalists especially who are hoping to advance in the field.

*Note: There is an additional title page before the Table of Contents to mark where my actual portfolio begins. The portfolio itself has a title page.*

## ACKNOWLEDGEMENTS:

They say it takes a village to raise a child.

I was raised in the village of Afton, NY. By night, it was my parents who cared for me. But, by day, it was my teachers who raised me. They taught me the importance of hard work and deadlines. They scared me into finishing everything that I started. They inspired me to go above and beyond goals set for me. They encouraged me to go like never before.

That inspiration continued into college. I met a whole new set of educators to inspire me. They pushed me to tackle internships, which I did. They told me to do my best on projects, which I did. They never told me to take charge in group projects, but I did anyways.

I will always be thankful to the educators who have raised me since I entered the public school system. Without them, I would have never achieved what I have so far, and what I plan to.

I also have to thank my friends for being there to keep me sane while I never stopped stressing myself out.

But I also have to thank my parents.

My parents fed me and put a roof over my head. I didn't know it at the time, but that's really all I needed growing up. Without my parents, I never would have learned to rely on myself above anyone else to move forward in life.

That's why, above all else, I thank myself. I have pushed myself beyond every goal I've set since I entered kindergarten. I have worked endlessly, even when the reward was minimal. I have never given up on my dreams, and I don't plan on it anytime soon.

# **Dan Clark**

Journalism and Documentary Studies Major  
Political Science Minor

**Spring 2013**

**Multimedia Portfolio**

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**Out of Pocket: A Student's Cost of Living**  
**May 2013 (Revised July 2013)**  
**Written for JRL487Z**

In the middle of August 2012, Kristin Kozlowski receives an email from the University at Albany. She's spent the summer looking forward to her third year in college, where she will be sharing a dorm room with her best friend. She's already bought a new sheet set for her bed; everything else is being recycled from last year.

As she mulls over how many pairs of shoes she *really* needs in her dorm room, she opens the same email that every student at the university is receiving that day. It's her fall semester bill. Something inside her chest grows heavy, and the coffee she drank earlier that day starts to feel sour in her stomach.

How was she going to tell her mom that she had to pay \$3,000 out of pocket again?

**Paying More Doesn't Mean Getting More**

To live on campus at the University at Albany during the 2013-2014 academic year, students will pay \$7,184 for one room that they will share with another student. Sizes of these rooms vary, but most do not exceed 15 feet either way. They get one extra-long twin bed, one three-drawer dresser, and one three-drawer desk. The floor is concrete, but covered with a white, tile pattern that is spotted with a color determined by where they live. A metal heater pushes heat out all months of the year, and students do not shy away from keeping their windows open when it becomes unbearable.

That rate pays for about eight and a half months of housing, between the end of August and the start of May, or about \$845 per month.

That price tag does not include the students' meal plan, which comes out to a total of \$2,150 per year, or \$253 per month.

By the end of the 2012-2013 academic year, Residential Life had collected \$43.25 million from the 7,500 students who live on campus. With room rates increasing over \$200 campus-wide, an extra \$1.5 million will come to Residential Life this time around.

Despite that increase, students will not receive any extra services. The quality of the Internet will not increase, the rooms will not get bigger, and the heat will not cease.

Instead, construction will continue on Mohawk Tower, a residential tower on Indian Quad that will house more than 400 students when it re-opens in 2014. By that time, the students who helped fund the project will not be allowed to live there because the tower is reserved for first-year students.

**We Could Double What We're Charging Students**

Meanwhile, Betsie Nettles spent the summer of 2012 working part-time as an aide at a local rehabilitation center in Albany. She enjoyed mornings on her balcony where it was always warm before she went to work at 9 a.m., but not too hot to drink coffee in the sunshine with the

three girls she shared the apartment with. On weekends, she woke up in her own bedroom, and never had to take a cold shower like she had in Melville Hall on State Quad sophomore year.

In her apartment, she can choose what to eat for breakfast each morning and dinner each night -- it's different every day.

Nettles, who has now been living off-campus since June 2012, pays \$420 per month for her own bedroom, which is the same size as the room she shared last year with another student.

"I'm probably saving about \$3,000 this year between all of my expenses," Nettles said. On top of rent, each person in her apartment pays \$38 per month for electricity and heat as part of their energy provider's budget plan.

That provider, National Grid, spreads the cost of utilities out over their year-long stay and charges the apartment the same price each month as an average of what they would typically use throughout the year. The provider has the right to readjust the payments every three months, but according to Nettles, they have stayed steady at just around \$38 per month.

She also pays for high-speed Internet through Time Warner Cable. Each person pays just over \$12 monthly for Internet access.

According to the United States Department of Agriculture, women from age 19 to 50 who tend to shop for food on a budget spend, on average, \$204 per month on groceries by themselves. Nettles says her food costs are never higher than \$200 for the month.

That means that altogether, her cost of living per month averages \$682 per month. That's over \$400 less than what she was paying on-campus.

But according to Carol Perrin, senior associate director of Residential Life for the university, that \$400 is worth what students receive on campus.

"What we charge is the cost of what students spend to live here," said Perrin, who worked with the university's Office of Financial Management and Budget to lay out the spending plan for Residential Life last school year.

That spending plan included \$43.3 million that the department took in from students, according to a budget provided by the university. That makes up 88 percent of their income, with the other \$6 million coming from the school, itself, and an undisclosed category labeled "other." The school's contribution consists of the \$1.8 million reimbursement Residential Life receives for offering its student staff free room and board.

That makes for a \$1.36 million profit for the department, which Perrin says is money well spent.

"We could double what we're charging students, and still have more maintenance," Perrin said. According to her, that profit goes straight back into the department for future projects similar to the construction of Mohawk Tower, or even new residence halls. Liberty Terrace, a new apartment complex opened last year, added 500 new beds for students, according to Perrin, and the cost was steep. Even after Liberty Terrace was completed, 24 percent of the department's budget last year was dedicated to construction alone.

## **The Cost of a Nap**

Students like Kozlowski and Pam Kumparatana lived on campus since they came to the university, and according to them, the money they put in has its benefits.



“You don’t really have to worry about anything,” said Kozlowski, now a senior studying criminal justice and psychology. “You know there’s people here to keep you safe.”

Those people are the University Police Department (UPD). According to Inspector Aran Mull from the campus police, though, they do not receive any funding from Residential Life, aside from \$2,500 in equipment used for a women’s self-defense course. The night-time residence hall patrols that students like Kozlowski notice are actually not coming out of their pockets at all.

“I appreciated being able to take a nap,” said Kumparatana, who graduated Spring 2013 with a degree in public health, lived in the residence halls all four years of her undergraduate career. “If I had a huge break between my classes, I could just go back to my room.”

For Kumparatana, living on campus was more about convenience than safety. She considered moving off campus her junior year, but her parents were against the idea. Without being familiar with the city of Albany, itself, they were uncomfortable paying for an off-campus apartment. According to Kumparatana, though, she didn’t mind.

“I didn’t have to worry about bills, buying food, cooking food, or paying for laundry,” Kumparatana said. Because of the difference in cost, which is about \$2,500, Kumparatana chose to stay in dormitories rather than move to the on-campus apartments. Though the apartments offer students a kitchen and two bathrooms rather than one, the trade off is giving up their meal plan. Depending on how much a student eats and what kind of products they purchase, this can be either more expensive or less than a meal plan.

## **A Complete Package**

Food and safety are not the only amenities included on campus. Every student receives free wireless Internet from Apogee, a national Internet provider for college campuses like Southwestern University and Rhode Island College.

According to Michael McCormick, director of public affairs for Apogee, the company charges Departments of Residential Life in the SUNY system between \$17 and \$20 per student each month. That difference in price comes from the option that some students take advantage of to upgrade the speed of their Internet. Free users enjoy speeds of 10 megabytes per second, while students who pay \$69 per semester can experience double that.

That may seem cheap to someone living alone off campus who wants the upgraded option of 20 megabytes per second. Time Warner Cable, the only provider that offers Internet without a package deal, charges \$55 per month for that same speed. There is no 10 megabyte option, but 15 megabytes per second rings in at \$45 per month., which according to the company’s website is the most popular option.

Split between an apartment of three or four people, those costs seem more comparable, but if students are looking to save money, the upgraded speed is more expensive than Apogee’s on campus service.

Students who bring televisions also have access to free basic cable channels on campus, with an option to upgrade anywhere between \$10 and \$40 per month, depending on what sort of features are included in the package.

Off campus, Time Warner Cable is more expensive, starting at \$21 per month for basic cable, and \$50 per month for a complete package without channel limits. Off campus, students also have the option of bundling Internet and television with Time Warner, according to the company, ranging from \$65 to \$115 per month depending on the quality of Internet and television provided.

Both Internet and television are included in the budget for Residential Life under the line for utilities, which had a projected total of a whopping \$6.16 million last year.

According to Indu Lnu from the university's Office of Sustainability, \$4.7 million of that is usually spent on heat, electricity, and water for on campus apartments and dormitories. That includes water and electricity used by students, maintenance workers, and the staff of Residential Life, whose office is located on one of the residence quads.

These are all costs that are dependent on the Albany area, according to Corianne Scally, the co-director of the urban and regional planning program at the University at Albany. It would be difficult to compare the cost of living in Albany to somewhere like Buffalo because of factors specific to that area, like energy costs or the enrollment at SUNY Buffalo.

"It would be difficult to factor in all of the differences between them," Scally said.

### **Frozen, But Worth It**

For the entire month of March 2013, when temperatures were often below freezing, Rich Serrano depended on his space heater to keep his bedroom warm at night. The heater, which is no larger than an average microwave, was kept on while he slept, and during the day if he was at home. Often, though, the tense relationship he had with his roommates drove him to spend most of his free time on campus or at friends' apartments. It helped that most of these places had heat that he could take advantage of, too.

He had been living in downtown Albany since June of 2012, and according to him, that summer was the best of his life. He worked part time at Price Chopper as a cashier, which helped to pay for his \$450 monthly rent, and even took a few summer courses. That doesn't mean he didn't make time for fun, though. As late as 5 a.m., he could often be found creeping quietly into his apartment when he had no reason to wake up anytime soon after.

When September came, he started to ask his two roommates how they were going to heat the house. His roommates had lived in the same house the year before and had bought oil to heat the house with. Serrano, who was 22 and moving into an apartment for the first time, trusted their judgment. They bought enough oil that, split between the three of them, came out to \$100 each for the whole winter.

That oil lasted until the end of February, and the two roommates had no interest in buying any more. The three took to alternative methods of heating. They bought space heaters, and used them either in their bedrooms or in a common area, depending on where they were going to spend the most time. They used the oven to prepare meals as often as they could.

When it came to coming home late with no heat, though, the only solace Serrano had was a blanket until the space heater made the room comfortable.

According to Serrano, though, it's worth the \$4,500 that he saved last academic year by living off campus.

Unlike Residential Life, landlords are not obligated to include utilities like heat and electricity in the amount they charge students. This means that students often make the choice of how much electricity to use, or how warm they want their apartment to be. That also means that they decide how high their bill from National Grid will be.

According to data from the energy supplier, Serrano pays well below the average for utilities. Patrick Stella, who heads Media Relations for National Grid, says households typically spend between \$175 and \$185 each month on heat and electricity. At least \$85 of that is usually heat alone, according to Stella, so despite space heaters, Serrano still manages to spend less.

“It was like, \$35, \$40 a month,” said Serrano about the apartment’s utility bills during warmer months. “Not bad.”

That’s opposed to the average of anywhere up to \$150 for the entire apartment during colder months when you factor in the money spent on heating oil and electricity to power the space heaters.

### **A Higher Price**

Not every house is the same, according to Patrick Stella.

“Usage and households differ so much,” said Stella, who monitors data for National Grid in the United States. “You could have two homes with the same square footage, same type, but one is insulated better with newer, energy efficient appliances.”

When a student rents an apartment, though, those are investments that they are not responsible for. That’s according to John Fenemore, a member of the Capital District Association of Rental Property Owners who used to rent houses to students around the College of St. Rose in downtown Albany.

“When I looked at it, I saw my competition and I could make improvements in the efficiency of the building, mainly the heating of the system,” said Fenemore. “I can get a higher price.”

In the end, according to Fenemore, that’s what it’s all about: the price. The rent that landlords charge students is based on several factors, but at the top of that list is the fair market price and the surrounding competition.

“It was a matter of what I always paid, what was being paid elsewhere, and what kind of setup I could get,” Fenemore said. Some apartments have benefits that drive prices up, like multiple bathrooms and larger kitchens, and landlords are not above charging over what is considered a fair market price.

According to the U.S. Department of Housing and Urban Development, the fair market rent price for an apartment with three bedrooms in Albany County is \$1,041. That’s \$300 below what Serrano and his roommates pay together for their apartment. Even Nettles and her roommates are paying \$400 more than the fair market price for a four bedroom apartment.

For Fenemore, though, it’s all about the profit that landlords expect to make, which he says is usually around 10 percent of what they invested in the residence. That’s compared to the 2.8 percent profit that Residential Life is expected to have this year.

### **The Two-Year Requirement**

But, despite being charged more than the fair market price, students like Serrano and Nettles have less to pay for. Students living on campus pay into Residential Life for what it costs to house them like Senior Associate Director Perrin said, but for residents, there are more costs and no choice in paying for them.

While students receive countless services that appear to be free, like Apogee's wireless Internet, those benefits come included in the room charge with no choice to opt out.

"It's like paying a mortgage," said Perrin, whose salary is paid for with money that the department takes in from students. Administrative salaries including hers were expected to total as much as \$3.7 million last academic year. That's only half of what residence hall maintenance is expected to cost. This budget line includes the custodial workers who are hired to clean around the quads and inside residence halls -- including the students' bathrooms.

According to Perrin, these costs are associated with the benefits students receive living on campus, but Kozlowski is skeptical.

"I think that's outrageous for what you're getting," said Kozlowski, in response to knowing how much the department takes in from students to provide these services. "It's a waste of my money."

That's money that's coming in from each student during the two years they are required to live on campus. Residential Life offers students the option to submit a release request from the two-year requirement, but according to Perrin, it's never guaranteed that students will be able to move off campus before their third year.

That request has to include information from a third party, like an employer, to prove that the student is having trouble paying room rates. Even that request implies that students will save money by moving off campus, and it's not wrong.

## **The Refund Check**

Students living off campus have the option to give up amenities that they receive automatically on campus. Instead of plugging in to Time Warner Cable, students off-campus can subscribe to Netflix and Hulu Plus. Each charge \$8 per month for their customers to stream unlimited movies, and in the case of Hulu, television shows that were aired as recently as the day before. With the addition of a \$10 HDMI cable that will connect a laptop to their television, students can experience movies and television on the big screen at a fraction of the cost.

More active students may be concerned about losing access to the gyms stationed on each quad, but off-campus students are allowed to use the on-campus gym at SEFCU Arena for free.

Those sweaty gym clothes aren't going to wash themselves, though. While off-campus students like Serrano are lucky enough to have a clothes washer and dryer included in their house, some are forced to take their laundry to a laundromat.

If the student does not have a vehicle, the trek can be even more of a hassle than carrying a full hamper to the dormitory basements. Those are basements that also include study rooms and vending machines for students willing to pay for late night snacks, two of the many features of the dormitories that Kumparatana says make the experience comfortable.

“Living on campus is OK,” said Kumparatana, who, between her parents and financial aid never had to pay out of pocket by herself to live on campus, “It’s not fantastic or the place I wanted to be, but it’s not awful.”

Serrano agrees, especially about the food.

“You save money on gas, you don’t have to worry about parking, and food is accessible,” said Serrano. While he enjoys being independent and having his own space, now, “the turkey meatloaf and garlic mashed potatoes were great.”

Despite receiving these same benefits, though, the cost of room and board on campus has increased steadily over the past four years, according to the department's website. That’s not to say that it was stable before then, but data is only available from 2009 to this year. When asked if room rates would ever go down, Perrin wasn’t too optimistic.

“There have been years where we haven’t had to increase the room rates,” Perrin said. According to her, those increases come from increased maintenance costs and new construction projects, like the renovation of Mohawk Tower.

Nettles does not miss that increase in cost. After living in her apartment for the first year, she signed on for another year-long lease.

“It’s been really great. I love living off campus,” said Nettles, who is now in her fourth year at the university’s pre-med program, and Serrano agrees.

“I wouldn’t move back on campus,” said Serrano, who just finished his undergraduate degree in public policy last spring. He moved off campus between his third and fourth year at the university, and by March 2013, Kozlowski was gearing up to do the same. According to her, she’ll be saving about \$700 per month by moving downtown. The money she saves will be given to her through a refund check that the university provides to students whose financial aid exceeds the university's tuition and fees.

“I won’t have to worry about paying all this money that’s not going to use just for me,” said Kozlowski, who also moved off campus to gain independence. “Living off campus, you have more freedom. I think it’s a good experience to have.”

*Dan Clark completed this article as part of a reporting class in spring 2013. It has been updated and reviewed to accommodate publication in fall 2013. A video of the students interviewed for this piece, talking about their housing arrangements, can be viewed at:*

[http://www.youtube.com/watch?v=LU\\_oUwQyMa8](http://www.youtube.com/watch?v=LU_oUwQyMa8)

**Solidarity Forever: Behind the Occupation**  
**December 2012**  
**Written for JRL460Z**

ALBANY--

Capsaicin is a chemical that makes you feel like your skin is on fire. Your throat closes enough for you to feel like you're suffocating and causes temporary blindness. When you are exposed to capsaicin, you are paralyzed. You can not see, scream, or struggle. You can only gasp for air and hope that your eyes and skin will stop burning soon. That was how at least five Occupy Albany protesters felt after police used the chemical found in pepper spray to disband their camp in downtown Albany last December.

The group had been stationed in Academy Park in downtown Albany for 63 days before a court order allowed the city to evict Occupy Albany, including the tents and belongings of protesters who had been camping in the park since Oct. 21 of that year. At the height of their occupation, there were nearly 100 tents in the park which expands about 350 ft. each way.

That's about four times as large as Zuccotti Park in New York City, where the Occupy movement was founded in late September 2011. Canadian activist group Adbusters is responsible for starting the first occupation, which became popularly known as Occupy Wall Street. The movement itself centers around the idea that the democratic process has been spoiled by the influence of wealthy corporations and their owners, according to the website of Occupy Wall Street. Since the group was evicted from Zuccotti Park in mid-November of that year, it has largely been known as an umbrella organization for Occupy groups across the country, including Occupy Albany.

The main strategy of groups related to the movement is to occupy public spaces for extended periods of time with a list of demands. For Occupy Wall Street, the demand was to end corruption in the stock market. Occupy Albany focused more on state issues, like raising the minimum wage and extending higher tax rates for higher income citizens.

Academy Park was chosen because of its convenient location across the street from the capital building, according to Colin Donnaruma, a doctoral student at the University at Albany, and active member of the group.

From inside the capital, Academy Park can be easily seen through the windows of the state Assembly chamber and the Executive Chamber (Office) of Governor Cuomo. While the Assembly never met while the park was occupied, the group believes it had a lasting impact on state-wide legislation the year after.

"OA changed minds, opened doors, sparked conversations, and made issues that could have become irrelevant, important," said Juliet Shen, a former member of Occupy Albany who participated in the park occupation. A full-time college sophomore at the University at Albany with a part-time job on the side, Shen says the time she had last year to devote to the group is now spent doing homework instead of risking arrest.

After joining the higher education activist group Save Our SUNY at the university, Shen was attracted to Occupy Albany's message of higher education reform for the state. Flyers hung on bulletin boards and streetlight poles in downtown Albany guided her to the next meeting,

called a General Assembly, at the Community Arts Church on Grand Street. When the occupation began, she was all in.

“Academy Park was a warm, friendly, and supportive environment,” She said. “I learned more about policies, history, sociology, politics, and economics than I have ever learned in a conventional classroom.”

She wasn’t paying close to \$10,000 for her on-campus dorm room for nothing, though. Her time at the park did not stop her from going to classes and catching the occasional shower and overnight stay in her own space. Those who lived farther away from the park were more often those who stayed full-time, according to Shen.

“There were a few days in mid-December where it got down to the 20's or high teens,” said Donnaruma, “There were serious concerns about hypothermia.”

But the group was prepared. A medical tent was on hand with Occupy volunteers that were trained in First Aid. This tent, along with tents for legal advice, information about the group, book trading, and donations existed in the park alongside a fully functioning kitchen tent. The information tent was the only tent where shifts had to be assigned. The other tents were always filled with volunteers who came and went as they pleased.

Despite the fact that the group was basically camping in the park, they did not live without basic necessities. There were two portable toilets that were emptied twice a week and plenty of food to go around.

“There was always hot coffee, homemade food, a library, friendly faces, and intelligent conversations,” Juliet Shen said, and she was not exaggerating.

“People showed up with garbage bags full of food,” said Gamma Primera, a member of Food Not Bombs, a local hunger activist group that single-handedly fed the entire camp during their occupation.

According to Adam Baldwin, one of the main cooks within Food Not Bombs, they had more food than they needed to feed the entire camp. Besides the food that was donated by supporters, a local produce store, the Honest Weight Food Co-op, also donated fruits and vegetables that, otherwise, would have been thrown out. All meals provided by the group were vegetarian with a vegan and gluten-free option to make sure no one was left out from a meal, Baldwin said.

The group’s eating habits, however, did not reflect its population. According to Colin Donnaruma, “There were occasionally children or older folks but for the most part the demographic of people who slept in the park were younger folks in their 20's ... 30's, or homeless people.” Though a slight majority of members are white, people of color do account for almost half of the group’s membership, which has shrunk from over 100 members to just below 30, Donnaruma said. After the group was evicted from Academy Park, media exposure disappeared, along with its membership, donations, and curfew-related legal challenges.

From the beginning of the group’s occupation to its eviction, Albany County District Attorney David Soares has kept his promise to not prosecute any members of the group who violated the city-wide law that bans anyone from staying in parks, and erecting structures (tents) in those parks, after 11 p.m.

According to the office of the District Attorney, Soares believed that prosecuting peaceful protesters based on a law that has been in effect for years would be a violation of their first

amendment rights, and until Dec. 22 of that year, the city agreed. It was ultimately the decision of city attorneys to request a court order to evict Occupy Albany.

The eviction was due not only to a permit violation, but to ensure the safety of occupiers, according Bob VanAmburgh, Executive Assistant to Mayor Jennings of Albany.

“It was a concern of public safety,” VanAmburgh said. They felt that temperatures were dropping too low to allow the group to stay overnight in the park any longer without risking illnesses like pneumonia that would go untreated if left in the camp.

In a letter addressed to Occupy Albany on Dec. 2, John Reilly, Corporation Counsel for the city of Albany, laid out the other violations that had not been addressed by either party previously.

“Occupy Albany has been unable to reach consensus on authorizing one or more individuals to formally apply for a permit or execute a written agreement as requested by the city, and as required in the city code,” Reilly wrote to the group, which did not possess a special permit that he said was required for a 24-hour encampment of that size.

That letter came almost two weeks after state police arrested at least 80 protesters who had chosen to cross over into Lafayette Park, a state-owned park adjacent to Academy Park. Pursuant to Governor Cuomo, Lafayette Park has the same 11 p.m. curfew rule, but with the park on state land, it’s not the city’s decision to let occupiers slide.

“We are here to help the city. We were just following the law,” said Mark Cepiel, the Public Information Officer for New York State Police Troop G, the troop that responded when Occupy Albany made the move.

As protesters sang the Battle Hymn of the Republic at 11:30 p.m., state police, after three warnings, began arresting them in groups of three. That’s all they could fit in one state trooper vehicle at once. By 1 a.m., only a handful of protesters were left, including Colin Donnaruma. Charges were dropped against those arrested, thanks to District Attorney Soares, but not without deliberation.

“It didn’t come with the snap of a finger,” said Mark Mishler, a member of Occupy Albany, who, as an attorney, has also chosen to represent members of the group, pro bono, in court. He has taken clients with events ranging from the student occupation of the capital building last Spring to the peaceful cross-over into Lafayette Park.

The scene of the final eviction a month later was much different.

“Despite constant contact with city attorneys, an order to clear the park was presented to a judge for approval,” said David Banks, a member of Occupy Albany, on a blog post the day after the eviction, “We attempted to negotiate with the judge, but our compromises were roundly rejected.”

Twenty days after Reilly’s letter, the camp was torn down by occupiers with help from the city’s Office of General Services. Members of the Albany Police Department were present in case anything got out of hand, and it did, according to Donnaruma. When the last tent was left standing, occupiers formed a circle around it, blocking city workers from tearing it down. After police asked the protesters to disband, they turned around, lifted up the last tent, and marched it down Washington Avenue to City Hall, where Albany Police were already waiting with a blockade in front of the door.



After then carrying the tent down State Street and back up, they set it down at Academy Park for their last General Assembly there. They briefly discussed future meeting times and locations before police drove them out of the park and into the street, where one officer used pepper spray to force at least five protesters away from his horse, which was acting up in response to the surrounding chaos, Donnaruma said.

Almost a year later, Occupy Albany has still maintained a strong presence in the Capital District. The group made headlines in early November when they collected enough food, clothing, and toiletry donations for victims of Hurricane Sandy to fill a 10 feet long U-Haul truck. Donation checkpoints were set up at local supermarkets, shops, and Occupy Albany's current indoor headquarters at 472 Madison Avenue, across from Washington Park, about a mile away from their former encampment.

Since their origin in early October, Occupy Albany has received enough donations to afford renting the Madison Avenue storefront space for \$775 a month (utilities included) starting in February of this year. At its peak, the group received about \$10,000 in the month after their eviction, according to Donnaruma. Now, that number has dwindled to just a few hundred dollars per month, but Occupy Albany still has about \$3,000 in the bank. Those donations have gone toward everything the group has participated in, from renting the storefront, to sending protesters down to Occupy Wall Street, where events are held almost daily.

In Albany, the Occupy movement is less active. By day, volunteers usually stay at the office to provide information for anyone who happens to walk in. By night, the group holds meetings either for its entire membership or for specific subgroups called "working groups."

There are 20 of these working groups, which focus on issues ranging from direct actions of the group to promoting local artists in Albany. The group's four caucuses are separate from these subgroups as they involve working on issues specific to groups of people, including people of color, lower income people, etc. These caucuses and working groups usually meet once a week, or as often as their members agree. They then give full reports on their meetings to the General Assembly, which is held twice a week at 6 p.m. on Wednesdays and 3 p.m. on Saturdays.

Each General Assembly is broadcast live on the website UStream, where those videos are then usually stored for viewers who can not watch live. A General Assembly can last anywhere between 30 minutes to two hours, depending on the subject matter. The most recent General Assembly, for example, lasted close to an hour and a half so the group could reflect on their most recent direct action, titled "Occupy for Income Equality: A People's Assembly to Raise the Wage."

Minimum wage has been one of Occupy Albany's top issues since its beginning and with the 2012 legislative session coming up, the group is doing anything but settling on the issue. Despite there being no legislature to hear the group protest, Occupy Albany marched into the capital, through the security line, and straight to the War Room, a round room covered with paintings of historical war generals and murals relating to New York State. From the Washington Avenue entrance where the group entered the capital, the room is one flight of stairs and three hallways away, giving protesters plenty of time to shout chants among the high, echoey ceilings.

"We! are! the ninety-nine percent!" the group shouted. The chant has become a staple for the occupy movement with an implication that one percent of the nation owns 99 percent of the

nation's wealth, and vice-versa. Though the group does not align with any political party, the issues they work on mirror the liberal platform of the Democratic party.

Once stationed in the War Room, the group stopped and shared personal stories relating to minimum wage.

"This is my coat," one woman said, throwing a olive green, thin, cotton jacket to the floor. "This is the kind of coat you can get on minimum wage."

A mic-check is the final salute that seals each Occupy event. During a mic-check, everything one person says is repeated by the entire group so whoever is at the event can hear whoever is speaking, regardless of where they are. At the minimum wage rally, for example, the mic check went like this:

"Occupy Albany (Occupy Albany) and Occupy Wall Street (and Occupy Wall Street) denounce the inequity (denounce the inequity) of New York's tax policy!"

"It was a decent event," said Eyad Alkurabi, a member of the group who participated at the rally. Alkurabi has been involved with Occupy Albany since he helped mould the group at its beginning.

Before Academy Park was occupied, the group held meetings at the Community Arts Church on Grand Street. That's where Occupy Albany got started after someone created a Facebook event calling for a meeting at the church in response to Occupy Wall Street. The idea was that if a group of activists could come together in New York City, then the same could be done in Albany, according to Alkurabi. His main role at the meetings was to control the order of people speaking.

The meeting process is unlike most other meetings one would attend, such as a town board meeting or workplace meeting. First, the order in which people speak is decided through a progressive stack. The stack is to make sure that the same people are not doing all the talking, or more specifically the same kind of people. If white males ask to speak, they will be put in order behind people of color or females even if they requested a turn first. This is to help keep the conversation diverse, Alkurabi said.

While someone is speaking during the stack, there are specific hand signals that can be used to participate out of order. If someone likes what they hear, they wiggle their fingers toward the ceiling, and downwards for the opposite. An "x" formed by both arms indicates an extreme dissent where the participant believes the speaker's comments are out of line. Forming a "c" with one's hand, raising an index finger, or forming a triangle with both palms facing out, indicates a desire to clarify or inform the group in relation to the speaker. The group does not take a position on any issue without unanimous consent, and summaries of the meetings are always posted on the Occupy Albany website the day after.

If you were to attend one of these meetings, you would notice that Occupy Albany's headquarters on Madison Avenue is out of place from its surroundings. The storefront space is wedged in the middle of a block that, aside from a pub and cycling shop, is stuffed with two to four story apartment buildings. The windows of are covered with posters that spell out some of the group's goals, including, "We are the 99%!" and "Tax the rich!"

Like other storefronts, the door leading inside is surrounded by two windows that extend eight feet, ceiling to sidewalk. The white paint on the outside of the space is the same stark color that covers the room immediately inside, which only extends fifteen feet either way. A

chalkboard divided into a month-based grid, that shares one wall with two full bookcases, is devoted to dates and times of working group meetings, general assemblies, and direct actions. The other two walls are blank with the exception of abstract artwork and banners from the movement. Some are originals from when the group occupied Academy Park last Fall during the time when most Occupy groups were still camped out in public.

For now, General Assemblies are focused on future actions for the protest group, which for the moment only includes an ambiguous even planned for Jan. 6, "Occupy the Future." With \$3,000 in the bank and little donations, it's unclear whether a future exists for the group *to* occupy, but if the storefront space disappears, the group will refuse to go with it.

**Food Not Bombs: If the Air Force Had to Hold a Bake Sale**  
**December 2012**  
**Written for JRL308Z**

ALBANY --

The smell on Grand Street is like a breath of fresh air.

On Monday and Wednesday evenings, it's not the usual smell of burnt gasoline or the McDonald's just two blocks away. A specific aroma of collard greens blended with anything from ginger to curry powder meanders down the block and through the cracks of deadbolt-latched doors and storm-proof windows -- a sign that Food Not Bombs is cooking that night.

Inside a store-front community art space called The Furnace, Adam Baldwin stirs the base to a vegan gumbo. Wooden spoon in hand, Baldwin gradually adds flour to a pan of vegetable oil.

"It's a roux," He says, shouting in an unexpectedly gentle tone. At 6 feet 3 inches, Baldwin is an intimidating figure. In thirty years, he might look like Santa Claus, but for now his hair is an orange, chin-length mess that extends in any direction but down. Dressed in a simple black t-shirt and baggy, black cargo pants, Baldwin is always first to arrive at 5 p.m. on Wednesdays. He wears the same outfit every week and the patches of white and brown powder show it.

The sound of knife meeting wood echoes from the next room where Andre Carnes and Ryan Lennon prepare the vegetables. The cutting board is a crime scene of sliced reds and greens as tomatoes, peppers, and onions fall apart under the blade.

It's 5:30 p.m., and serving doesn't begin until 7 p.m. The work has just begun to provide a free meal for anyone who notices the broken, hinged restaurant sign in front of The Furnace. The crooked, uneven sidewalk reflects the community it is set in -- rows of broken buildings home to broken people looking for anything to make their lives less of a struggle. For some, even one meal that they don't have to prepare is enough to, at least, keep them going until next week.

But that's not why Food Not Bombs is there.

Food Not Bombs is a covert, anti-capitalistic organization operating on a global scale whose message is simple: governments should spend resources on feeding its people, not funding its wars. While the group is not militant in nature, its involvement in radical political agendas is familiar, most recently with the Occupy Movement.

"We've been advocating the strategy of occupying in a decentralized space using consensus for many, many years," said Keith McHenry, one of the eight people who founded Food Not Bombs 32 years ago in Cambridge, Mass. The group has since expanded to over 60 countries with more than 1000 operating chapters, McHenry said.

It started with a bake sale. Lawyers aren't cheap, and in 1980, that was the only fundraiser that eight activists could think of to pay for their friend's legal expenses after he was arrested for occupying the Seabrook Nuclear Power Station. At the end of a particularly unsuccessful day, the group was ready to give up when they found a poster in a nearby dumpster.

"Wouldn't it be a beautiful day if the schools had all the money they needed and the air force had to hold a bake sale to buy a bomber?"

That's the idea that shaped the name and idea of Food Not Bombs. That night, they bought used military uniforms from a local Army Surplus Store and wore them during the next day's bake sale. With the poster draped on wooden stakes behind them, the group attracted more attention in their uniforms, and consequently more profits. Their friend's lawyer was soon paid for, but it didn't end there.

On March 26 of the next year, the group had its first official meal at noon outside the Federal Reserve Bank of Boston during a stockholder's meeting. It was rumored that the bank's Board of Directors had placed an interest in buying the property that gave Food Not Bombs its name: the Seabrook Nuclear Power Station.

In protest of what the group's website says was a bank whose "policies were similar to those of the banks that caused the Great Depression", they ate soup made from food that the Bread and Circus Natural Grocery in Boston could no longer sell -- a concept that would become a staple of Food Not Bombs chapters around the world. Two years later, everyone but Keith McHenry gave up on the organization.

"I think, really, they just got burnt out," He said. During those two years, the group had focused primarily on helping to organize a protest in New York City against the Cold War nuclear arms race, and the efforts paid off. About one million protesters showed up that day for what has been considered the largest protest in the history of New York City, McHenry said. It was so widely recognized beforehand that it drew in big names, including Bruce Springsteen years before he won his first of 20 Grammy music awards.

McHenry now lives out of his van in Taos, New Mexico. After losing three jobs in 10 years, his life is centered around traveling for and speaking about Food Not Bombs. He does everything from helping to set up new chapters, to maintaining the Food Not Bombs website thanks to help from international donors. On the home-front, he's beginning to organize a set of workshops for beginning organizers on how to start and maintain local chapters. For the month of December, though, his plans are south of the border.

"There's a huge movement there right now," He said, referring to the sudden surge of Food Not Bombs chapters in Mexico. "So, I'm going down to help set things up and train organizers."

It's been 12 years since the Albany chapter was at that step, according to Matt Davidson. Davidson leads Monday nights for the group, when meals are transported from The Furnace to the Social Justice Center just over a mile away, uptown.

The Social Justice Center is right by the corner of Central Avenue and Henry Johnson Boulevard -- an area of the city with more traffic and more exposure. The smell of Indian Food from the restaurant left of the center overpowers the vegetarian dishes from Food Not Bombs, but for an average of \$10 more per meal.

On warm days, food is served across the street from the center in Townsend Park, the small, triangular area between where Central, Washington, and Henry Johnson all intersect. There is always an indication of where food will be served.

Downtown, at The Furnace, that indication is a wooden, hinged restaurant sign with a green, chalkboard face. In white, the words "Free Brunch!", and the sight of five or so people

scurrying around with knives, pots, and pans are the only way of knowing that “brunch” is being served.

Before The Furnace, Food Not Bombs only served once a week at the Social Justice Center with cooking at whosoever apartment was available that night. Once Matt Jager opened the space in 2009, Food Not Bombs jumped on the chance to serve twice a week, but kept Mondays at the Social Justice Center to continue their presence in that community. The Furnace has attracted a new subscription to the group, including a new slew of volunteers on Wednesdays.

Though the entire four story building is owned by Jager, who made headlines this year after opening the first distillery in Albany since prohibition, only the bottom level is active in the community. Donations from supporters and rent from the upstairs tenants pay the mortgage and utilities. Five steps lead down into the space, which resembles the three small, identical apartments above it.

The front of the Furnace looks like any other storefront. To the left of the door is a large glass window painted with steam twice a week, showing blurs of colors fading in and out while figures walk through the room.

The paint on the white door leading into The Furnace is chipping and scuffed brown with the history of countless visitors to the art space. The door opens into a room no more than 15 feet either way. The old, hard-wood floors are covered in a thin layer of dirt, though you wouldn't know unless you touched them. The left wall is lined with shelves that are filled with anything from art supplies to old kitchen appliances. To the right is a counter covered in green vinyl.

A decade-old Dell desktop computer sits in the far right corner. A mellow reggae beat leaks out of its speakers below the rumbling conversation between volunteers who sit at a white, plastic fold-out table in the left of the room. Various vegetables are laid out beside a cutting board where they meet their fate just moments later.

Though the walls are white, they are decorated with artwork. Most of it is handmade -- paint or markers on small pieces of canvas or plain, white paper. One poster says “Grow Everywhere” in bold, capital letters and shows leaves growing out of a toilet. Another sign hangs above the entrance to the kitchen and reads comically “If you hit your head on this, please walk on your knees.”

Given that you're not injured on your way in, you'll notice the the kitchen is painted half strawberry red and half tan. Blue painter's tape is still on the edges of the red walls that were painted just six months ago.

The charcoal, laminate countertop is riddled with bottles of spices and sauces. Everything but the actual produce is either purchased by members of Food Not Bombs or with money from donations. Fruits, vegetables, and sometimes dairy products have been donated by the Honest Weight Food Co-op since the group's beginning.

“The goal is to get food into the hands of those lacking it,” said Lily Bartels, a representative from the co-op. According to Bartels, the co-op has several channels to get leftover food to the needy and Food Not Bombs is just one of them. Both Adam Baldwin and Matt Davidson work full-time at the co-op themselves, so arranging food pickups hasn't been a challenge. According to Bartels, though, once the food leaves the co-op, it's no longer their business.

“Honest Weight's providing these donations in no way implies knowledge of, agreement with, or support for any political agenda associated with a group involved in distributing the food,” She said, and for Albany, the political agenda is not such a huge deal. It’s more about the communities and people that benefit from the service.

Since 2001, a man named John has been coming to Food Not Bombs for a hot meal and time with the people who he now calls his closest friends. Six years ago, he retired from a life in telecommunications for New York State, and the bags under his eyes show it. Now, he collects and sells books and toys online, but not for extra cash. All of his proceeds go straight to Food Not Bombs.

He’s never gone to Food Not Bombs to help others, but there was one time in particular where he felt they made a difference.

Three generations of women came into the Social Justice Center: three girls under the age of 10, their mother, and their grandmother. None of them spoke English fluently, but knew that the food was free for anyone who came in.

“The kids just inhaled the vegetables,” John said. “I’ve never seen kids do that.”

And he laughed, and everyone around him laughed, because for Albany, that’s what Food Not Bombs is about. It’s about making people feel welcome and safe in a city, or world, where they can’t catch a break. Adam Baldwin has gone as far as letting a fellow volunteer live with him after he was kicked out of his previous apartment.

He can’t complain about the cooking, though. Baldwin’s dishes usually draw in dozens, but not for their quality. Aside from being free, meals are always vegetarian with a vegan and gluten-free option. In Baldwin’s mind, even a crumb of bread on a gluten-free cutting board could ruin the night’s meal. He’s committed to providing options for everyone, and he always sits down to eat last during meals designed to feed crowds of anywhere between 15 and 30 people twice a week.

Five years ago, Baldwin worked on a friend’s campaign for city council. He wore a button-up shirt and slacks to volunteer. The only part of Baldwin’s wardrobe that has gone unchanged are his set of small, circular, wire-framed glasses. Despite the time it takes away from his life, he says he enjoys every night he cooks for Food Not Bombs. The same goes for Matt Davidson, but with some more reluctance. He has been with Food Not Bombs for six years to provide food for everyone from families on nights where the wind chill is below 20 degrees to Occupy Albany protesters during their entire two month occupation.

“Sometimes it feels like an obligation. Sometimes I drag my feet saying ‘I don’t want to do it tonight’,” He would often look around the room and notice people of all ages: homeless people, business people, college students, etc. and take gratitude in their solidarity.

“But then I go,” He said, “and I always have fun.”

## **Higher Education Public Hearing Write-up**

**February 2012**

**Written for New York StateWatch (Using the StateWatch Story Template)**

ALBANY -- (02/01/12, 9:30 a.m. Hearing Room B LOB)

The Legislative Committees on Higher Education met this morning for a Joint Budget Hearing in response to Governor's Cuomo's budget, proposed Tuesday, January 17th. Chair Farrell; Senators Kennedy, Stavisky, Krueger, DeFrancisco, LaValle, and Rivera; and Assemblypersons Crouch, Glick, Lupardo, Cusick, Duprey, Losquadro, Cook, Aubry, Peoples-Stokes, Barron, Miller, Katz, Jaffee, Scarborough, Hooper, Boyle, Heastie, and Colton.

Chancellor Nancy Zimpher presented for SUNY, Chancellor Matthew Goldstein presented for CUNY, and John King presented for the NYS Dept. of Education while Executive Vice President Elsa Magee of the Higher Education Services Corporation (HESC), Executive Vice President Andrew Pallotta, Dr. Barbara Bowen, and Dr. Phillip H. Smith of New York State United Teachers (NYSUT), President Laura Anglin of the Commission on Independent College and Universities, Christopher Barto and Susan Cumoletti of the Association of Proprietary Colleges, Kathleen Jordan of the New York Public Interest Research Group (NYPIRG), Kaitlyn Beachner of the SUNY Student Assembly, Jackie Hayes for New York Students Rising (NYSR), and Liliete Lopez, Luis Gutierrez, Steven Rodriguez, and Harold Hershman of the Student Senate spoke on behalf of their organizations.

Chancellor Zimpher began the meeting by thanking the legislature for passing NYSUNY2020, the new rational tuition planned passed just last session. She said that the law has created 326 new jobs, including 192 faculty jobs as a result of redistribution. According to Zimpher, NYSUNY2020 provides access to students while guaranteeing them a quality education.

However, Zimpher also mentioned that she was not resting on the accomplishments of the previous year. She is planning on consolidating services on campus to save money. According to Zimpher, this reduction of cost and increase in productivity will lead to more funds to provide greater access and instruction. Zimpher also mentioned that she plans to align all SUNY Information Technology systems to increase productivity, and have it up and running by 2014.

"We need to have a conversation about capital," Zimpher said as she stressed that while the budget includes a maintenance of effort, the SUNY Hospital budget is still too low for the services it has promised to provide, such as low cost healthcare and open clinics. Mentioning community colleges, Zimpher noted that she would like to see more state contributions, and less of a burden on students.

Zimpher concluded by mentioning that she would like to continue the partnership she, and SUNY, have had with the state government.



Starting with questions, Assemblywoman Glick mentioned how the merging of hospitals downstate could harm services that have been vital to surrounding communities. Zimpher said that while she is concerned, these mergers will ultimately save money while maintaining service. In addition, Zimpher also explained that SUNY has been a leader in expanding access by promoting online education.

Glick also questioned the allocation process of SUNY, to which the Chief Financial Officer that was present responded that they intended to have a wide, open conversation to appropriately allocate funding and cuts.

Assemblyman Crouch agreed with Zimpher on community colleges, saying that the legislature needed to “be very mindful of that.”

When Crouch asked how Zimpher has kept community college costs down, she admitted that cuts had been made to maintain student cost, and that programs were being capped, if not cut, due to low allocations.

Costs toward remediation at early college levels was a key issue at the hearing. According to Zimpher, 40-50% of community college students are deemed unready for college level work when they enter college. Altogether she says SUNY spends \$70 million on remedial courses annually, and she intends on working with leads in primary and secondary education to create programs that better prepare students for college. Concerns over readiness for college were brought up by Senator Stavisky, Senator DeFrancisco, and Assemblyman Miller.

Assemblywoman Barron, who voted against NYSUNY2020, was concerned about minority students who were not enrolling in school because of the previous year’s tuition increase. When prompted to provide enrollment rates, Zimpher stated that enrollment rates are actually up from recent years. Zimpher also noted when asked that SUNY does not have any plans for differential tuition, tuition that is different for certain programs.

Private-public partnerships were also a hot topic, when Assemblyman Katz mentioned how the state was voting soon to allocate \$450 million to the College of Nanoscale Science and Engineering of SUNY Albany. Intellectual property was the issue, wherein Katz was concerned that revenue from new ideas would not come back to the state because the private companies may come up with them with students and SUNY faculty. According to Zimpher, the profits and intellectual property created would belong to whoever created it.

“We’ve made sealing the [education] pipeline a priority,” Zimpher said as she explained how SUNY was working to keep diversity a priority. Zimpher also stated that community colleges were at their enrollment capacity, and that services would continue to be cut if more funding was not allocated.

CUNY Chancellor Matthew Goldstein began by emphasizing that CUNY was experiencing record enrollment. According to Goldstein, CUNY is seeing an increase in two extremes of incoming students: students with extremely high test scores and grade point averages, and students with extremely low test scores and grade point averages. Veteran enrollment is also on the rise.

He also noted that more financial aid and on-campus childcare facilities were needed as 38% of CUNY students come from households with incomes under \$20,000.

In response to a question about student-faculty ratio by Assemblywoman Glick, Goldstein responded by saying that an accurate number was not available, but that while full time faculty has increased, enrollment has increased much faster. This enrollment includes an increase in disabled students and online students.

Remediation was also an issue with CUNY. According to Goldstein, one function of community colleges tends to be remediation. When Assemblyman Miller asked if CUNY could become more involved in high schools, Goldstein replied by stating CUNY was already extremely integrated in 12 high schools, which was soon to be 15.

John King from the NYS Department of Education presented on a few simple priorities for the Department toward Higher Education. He placed an emphasis on an urgent need for remediation in colleges statewide. However, he also noted that students who were forced to take remedial courses were less likely to complete college.

King also said that the Department would like new teacher evaluation assessments to better prepare them to teach, and also supports the Educational Equity for Dreamers Act, an act supporting access to higher education for undocumented students.

Glick began the questions by stating that there would most likely be a separate hearing solely for remediation to see what the state could do about college readiness. Senator DeFrancisco said that college readiness could very well be the fault of the parents of these students, and not necessarily that of teachers or the curriculum.

Senator Krueger asked how colleges were evaluating when students were ‘life ready’ after college, to which King answered by saying that colleges did not have such an evaluation and that an evaluation like this should be developed.

Assemblywoman Duprey was concerned about children with mental disabilities advancing to college, saying that “not all students fit in a box.” She suggested that other ways be developed to determine a student’s readiness for college other than having them pass five regents exams.

Elsa Magee from the Higher Education Services Corporation gave a basic rundown of the services HESC provides, such as federal loan and TAP (Tuition Assistance Program) distribution.

According to Magee, there is currently \$2 Billion owed in loans by current students and former students.

Senator Stavisky asked Magee how the legislature and HESC could make NYHELPS, the state-sponsored student loan program, more accessible and noticeable. Magee said that HESC was working with colleges to make students more aware of NYHELPS. Magee also noted to Stavisky that HESC has been able to conform to the increasing demand for TAP and student loans.

Senator Krueger said it was important to find out what real numbers students are facing in terms of loan debt because according to her, in reference to the legislature, “we don’t even know how big the problem is.”

Groups beyond the previous four were straightforward with what they wanted from the state, as far as funding.

Members of NYS United Teachers (NYSUT) emphasized how since 2008, \$1.7 billion has been cut from public education in New York. Consequently, students have begun funding over 40% of operating costs on their campuses, statewide. These budget cuts have also resulted in larger class sizes, due to a cut in educational services.

NYSUT also stressed how important funding SUNY Hospitals is for the areas they serve because their patients tend to be low-income citizens who benefit from less expensive services.

NYSUT requested that the state allocate at least \$25 million to rehire recently cut full time faculty, and also restore funding for SUNY Hospitals.

NYSUT concluding by reminding the committee that thousands of students are left out of TAP, and that “20 years of disinvestment is too long.”

Assemblywoman Glick was concerned about the amount of adjunct faculty in schools, which have actually become the majority over full-time faculty. Members of NYSUT responded by saying that having an adjunct professor has not reflected negatively in students’ grades and that paid office hours to ensure student success are available to adjunct faculty in CUNY schools, at least.

Laura Anglin from the Commission on Independent Colleges and Universities requested that the state pay close attention to TAP, as students from private colleges also tend to depend heavily on it. She also noted that 61% of Bachelor’s degrees come from private schools, and was disappointed to find that certain financial aid programs, such as STEP, CSTEP, and the Liberty Partnership program, had been discontinued.

Anglin also noted that, unlike SUNY, tuition rates in private colleges have only grown 4% in recent years, and have tended to level out recently.

Representatives from the Association of Proprietary Colleges had the same goal of restoring TAP, stating that after TAP was cut , their enrollment immediately decreased. Proprietary schools are non-traditional schools that usually train for specific career industries, such as business, or the fashion industry.

Kathleen Jordan from the New York Public Interest Research Group explained NYPIRG's stance on NYSUNY2020, stating that they were against rational tuition, and tuition increases in general. According to Jordan, NYSUNY2020 is the state "pushing its problems onto the backs of students." NYPIRG would like to see NYSUNY2020 repealed and have TAP restored as well.

Kaitlyn Beachner from the SUNY Student Assembly said the opposite, stating that the Assembly supported the rational tuition plan, but would like to see more state aid. According to Beachner, the state is legally obligated to provide at least 40% in state funding toward schools, which they are currently not living up to. She said that she, and the Assembly, want the students of New York to lead rebuilding the economy. According to her, "we both want New York to be the heart that pumps innovation and technology into the world."

Jackie Hayes, from New York Students Rising, a student-run advocacy group, began by saying that "it's a sign of depressing times that we can be happy that we're not getting cut." Hayes laid out NYSR's demands by clearly stating that they wanted a tuition freeze, more student input in the budget process, and the repeal of NYSUNY2020.

Members of the University Student Senate concluded by stressing the importance of specific programs in public schools, specifically to CUNY. These programs included the sciences, that, according to members, help expand technological innovation in New York and access to colleges for students with disabilities. This access depended on programs, but also on a much-needed refurbishment to facilities, that are currently not handicapped accessible.

Dan Clark/New York StateWatch

**You Forgot the Milk**  
**Written for JRL 499**  
**February 2013**

You forgot the milk.

You packed your canvas, re-usable tote bags, drove your 13-year-old Oldsmobile to the closest grocery store (five miles away), spent just over \$113 on food that your roommates will eat before you, and forgot the milk.

We've all been there. It's that "Oh, crap!" moment right after we've made a mistake that triggers an immediate sensation of regret. Within seconds, our emotions quickly turn from regret to shame, anger, or even humor depending on the situation. We decide what to do next, and then we move on. This is all thanks to a part of the brain no larger than the yolk of a chicken egg: the orbitofrontal cortex.

This is the part of our brain that turns us into puppets of our own emotions, according to researchers from University College London. Aside from shame and regret, emotions associated with decision making also come from this noggin nugget. It's the real-life version of the devil and angel on our shoulders. It helps us tread through bad decisions, and sometimes fails to help us avoid them.

It's not all bad, though. The orbitofrontal cortex also gives us that tingly, tummy-tickling feeling of reward from a job well done. That's according to an article by Edmund T. Rolls from the University at Oxford, who says in the same passage that this interestingly inter-cranial entity is also to blame for letting us know when to eat and what to remember. According to Rolls, there are times when one thought does not connect with another and suddenly -- we've forgotten the milk.

It's what happens after the muddled milk memory where we start to take control of the situation, according to researchers Jason S. Moser and Hans S. Schroder from Michigan State University's Department of Psychology. In September 2011, Moser and Schroder released a study that divided humans into two very distinct types of people: those who learn from their mistakes and those who do not. The study, which gave participants a repetitive task that they were almost guaranteed to eventually mess up, linked brain response to one's knowledge of intelligence. In most cases, if a participant thought that intelligence was fixed and unable to change, they would not correct their mistake after they made it. These are the people who think that, regardless of how we prepare ourselves for the future, we will make the same mistakes. They are the same people who, after forgetting the milk, would not begin a safety net procedure, like keeping a datebook or writing a grocery list.

According to an article by Linton Weeks on the National Public Radio's website, lists are a solution, among many, to taming our inner puppeteer, the fickle orbitofrontal cortex. Lists help us organize our thoughts into one central location where they can, then, not escape. Once down on paper, those thoughts can not be overlooked by the orbitofrontal cortex, nor can they be discarded into a corner of our brain where we store other information of the same variety, like which foods we're allergic to, or where our dentist's office is. Lists give us an end to the means that make up our memory. They create a finite space where we can add, but not subtract unintentionally.

Lists are so common that, most of the time, they are overlooked, themselves. The list on a student's syllabus organizes their assignments so that they do not have to rely only on their memory. Your schedule at work is a list that organizes the time that you'll spend there, and elsewhere. The ingredients on the back of your cereal box in the morning is a list that helps you realize exactly what you're putting into your body, and maybe if you're lucky and your orbitofrontal cortex lets you, it will help you remember the milk, too.

## **Milk Prices Could Double By New Year**

Aired on YNN 10/01/2012

<http://capitalregion.ynn.com/content/602539/milk-prices-could-double-by-new-year/>

[[SS]]<sup>1</sup>

The price of milk could be going up...

[[ON CAM]]

and could even double by the first of the year if Congress doesn't come to an agreement on a new farm bill.

[[VO]]<sup>2</sup>

The 2008 farm bill has expired and that means pricing for milk will revert back to laws from the 1940's. Those laws would put milk at thirty-eight dollars for 100 gallons of milk - that's compared to the about 18 dollars for one hundred gallons of milk farmers currently see.

The public policy director for the New York State Farm Bureau says something needs to be done to get a farm bill passed.

[[SOT]]<sup>3</sup>

((Julie Suarez, New York Farm Bureau))

"The real thing is that farming in the farm bill should not fall victim to national politics. And it's a very important bill, not just for farmers in the state of New York, but also the consumers and that's why we're so concerned that the farm bill has not been adopted this year."

[[VOPAD]]<sup>4</sup>

Republican leaders in the House of Representatives have said they will not vote on a new farm bill until after elections in November.

[[END]]

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<sup>1</sup> SS = Story Starter

<sup>2</sup> VO = Voiceover

<sup>3</sup> SOT = Sound On Tape

<sup>4</sup> VOPAD = Voiceover added to the end of a SOT

## **Lead to Capital Tonight's Paul Brown in Dallas, TX**

Aired on Capital Tonight (YNN) 04/25/13

<http://capitalregion.ynn.com/content/659669/paul-brown---04-25-2013/>

[[VOSASH]]<sup>5</sup>

[[ON CAM]]

Welcome back to Capital Tonight.

Former President George W. Bush unveiled his presidential library today in Dallas.

The collection takes visitors through his two terms as President through a collection of items and features.

This comes after a CNN poll, yesterday, showed that more Americans now consider his time in office a success.

Bush was also joined, today, by the four other living presidents for the library's opening ceremony.

[[BUSH SOT]]

"It honors the cause we serve and the country we share. For eight years you gave me the honor of serving as your president, today I'm proud to dedicate this center to the American people."

[[GUEST]]

We are joined now by Paul Brown - host of Capital Tonight at our sister station in Austin, Texas.

Hi Paul

## **Lead to Assemblyman Mark Johns Interview**

Aired on Capital Tonight (YNN) 04/23/13

<http://capitalregion.ynn.com/content/659065/mark-johns-interview-04-23-13/>

[[ON CAM]]

Welcome back to Capital Tonight.

Since bribery scandals swept the legislature early this month, several ideas have been proposed to reduce corruption at the capital.

Among these is campaign finance reform and term limits, both issues that the Governor has been outspoken on.

While he wants to see public financing pass this year, he is against enacting term limits.

My next guest is sponsoring a few bills, one of which would create term limits for both chambers.

[[GUEST]]

Assemblyman Mark Johns joins me now to talk more on these issues.

Thanks for your time.

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<sup>5</sup> VOSASH = Beginning animation with voiceover



**Lead to the Insiders -- Capital Tonight's Weekly Discussion With Albany Veterans**

Aired on Capital Tonight (YNN) 04/09/13

<http://capitalregion.ynn.com/content/655004/the-insiders/>

[[ON CAM]]

Welcome back to Capital Tonight.

Despite no session last week, it was still busy in the world of New York State politics.

After two scandals broke in one week, we brought you coverage on past scandals and possibilities for the future.

One week since state senator Malcolm Smith was arrested, the Governor held a press conference, today, outlining new legislation that would help district attorneys during these situations.

[[ANIM]]

Here to talk with me about what's been happening are the insiders, Albany veterans who join us each week to talk policy and politics.

[[GUEST]]

Joining me tonight is Steve Greenberg, who worked with two Assembly speakers before becoming president of Greenberg Public Relations and a pollster for Siena.

[[GUEST]]

Bob Bellafiore joins me tonight from Buffalo. He worked for former Governor George Pataki and is now the head of Stanhope Partners.

**Lead to Package by Bill Carey About a Company in Auburn, NY**

Aired on Capital Tonight (YNN) 03/28/13

(No Link)

[[ON CAM]]

Cayuga County may soon be seeing some job growth.

That's according to state comptroller Tom DiNapoli, who issued a release today announcing that a private investment firm has now got its hands on a local Auburn company.

Thanks to the state's private investment program with the Common Retirement Fund, the company may now receive a boost, but that depends on the stock market.

Our own Bill Carey has more on this story.

**Tease to Interview With Kerry Kennedy**

Aired on Capital Tonight (YNN) 03/07/2013

(No Link)

Interview: <http://capitalregion.ynn.com/content/645407/kennedy-and-iannuzzi-interview/>

[[ON CAM]]

We will turn our attention back to state politics after the break...

[[VO]]

when Kerry Kenedy and NYSUT president Dick Iannuzzi join me to discuss a 40 hour fast and how it relates to New York's farm industry.

That's straight ahead on this edition of Capital Tonight.

[[END]]

**Tease to Interview with State Senator Diane Savino**

Aired on Capital Tonight (YNN) 02/26/13

(No Link)

Interview: <http://capitalregion.ynn.com/content/642781/diane-savino-interview/>

[[ON CAM]]

Could this be the year for medical marijuana?

[[VO]]

That's what we will ask Senator Diane Savino after the break when she explains why her involvement with Senate Republicans could push the issue forward.

That's straight ahead on this edition of Capital Tonight.

[[END]]

## State of Politics, Capital Tonight's Blog Posts

<http://capitaltonightny.ynn.com/>

### Tom Gais Interview - April 25, 2013

<http://capitaltonightny.ynn.com/2013/04/rockefeller-institutes-dr-tom-gais/>

State tax revenues increased by 5.2 percent in the fourth quarter of 2012, but according to the Rockefeller Institute in Albany, that doesn't mean that communities have fully recovered. A [report published yesterday by the Institute](http://www.rockinst.org/newsroom/revenue_reports/2013/2013-04-24-SRR_91.pdf) suggests that this increase may be what they call a "false prophet." Director of the Institute Dr. Tom Gais unravels what the numbers say and what effect they have for municipalities in the state.

### Paul Brown Talkback - April 25, 2013

<http://capitaltonightny.ynn.com/2013/04/george-w-bush-presidential-library/>

It's been five years since George W. Bush left office, but you can now relive his presidency if you ever find yourself in Dallas, Texas. The president announced the opening of his presidential library today -- a collection of items and features that guide viewers through both of his terms in the Oval Office. He made the announcement today to a large crowd while joined by the four other living presidents and important figures during his presidency like Dick Cheney and Condoleezza Rice. Our own Paul Brown from Capital Tonight in Texas talks more on today's ceremony.

### Billy Easton Interview - April 28, 2013

<http://capitaltonightny.ynn.com/2013/03/aqes-easton-on-education-aid/>

An increase in school aid in this year's budget won't save some districts from making cuts, but it will certainly offer some relief to struggling districts. This [5.3% increase in school aid](http://www.cbcny.org/cbc-blogs/blogs/big-aid-increase-schools) has gained supporters, including the Alliance for Quality Education, which is praising this year's budget in comparison to recent years. Executive Director Billy Easton from the Alliance explains the benefits of this aid increase and what it means for students.

### Bob Reidy and Adele Bocard Interview - April 18, 2013

<http://capitaltonightny.ynn.com/2013/04/nyscsss-reidy-and-webster-schools-super-bovard-on-new-common-core-standards/>

The implementation of new Common Core standards have promised harder tests for New York's students, and some parents are not taking the change lying down. Some have pulled their kids out of taking the new tests, which span from grade levels three through eight. This comes after some districts have said that they have not had enough time or materials to prepare for the harder curriculum. Regardless of the challenges, school districts can not cancel or opt out of the test themselves. Executive Director Bob Reidy of the NYS Council of School Superintendents and Superintendent Adele Bocard from the Webster Central School District explain how these new standards are affecting districts and their students.

## EXPERIENCE:

### Time Warner Cable News — Albany, NY [Capital Region]

#### Producer (January 2012 — Present)

Produce news content to run on the only 24-hour news channel in the Capital Region. I write scripts for anchors to read, manage reporters, and set up operations to deliver news content, such as live reports.

I also take all stories that we record and use them to build each hour's "show."

### YNN (Your News Now) Albany, NY [Capital Region] — Time Warner Cable

#### News Intern (September 2012 — December 2013); Capital Tonight Intern (January 2013 - May 2013)

Gained experience working with Dalet News Suite writing scripts, voiceovers, VOSOTs, and reporter packages. Shadowed reporters and had the opportunity to interview people for stories that aired and cut video on deadline to go live. Also participated in news story planning.

### New York StateWatch

#### Legislative Correspondent (January 2012 — June 2012)

Observed New York State Assembly and Senate, took notes, including what legislation was talked about, what was said, who was there, etc. This information was composed into a hard news story, and relayed to lobbyists and executives as a legislative reporting and information service on New York State politics.

### SUNY Research Foundation

#### Research Assistant (June 2012 — September 2012); Teaching/Research Assistant (September 2013 — December 2013)

Researched the treatment of LGBT individuals by their country's governments and coded that information using Microsoft Excel. Research techniques ranged from reputable internet sources to newspaper archives. This information was to be used for a study outlining how LGBT rights have evolved in recent decades, or how they have not in the case of some countries.

## CAREER RELEVANT ACTIVITIES:

### • National Geographic Channel (Storyhouse Productions)

Production Assistant for the "Sasquatch Planet" episode of international series "Paranatural" (May 2012)

### • ATV (Albany Student Television)

On-Air Personality and Field Reporter (September 2010 — Fall 2012)

### • ASP (Albany Student Press)

Contributing Writer: Environmental and Political Concentration (Spring 2011 — May 2014)

### • NYPIRG

Member of the state-wide Board of Directors, Media Team Leader, & Higher Education Project Leader (Fall 2010 — Fall 2012)

## SKILLS:

- Professional video editing with Dalet, Final Cut Pro X, Adobe Premiere Pro, Final Cut Express, iMovie '11, and Windows Movie Maker
- Professional audio editing with Audacity, GarageBand, and Adobe CS5.5
- Video recording with both professional video camcorders and DSLR cameras
- Audio recording with mobile audio recorders, various microphones, and wired devices
- Correct use of Broadcast News writing style, AP Writing Style, and basic HTML Word Processing
- Interactive web design with Adobe Dreamweaver and Wordpress
- Skilled in Adobe Photoshop, Microsoft Office, iWork, and OpenOffice on all Windows and Mac OSX Operating Systems

## EDUCATION:

### • University at Albany (Class of 2014)

Bachelor of Arts

Majors: Journalism and Documentary Studies; Minor: Political Science

### • Broome Community College (FastForward Program — Spring 2009 & Fall 2009)

Cumulative GPA: 4.0

### • Afton Central School (Class of 2010)

Valedictorian; High Honor Roll 2004 — 2010

## REFERENCES:

- Bryan Terry, *Capital Tonight*, Producer  
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- Julie Casper Roth, Documentary Film Producer  
[julie.casper.roth@gmail.com](mailto:julie.casper.roth@gmail.com)
- Laurie Malfer, *Skechers USA*, Former Store Manager  
(518) 578 - 7353