

Community College

CAMPUS NEWS

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Can college be addictive?

Darren Johnson
Campus News

The reality hit me all at once a few months ago: There are thousands and thousands of people addicted to college. How could I have not seen this sooner? I've been around college students for a long, long time.

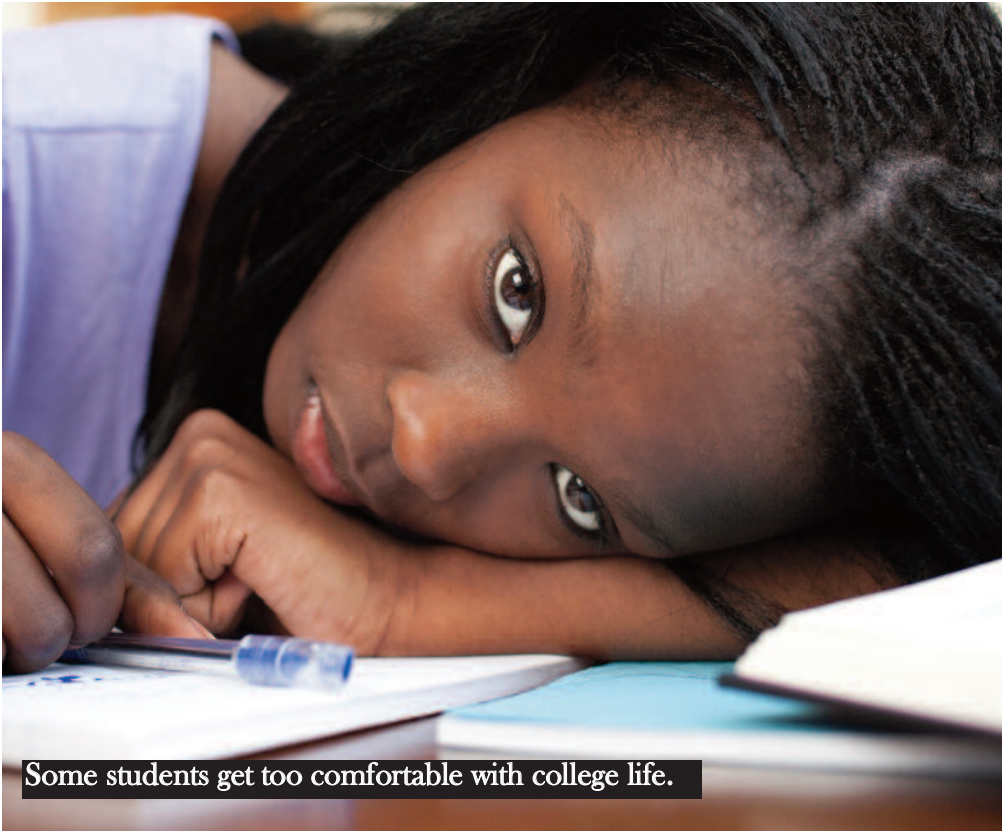
Perhaps my epiphany was similar to what happened in the movie "They Live." Once the Roddy Piper character put on a special pair of sunglasses, he saw that space aliens were all around him.

The idea of college addiction does seem alien to me, a person who had to pay bills and finish college asap, but I put the idea on the site Profnet (which hooks up experts with journalists) and most of the expert responses did say college can indeed be an addiction.

My epiphany came when I had to hire a temp. The agency had scheduled someone for me. She didn't show Day 1. Day 2, she did show, had some crazy story of a car accident, and I forgave the no-show.

But she had all the mannerisms of the people I'd see streetwalking when I lived on Main Street in Riverhead, NY. Thin, a bit hunched over, weird gait, shaky, little eye contact with eyes that quickly darted away when approached.

Great, the temp agency sent me a crack-head, I thought. But, after awhile, I learned that she was a Master of Fine Arts in Creative Writing student. Hey, I have an MFA in Writing, I thought. I figured maybe



Some students get too comfortable with college life.

there'd be a kinship.

"We can talk about the MFA, tomorrow," I offered. "I know a lot of people think it's a lousy degree, as so few people with one actually get a related job or land a book deal, but I can give you some ideas as how to make yourself marketable with an MFA."

"Well, actually I already have one MFA," she clarified.

"Then, why are you in an MFA program now?" I asked.

"That MFA is in Fiction," she said matter-of-factly. "Now I'm getting an MFA in Poetry."

She didn't show up the next day, either. Some other excuse I had no time for. Really, she was not interested in working, or learning how to find a job as an MFA grad. She already had a job – student.

The utter ridiculousness of someone getting a second MFA in a field one could

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Good Humor wasn't always jolly

Jorge Valens
Scripps Foundation Wire

Ice Cream giants Good Humor and Popsicle are best known for their sweet, frozen ice creams and treats. But in the 1920s, they fought a bitter legal war over who could put their frozen confections on a stick.

Harry Burt created the first Good Humor Bar by putting a stick in a chocolate covered ice cream bar and marketing it as a clean way to eat ice cream. Burt patented the process and machinery required to make the Good Humor Bar but was not awarded a patent on the product itself.

Then Popsicle put a stick in what's still officially called a "frozen water ice."

That's when Burt sued.

The story of this legal battle was not found in history books or newspapers. It was hidden in a records room stacked floor to ceiling with boxes at the National Archives and Records Administration in Philadelphia,

Pa., said Jefferson Moak, senior archivist for the National Archives' Mid-Atlantic Region.

Moak discovered this bitter battle while replacing some of the aging boxes and decided to make this "eureka moment" an area of research.

"You never know what you'll find in the boxes," he said.

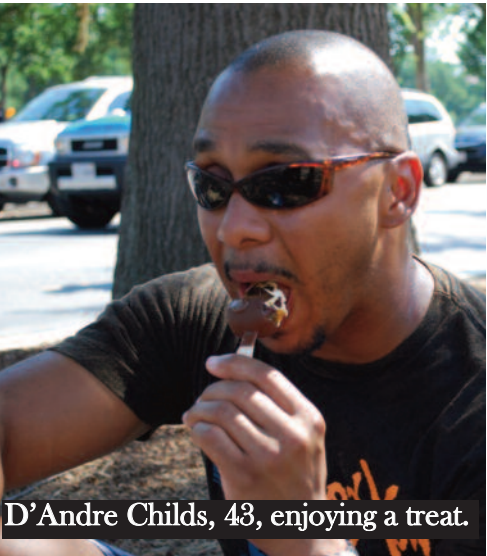
Moak, lectured in July on the patent-related legal disputes between ice cream manufacturers during the early 20th century.

After several court battles, Good Humor and Popsicle came to an agreement in 1925 to split the market, Moak said.

Good Humor would only make ice creams and custards in a rectangular shape, and Popsicle only would produce water ice, flavored syrup and sherbet confections in a cylindrical shape, he said.

Moak said the ice cream industry was "large and growing" in the 1920s. He said this was due to advances in refrigeration and ice cream's exemption from the sugar rationing during World War I.

But in 1932, the agreement dissolved as a result of Popsicle's "Milk Popsicle," a chocolate-coated, frozen milk pop that had a



D'Andre Childs, 43, enjoying a treat.

shape and price similar to a Good Humor bar of the time called the "Cheerio Bar."

"This is what enraged the Good Humor folks to no end," Moak said.

Popsicle said the Milk Popsicle was sherbet, not ice cream, but the industry's failure to set a definition of what sherbet should be made of caused the agreement to fall apart.

A Delaware judge ruled that Popsicle violated the agreement because the Milk Popsicle was a milk-based product. An appellate

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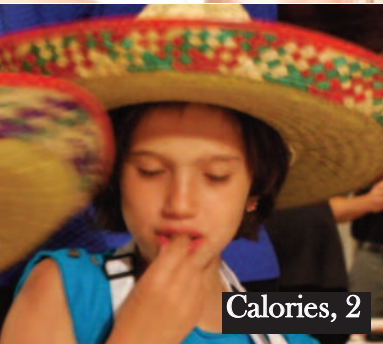
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Letter from the publisher: ‘World ending? Cool!’

Darren Johnson
Campus News

Wow! Look at that photo next to this column. Some big metal thing with a giant headlight is bearing down on some rag-tag humans in a ruined world. Now, that’s a life worth living.

It’s a scene from the much-hyped, new TNT series “Falling Skies” – finally, a show in my favorite sci-fi sub-subgenre – the near-future (practically now) post-apocalypse, survival-of-the-fittest-and-the-lucky-few, chaos amidst a new world order. Usually aliens, mutants and/or cannibals are somewhere in the mix, too. In “The Planet of the Apes,” the new world order is run by, obviously, apes.

It’s kind of bittersweet that this type of show actually made it to a long-form TV format. The genre offers thrilling and deep commentary on society, but usually is best received during long-term economic recession or depression. The masses have to be in the mood for such misery.

The famed radio broadcast of Orson Welles “The War of the Worlds” came out at the tail end of “The Great Depression” in 1938. The mid-’70s to early ’80s were economically bleak, and we not only got the “Apes,” but “Road Warrior,” “Death Race 2000,” “Logan’s Run” and all those Schwarzenegger sci-fi films.

Reaganomics started to kick in around the time the made-for-TV “The Day After” came out at the end of 1983. That was about the day after a nuclear holocaust. Chipper stuff.

In “Falling Skies,” it’s a group of insect-like aliens nicknamed “skitters” by the few humans who are left, and the aliens’ two-legged robot attack machines, “mechs,” which use machine guns as opposed to laser beams. It’s really old school



sci-fi, and I love it.

I enjoy this particular genre so much that I actually wrote an adaptation of the HG Wells version of “The War of the Worlds,” which was staged on Eastern Long Island in 2002. The small audience and a particular newspaper reviewer seemed to love it. But I didn’t pursue the idea further, the movie remake came out, and now the script’s pretty much dead.

In any case, maybe it’s a good sign that this genre is really popular again. It seems from the examples above that these type movies mark the ends of economic recessions as opposed to the beginnings.

There have been lots of movies of late in this spirit. “The Road” has been played endlessly on Showtime this summer and seems to be about as bleak as any. A guy and his son, ashen faced and

emaciated amidst gray skies and a broken landscape, are trying to get to the coast, thinking somehow things will be better there. The highlight of their trip is where they find an old bomb shelter filled with junk food and canned goods. In the relatively recent “Zombieland,” Tweekies seemed to be the rare and relished find,

continued on page 4

Kids meals are getting slimmed down

Kevin Heim
Scripps Foundation Wire

Kids’ meals, usually the domain of chicken tenders and french fries, are getting a makeover at 19 restaurant chains across the country.

Burger King, Denny’s, Chili’s, Cracker Barrel and others introduced healthier kids’ menu options that are under 600 calories, have limited fat, sodium and sugar and contain two sources of fruit, vegetables, whole grains, lean protein or low-fat dairy.

The Kids LiveWell program, launched in Washington in mid-July by the National Restaurant Association, is a voluntary program to encourage healthier eating by children.

“Restaurants can be part of the solution to ensuring a healthier generation and providing consumer choice in dining options,” said Dawn Sweeney, president of the National Restaurant Association.

The menu options include scrambled egg whites, turkey bacon, hash browns and orange juice at Denny’s and chicken and dumplings with organic apple juice at Cracker Barrel. Burger King, meanwhile, is promoting its hamburgers with apple slices and fat-free milk.

Margo Wootan, director of nutrition policy at the Center for Science in the

Public Interest, said the menu improvements are “long overdue” and are a good, but small first step.

“My biggest concern is that the restaurants only have to have one meal that meets the standards and then one side dish,” Wootan said. “Not all kids like the same food ... and it really makes it harder for parents to find a healthy option that their kids will like.”

Wootan wants restaurants to make healthy choices the rule on kids’ menus rather than the exception. She suggested taking unhealthy options such as sodas and fries off menus, but having them available by request.

Denny’s took a step in that direction. Its revamped kids’ menu no longer pictures french fries. Instead, the menu shows pictures of salads, fruits, vegetables, yogurt and Goldfish crackers, while listing fries as an option.

The logic behind the change, said a Denny’s spokeswoman, is simple. If kids don’t see a picture of fries, they’re less likely to order them.

Wootan applauded the decision because the way food is presented and marketed on the

menu can have a big impact on what gets ordered.

The Kids LiveWell program comes as the Federal Trade Commission is considering new voluntary principles regarding the marketing of food to children. The FTC developed the principles in coordination with the Centers for Disease Control, the USDA and the FDA.

The principles suggest that manufacturers and ad agencies use advertisements to promote healthier options while reducing the amount of advertising spent pro-

moting unhealthy foods.

The food and advertising industries pushed back, saying in May that the voluntary guidelines are unreasonable and would cost the industry billions of dollars.

Wooten said parents are responsible for what their kids eat, but restaurants have to make an effort to improve their menus.

“We as parents have the ultimate responsibility to feed our kids healthy food,” Wooten said, “but restaurants make parents’ jobs harder.”



‘Falling Skies’ and a crazy sci-fi future (cont. from page 2)

but “The Road” doesn’t have zombies as much as cannibalistic gangs as enemies, and there are no laughs to be had.

Movies like these make me want to dig a bomb shelter in my yard and load it with Tinkies – and all types of batteries and gadgets, buy up a shotgun at Kmart (does Kmart still sell weapons?) and boxes and boxes of ammo. I haven’t done that yet (I am somewhat cheap, after all), but the one lesson in all of these movies is you can never have enough ammo.

“The Happening” (2008) and the “The Knowing” (2009) could also be said to be in this genre. A really cool-looking “Planet of the Apes” remake is due soon, and the upcoming “Cowboys & Aliens” has got to be at least watchable!

As of this printing, “Falling Skies” (on Sundays at 10 p.m., or catch it on demand) just ended its sixth episode and ratings have been stellar, perhaps exclaiming the mood of an economically reeling nation. It’s definitely the first hit TV series ever in this near-future-post-apocalyptic genre.

“Falling Skies” has some nice touches. Besides that the alien invaders use bullets as opposed to lasers, modern human technology is made useless, so these freedom fighters have to rely on a lot of old technology to get by.

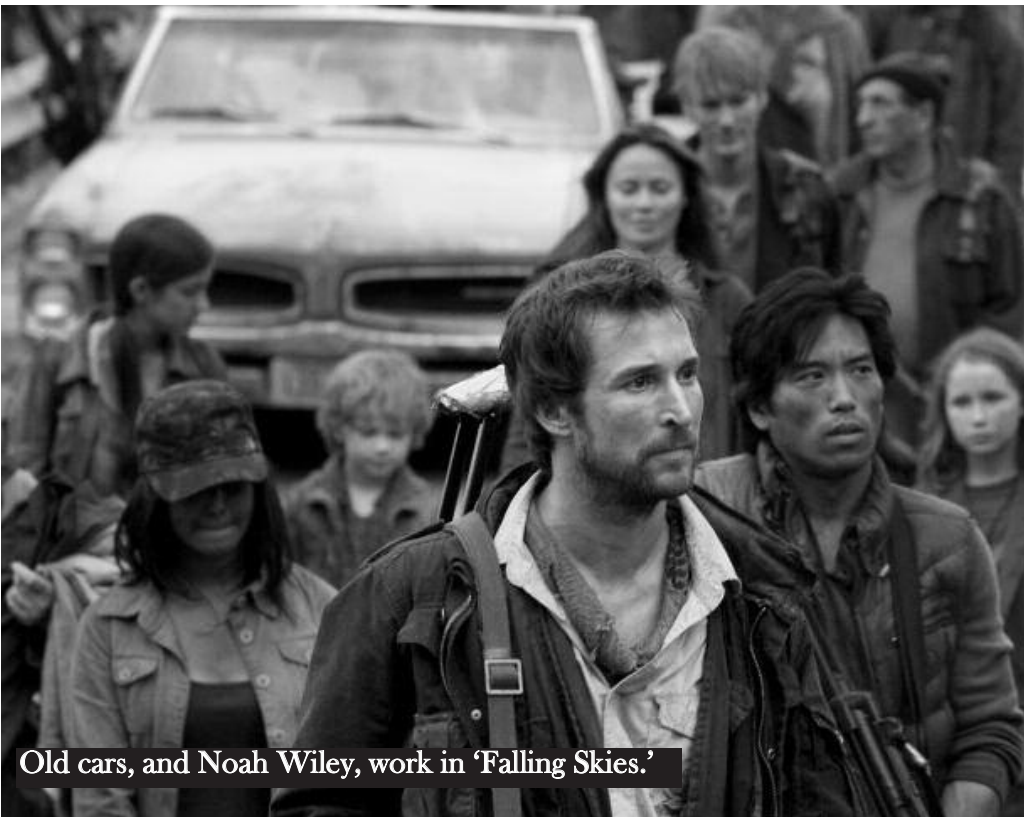
In the preamble to the story, we’re told that the aliens came to earth one day, and we hesitated to bomb them, as we had thought they were peaceful. Then they sent out some kind of beam that disabled anything elec-

tronic in the world. Pretty much everything we use, if you think about it, so the humans in this show have to rethink things. Older, pre-computer cars can work in this post-apocalypse, so these are used for transport. Old-fash-

ioned bullets work, too, so the humans are elated when they find some old armory or the like stacked with ammo. We come into the story soon after some sort of war – a war that the aliens clearly had won – where most adult humans were killed and children were turned into mindless drones to become slaves for the giant insect-like aliens. The aliens seem to be quite parent-like and caring, in a slimy way, to the kids (except when they kill a few to make a point), and when the kids are captured back by their parents there’s a sort of separation anxiety.

Some humans are equally slimy, trading kids to the aliens for special favor. The star of the series is Noah Wile (“ER”), who plays a former history professor who puts this new human revolution into historical perspective for those humans who are left. Perhaps the kid-trading humans are like the Loyalists of the Revolutionary War era, times a thousand.

This genre always raises more questions than it answers. Why is it, when 99.9 percent of the world’s human population disappears food is so hard to come by? Wouldn’t the law of supply vs. demand mean there’d be plenty of food for



Old cars, and Noah Wile, work in ‘Falling Skies.’

everyone left? While in “The Road” there seemed to be some pollution that killed everything, “Falling Skies” doesn’t have any environmental issues of note. You’d figure the apple orchards would keep producing, the deer would be aplenty, etc.

But that’s just a minor point. Each episode seems to have at least one alien vs. human battle, and I’m extremely curious to see where this all ends up. Will the aliens just all die off one day due to the common cold bug, as happened in “The War of the Worlds?” Will it be herpes this time? Who knows?

But if the recession is ending soon, perhaps this genre will go into remission, as well. I don’t know whether or not to root for recovery or a rag-tag humanity?

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College addict? (cont. from cover)

easily learn just by joining a local writers group at the library caused my mind to spin.

I told my daughter, who also has a writing talent, over dinner that night: “If I pay for you to get an MFA, and then you tell me you want to pursue a second MFA, I’ll kill you.”

(OK, I’m half-Italian and was raised very blue collar. It’s how we parent. I didn’t mean it!)

Then I thought about friends of mine who took 10 years to get associate’s or bachelor’s degrees, changing majors and schools while still living at home. When I started working in public colleges, I started encountering a good number of students making lateral or downward moves. Master’s graduates going back for another BA. Associate’s graduates getting a second associate’s degree as opposed to moving on to a four-year program.

OK, I can see needing some re-training. If someone got a degree in Poetry and finds him- or herself still waiting tables 10 years later, sure, take a few courses in something like Green Technology to get back on a career track.

But going back for a whole degree including all the unrelated core courses?

tion is partly based on timely graduation rates. For other students, these college addicts, especially at overpopulated public colleges, take seats in courses that more serious students need to graduate on time. The college addicts also take opportunities. When I ran a different college newspaper, the staff, who was elected, was almost always dominated by mediocre students on the no-end-in-sight plan. They were pros and knew how to work the system, unlike the traditional 18 year olds, who quickly would get pushed out by the seasoned leadership. Frankly, the younger students were more talented, if less politically savvy. Last, as college addicts really don’t want to graduate, they usually don’t – dropouts cost taxpayers billions in wasted aid and potential, and defaulted loans.)

Getting back to my Profnet query, Bob Pothier’s response summed up the issue best.

Pothier is the founder and CEO of Hapacus (hapacus.com), a company that trains people on happiness skills based on positive psychology, mental health and neuroscience research. He has studied happiness-based principles for over 10 years and works with some of the top

Ice cream (cont. from cover)

court upheld the decision.

Moak said the government played the role of an arbiter rather than a regulator in that it didn’t seek to establish a definition of what a sherbet could be made of.

“The courts do have a tremendous amount of records relating to the food industry in the United States,” Moak said.

The dispute between Good Humor and Popsicle falls under the area of patent law, said Michael Carroll, director of the Program on Information Justice and Intellectual Property at American University’s Washington College of Law.

Carroll said that this case shows the early formations of national brands, large companies that would patent their products and license them to franchises for manufacturing.

“Patents can create a bit of a cartel,” he said, because they allow companies to control who gets to manufacture a product.

D’Andre Childs, 43, of Las Vegas, Nev., was eating an ice cream bar on the Mall after visiting the Smithsonian Air and Space Museum on a recent afternoon.

He said he does not enjoy Popsicles because they are “too sugary.” But when he shops for a specific ice cream flavor he is brand aware.

“If I have a notion, I’ll go for a brand,” he said.

Ice cream made up 86.7 percent of the frozen dessert market in 2009, according to the International Dairy Foods Association. The rest of the market was made up of frozen yogurt, water ices and sherbets.

Though the legal battle ended in a Delaware appellate court, the true conclusion to this frosty affair came much later. Popsicle and Good Humor have been owned for years by food and home product giant Unilever.

Is it because public colleges cost less students take their time?

Isn’t the whole idea of college learning how to learn for oneself? After a certain point, isn’t there no going back?

At this point in my life, I know if I really want to learn a new skill, I’m not going to go to some \$2000 per course adjunct at the local night school. I’ll hit the library, hit google, post on some message boards. Sooner or later, with focus, I can become competent at something myself – for free.

When I’d first started teaching, I ran computer courses like Writing With Computers and HTML. Although when I had been a student in college, I didn’t take a single computer course. Often I’d type my papers on an electric typewriter.

But I got a degree and knew computers through hands-on work, so the department chair saw no problem in having me teach. The degree just gets someone in the door; it’s the skills that actually get someone hired. After you get a degree, you learn the skills by doing. It’s fair enough to progress from associate’s to bachelor’s to master’s, etc., but making a lateral or downward move degree-wise makes little sense.

It’s gotten so bad that assessment of officials barely even look at two- and four-year graduation rates at two- and four-year schools anymore. Instead, they look to see who graduated in, say, five or six years. And the graduation rates seem to be much better at private colleges – maybe because public colleges are less expensive, the college addict can afford to take more of a dose.

Like my one-day temp, it seems many students just don’t want to actually FINISH school.

(Some may argue – what’s the harm with college addiction? For the addict, it’s living in a state of suspended youth and delaying one’s career, resulting in a later retirement, perhaps, and more loan debt. For the school, reputa-

researchers in these areas. He’s a regular on the NBC morning show, “The Morning Blend,” and a parent of three boys, one who graduated from Stanford and runs his own business and another who is a junior at ASU and “on the five or six year plan.”

He told me: “Research has shown that we are happiest in a job where we meet the following four criteria:

“(1) autonomy – how much control do you have over your assignment and schedule?

“(2) mastery – are you working in an area in which you are competent?

“(3) purpose – do you see how your work fits into a higher purpose? and

“(4) relationships – do you have (or can have) positive and lasting relationships with co-workers?

“College is really a job, and it fills these needs well,” Pothier said. “When students think of leaving college, they must deal with starting over with these four elements, and that’s stressful. Avoiding this new realm and holding on to the security of these known four elements is actually quite natural.”

It may be natural, but if my kid tries this, all hell will break loose! Just try me!



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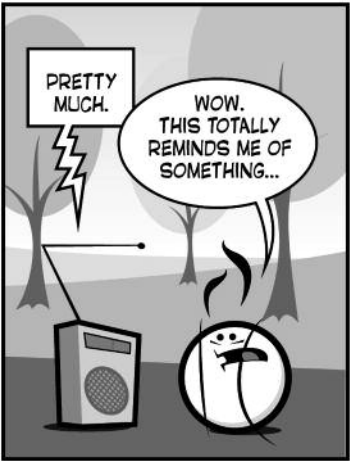
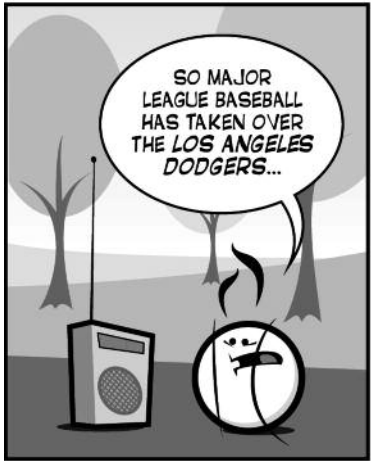
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Is Erick a killer?

Robert L. Olson
Private Investigator

It seems like every other day we are hearing about someone getting released from prison. They have been exonerated by DNA or other evidence that proves they were wrongfully convicted. In the interest of full disclosure, I am a retired New York State Police investigator and put a lot of people in prison over the course of 23 years. I am also a licensed NYS private investigator who learned a long time ago that the system, as good as it is, is not exactly 100% foolproof.

I felt my greatest accomplishment was helping get Martin Tankleff freed after to close to 20 years in prison for the murders of his parents I say he didn't commit. Luckily, Marty is now attending law school instead of being executed as he would have been if the death

penalty were legal at the time of his original conviction. By the

way, I was not Marty's private investigator. Marty was lucky to have a great PI in Jay Salpeter.

During my advocacy for Tankleff, I met Jeffrey Deskovic whose case is eerily like Marty's. Whoever says an impressionable young person would never confess to doing something they didn't do hasn't met a really good interrogator. Deskovic was also lucky like Marty Tankleff. All of his appeals were exhausted and the only thing that saved him from spending the rest of his life in prison is the current Westchester DA Janet DiFiore, who agreed to have DNA tested after years of Jeffrey's requests being ignored.

Now, to Westervelt. I was recently contacted by someone on Facebook, of all places, to look into the Erick's

case. Seems Westervelt, then a college student, was convicted in 2004 in Albany County for murdering Timothy Gray. The prosecution theory it was all over a woman. Aren't they all? However, the first thing that struck me was that the murder weapon he was accused of and convicted of using is a souvenir wooden hatchet he bought as a kid at Lake George. Huh?

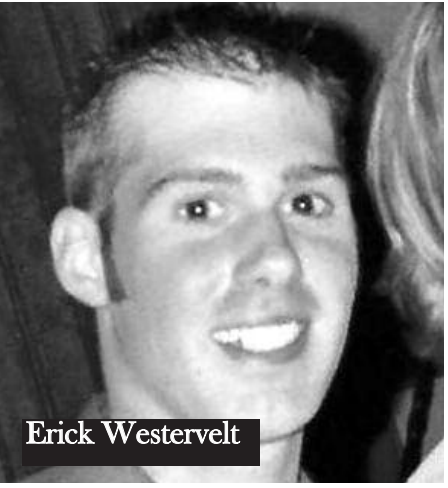
I don't know for sure if Erick is innocent. I plan to meet with Erick in prison real soon so he can convince me. What I do know for sure is that there are serious problems with his case. You can find out yourself by visiting the above website or doing a web search of Erick Westervelt.

College is about teaching students to think for themselves. It is about questioning what authorities say and not taking someone else's word for something just because they have a

title. In a sense, students are investigators. They seek the truth. We have learned that things we are told by government officials aren't always true.

By the way, if any of you just happen to have

some interesting information to share about Erick's case, you can contact me via the e-mail at bobbyo1011@aol.com or contact William Ruddock, the webmaster at www.erickwestervelt.com.



Obama honors 2010 World Champs

Michael Stainbrook
Scripps Foundation Wire

In the heat of debt ceiling negotiations and another pennant race, President Barack Obama and the San Francisco Giants met at the White

House on July 25 to celebrate the Giants' 2010 World Series championship. A packed East Room warmly welcomed the Giants, who won their first World Series in 57 years. The team received a standing ovation as several well-wishers urged them to beat the Philadelphia Phillies in a series that starts Tuesday.

"This is a party," Obama said after the crowd of baseball fans and elected officials settled into their seats. Secretary of Defense Leon Panetta, a former California House member, and House Minority Leader Nancy Pelosi, D-Calif., both Giants fans, were there.

But the star of the ceremony was neither a government official nor a member of the 2010 Giants. Willie Mays drew the loudest applause as he entered the East Room and took a seat in front of the current team.

Mays played with the team for 22 seasons and was a member of the 1953 team that won the World Series while the franchise was still in New York. He retired with 660 home runs, a lifetime .302 batting average and 3,283 career hits.

"Two years ago, I invited Willie to ride with me on Air Force One on the way to the All-Star Game in St. Louis," Obama said. "Very rarely when I'm on Air Force One am I the second most important guy on there."

The president also drew laughs as he called out two current Giants pitchers. Starter Tim Lincecum is known as "The Freak" for his small frame, long hair and herky-jerky pitching motion.

"Nobody thought somebody that skinny with that violent a delivery could survive without just flying apart," Obama said.

Brian Wilson drew attention last season with his dominant pitching and unmistakable beard. The combination has made him the face of the team.

Wilson wore a spandex tuxedo July 13 to the ESPY Awards. He donned a more traditional suit for his White House visit, but he neither shaved nor did away with his mohawk.

"I do fear it," Obama said about Wilson's "Fear the Beard" commercial for SportsCenter.

"And I do think, Brian, you should know that Michelle was very relieved that the press was going to be talking about what somebody else wears here in the White House," Obama said.

Team members presented the president with a signed jersey - No. 44 for the 44th president, but no name on the jersey per Giants tradition - and a signed bat and glove in Chicago White Sox colors.

Obama also commended the Giants for their work with the It Gets Better Project to combat bullying of lesbian, gay, bisexual and transgender youth. "That's what this team is all about: characters with character," he said.

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Stepping onto campus: ‘Sheared identity’

Kate Oberdorfer
Campus News

I cut off all of my hair in the summer of 2008. It happened in stages, two inches one day, then three the next until, finally, I found myself on a friend’s porch, an electric razor in hand, watching my curly brown locks blow gently with the leaves against the breeze.

It did not feel like a big decision at the time. I knew simply that I had something that I wanted to communicate, something that I wanted to share, and that perhaps life would be a little less complicated, without any hair.

“Catherine will be running along shortly,” Elle said to me, after consulting quickly her cell phone. “She just really needed to shower but you know, showers are a lot quicker when you have less hair!”

This was my first semester at Mount Holyoke (Mass.) College last year, and as part of my Frances Perkins

orientation, I attended the small group activity of beading and brunch. The women in my small group had an impact on me almost immediately, for we were as diverse a group as I had ever known. It was on that day that I met Elle Willis and Catherine Geeslin and noticed seven days later, when they each had

taken four-to-six inches off of their hair. “Some people were really surprised,” Catherine told me. “This one girl told me that it took her three years to cut her hair, and my friends and I did it within our first week!” The “it” is the short haircut, and it’s not just any short haircut, it is a haircut that frames closely each of their faces.

“My mom was happy because she always wanted me to have short hair because of my cheeks. She told me that I was finally doing what she had wanted for me.”

Elle’s story of her hair and mother was a bit more complicated. I could definitely relate to the complicated

Hair is one way a woman clearly expresses herself.
She can wear it up, in a ponytail or like Princess Leia.

hair-mother scenario: when I was younger, my mother bullied me into cutting my hair the way that she’d wanted it. It seemed that back then, not even my hair belonged to me.

Catherine and Elle agreed that it was only now at Mount Holyoke College that they were able to get such

haircuts. There is something about the Mount Holyoke community that leaves a space for each woman to be an individual, and to make individual decisions, expressing herself in whichever way she sees fit.

Hair is one way that a woman clearly expresses herself. She can wear it up, she can wear it down, she can braid it, she can knot it, she can wear it in a ponytail, she can wear it like Princess Leia. And if she’s feeling fancy, she can wear a hat, or a scarf, or a headband. And if she wants a change, she can dye it, she can curl it, she can straighten it, she can cut it. And everything she does with it (her hair) has a meaning, unique especially to her.

Liberation was the meaning that Catherine and Elle seemed to come back to. Liberation in the short haircut. Liberation because women at Mount Holyoke College are accepting of one other, embracing every story and playing with every length of hair.

Tips to go green for college students

Marie Frankson
Campus News

Although it’s summer and a lot of college students are on break from classes, there’s still a lot of work to be done, especially when it comes to helping to save the environment. You don’t have to be a tie-dye loving, Birkenstock-wearing, tree-hugging hippy to help in the conservation efforts. You don’t even have to chain yourself to a tree to protect a family of rare black squirrels from people who want to cut down said tree. There are many ways in which the average college student can help the conservation efforts and live a greener life on and off campus, and this article will list ten of those ways.

1) Recycling: Something so simple that we’ve heard we should do all our lives and yet there are still those who don’t. Whether you live off campus or are planning to attend a college where you reside on campus, recycling is something that can easily be done and many colleges already have separate trash cans strictly for recycling purposes. How much effort does it really take to separate your trash — paper, plastics, cans? Also, cans and plastic bottles can be returned to grocery stores, such as Price Chopper, where you’ll be

given money for what you recycle. Helping the planet and putting a bit of green

in your pocket as well. But why stop there? Many commonly used products are made from recycled materials and can be purchased and recycled again for use. Consider not only recycling your trash but purchasing products made out of recycled materials as well to cut down on waste.

2) Showering: A long hot shower can be nice and relaxing, but it’s not good

for the environment. Just cutting your shower time by two minutes can save more than ten gallons of water. There are approximately 11 million college students in the United States; imagine how many gallons of water could be saved if we all cut our shower time by only two minutes. Consider also switching to a low-flow shower head to conserve even more water with each shower. Students living in dorms can’t do this because they’re not allowed to change the shower heads in the bathrooms, but for those who have apartments off campus, this would be a perfect thing to do; always remember to talk to your landlord before making any changes to your apartment so there’s no breach in the lease contract.

3) Switch to filtered water: By switching to filtered water, you not only save money from not having to buy bottled water but you also save precious fridge space. Consider investing in a

price of \$7 on Amazon.com, you can purchase an eco-friendly 12 ounce reusable look-a-like of the traditional paper coffee cup made of melamine or porcelain. They are dishwasher safe and come with

ing the helping the planet and wasting less paper, it could sway them to do so and even save them money from unnecessary printing costs. But what about those cluttered bulletin boards seen in student com-

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reusable rubber lids for your daily use.

4) Turning off the lights: Something so simple can be so good for the planet! Turning off your lights for just one hour a day can save energy. However, whenever you leave your dorm, apartment, or house, you should make sure all lights and appliances are turned off. Not only is it good for the planet, it can also help prevent fires. Aside from turning off the lights and appliances to conserve energy, consider switching your type of light bulb to something more eco-friendly and efficient such as LED lighting or compact fluorescent light bulbs from Green Home, available in Lowes and Home Depot.

5) Go paperless: In the technological world we live in now, it’s not difficult to go completely paperless to save precious trees. Many college professors already have paperless classes where all assignments are completely, turned in, graded, and returned online through e-mail. However, some professors are old-fashioned and pass out hand-outs and require all papers to be printed out and handed in in person as opposed to online; word of mouth really works and if enough people tell the administrators and professors to go paperless for the sake of help-

mon areas like the dining hall and student lounge? Do students actually read those or is it just a waste of paper that will get thrown out at the end of the week? Although some students may actually read the brightly colored papers hanging on the boards, the posts are probably going to be read even more if they’re presented on the college’s website. Many colleges have their own e-mail service for students and a site similar to Blackboard where professors can post any course material and administrators can post events on the calendar for all to see.

6) Cut parabens: Parabens are chemicals used in cosmetics as preservatives, such as methyl, propyl, butyl, and ethyl. Why cut parabens when there has been research done that some are okay? Because some parabens are still unsafe. In a 2002 issue of the Archives of Toxicology at Tokyo Metropolitan Research Laboratory of Public Health reported that exposure of newborn male mammals to butylparaben “adversely affects the secretion of testosterone and the function of the male reproductive system.” Even more disturbing, the US Environmental Protection Agency (EPA) in their report titled “Pharmaceuticals and Personal Care

Switch to filtered water,
watch out for parabens, and
convince your professors
to go paperless.

reusable water bottle; there are many brands that make stainless steel water bottles for a moderately low price. Just think, with one reusable water bottle how much money you’ll save and how much plastics will be reduced from your daily waste products. For the coffee lover, consider investing in reusable coffee cups instead of disposable paper coffee cups. For a low

Go green (cont.)

Products in the Environment: Agents of Subtle Change?” reported that parabens displayed estrogenic activity in several tests. This means that these chemicals mimic your body’s own hormones and can have endocrine-disrupting action when rubbed into your body or washed down the drain into your drinking water and interfere with your body’s endocrine system (hypothalamus, ovaries/testes, and thyroid) which affects every other system in your body. The EPA also stated that “continual introduction of these parabens into sewage treatment systems and directly to recreational waters from the skin leads to the question of risk to aquatic organisms.” Even products claiming to be organic have parabens, so it’s important to read labels.

7) Change your make-up: Women are partial to make-up brands and may even fear change because they’ve been using the same brands since they first started wearing make-up. However, Laura Rudroe, a skincare expert from Evolve Beauty, confirms that “Women apply on average 515 chemicals to their bodies every day.” By switching to mineral or organic cosmetics, you can reduce the amount of toxins being absorbed into your skin and being washed down the drain into the drinking water—again, parabens. Have you ever thought about going au naturel? A poll on

Yahoo! revealed that the number one thing a man finds sexiest is when his significant other goes sans make-up. Also, the average American woman spends nearly \$200 a year on make-up, nearly \$13,000 in her lifetime. Imagine all the “green” that could be saved.

8) Transportation: The first real freedom a young person has is getting their driver’s license, but having your own car can be bad for the environment. Unless you have an eco-friendly vehicle like a Toyota Prius or an electric car, emissions are polluting the air we breathe. Carpooling with a classmate, taking public transportation, or even walking to and from campus if it’s close enough can greatly reduce auto emissions going into the air.

9) Shopping at your local co-op: A co-op is a member-owned and operated grocery store that is committed to providing the community with affordable, high-quality natural foods and products for healthy living. The majority of the produce is locally grown and co-ops are committed to helping the community learn more about growing, choosing, preparing, and using natural foods. The produce is pesticide-free and the profits made at the co-ops go back into the community to help local non-profit organizations. Co-ops are also committed to learning and teaching about alternative ways of living that are healthy for ourselves, our communities, and our planet. Although co-ops don’t pay their workers, the workers do get one share in the company and can

make money that way. Making green while eating green.

10) Planting trees/planting a garden: For those who live on campus, you won’t be able to do it on campus without permission from administrators, but even if you do live on campus, you can organize a community planting day where the school and local community get together and plant trees and flowers to make the community a little bit better and prettier. Also, trees use carbon dioxide and convert it into oxygen. The Carbon Cycle is probably the most important process because it is the cycle in which carbon is exchanged among the biosphere, pedosphere, geosphere, hydrosphere, and atmosphere of the Earth. Why are trees so important? Because trees and forests store a whopping 86% of the Earth’s terrestrial above-ground carbon and 73% of the planet’s soil carbon. Carbon is important because it is the building block of all life here on Earth and oxygen is important because mammals, birds, reptiles, etc., need it to breathe and to stay alive. By planting trees around your community, you can help produce more air and store more carbon for the Earth on a long-term scale.

By following these tips, and more to come, you can live a greener life and show that you care not only about your own well-being but of the well-being of the planet as well. We only have one home, so let’s treat it with the respect it deserves.

SMALL MARKET SPORTS

by Bill Charbonneau

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BURRESS WAS RELEASED THREE MONTHS EARLY PARTLY FOR GOOD BEHAVIOR..

...BUT MOSTLY FOR A VICTIM IMPACT STATEMENT FROM HIS THIGH WHICH FORGAVE THE NFL STAR FOR THE SHOOTING.

www.smallmarketsports.com

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WHAT WILL YOU DO?

Olivia transferred to Roger Williams University in her sophomore year after attending Accepted Students’ Day with her little sister. She wasted no time getting involved as a captain of the equestrian team, a Peer Advisor Leader intern at the University Advising Center, a Spanish tutor, a member of Sigma Delta Pi Spanish Honor Society and Alpha Chi (Honor Society for the academic top 5% of students). Olivia truly made the best of every opportunity presented to her. What will you do?

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USNEWS

America's Best Colleges 2010

Letters to the Editor: Journalism, textbooks



WE CAN SAVE COLLEGE PAPERS

To the Editor:

Just wanted to say thanks for that extra breath of fresh air that was your article entitled, “So you have a ‘useless’ major?” that was in the December 2010 edition of the Community College Campus News (issue 2-4).

Being a small community college co-advisor I know all to well the pitfalls that plague trying to keep a small college newspaper up and going and to keep the staff interested in everything that we try to do on our campus of 3500 or less.

I was a sports writer and staff photographer for Mississippi’s ninth-largest newspaper when I left it in December 2007 to follow my dream of trying to keep journalism alive, and so far it has been successful.

In my first semester, the newspaper was out of print, there was only a staff of three and all the newspaper had was a place online to post stories; however, after a couple of years of head-butting a brick wall, the wall finally came down. The brick wall of not having journalism as a

major is a true crime in itself but I am taking one thing at a time — getting The Beacon back in print with a self-supporting staff, trying to get the year-book re-instated and then going after the journalism major thing.

In May 2008, The Beacon was brought back from the dead after being buried five years prior. Who says that it’s a useless major? I certainly do not. In 2009, the staff grew to approximately eight and last year the staff was up to over 10 students that each devoted their time and energy to the cause.

Granted, The Beacon does not pay writers like you suggested but in time I hope that does come to it. I think it would be a wonderful addition to the writers even it is to just compensate them on their time and energy they put into their pieces.

In 2010, we finally had the staff available that could sell ads and brought in enough to cover the cost of producing the newspaper without any help from the school. It’s a good thing when your old boss likes you and cuts you a deal on the print job.

As for your 2,000-word exposé, I have to admit that is probably the longest thing I have read except for a couple of legal briefs in grad school law classes. However, I do agree with your point that there should not be a word limit on the story – 500 is now the “going thing” –

I did have one writer who wanted to write deadline journalism who could churn out a 1,000-word story in no time but then again – as you said, “If the story is really good, tell it.”

I just wanted to write you this letter and let you know that you have someone on your side in the deep Conservative South that actually reads things from New York.

Hope all is well and please keep fighting for the journalistic cause.

Thanks,
Michael H. Miller
Northeast Public Information
Northeast MS Community College
Booneville, Missouri

TEXTBOOK PRICES: BLAME THE PROFESSORS

To the Editor:

When Community College Campus News ran its first story on the astronomical price of college textbooks (issue 1-2), I wrote a letter to the editor (which was published, issue 1-3) comparing my first experience with college textbooks during the 1980s with my recent experience from my return to college in the fall of 2009.

With your latest article on the subject (issue 3-5), I’d like to get on my soapbox once again, but this time with the opinion of an author, not a student.

Last year I published my first book, “Mickey Rooney Was Right,” which is my autobiography about how I was in the movie and TV industry for 20 years. In the book I give a wealth of information. I explain how I got my first job in the industry; I explain how literary agencies work; I explain set procedures; I explain who does what on a movie crew; I explain how unions work; I explain how development works... it’s quite a treasure trove of information.

Right away I realized I give an entire film school curriculum. (I wish someone told me these things when I was 20.) So I wrote to about 100 film school teachers throughout the country. Teachers at NYU, USC, Pratt Institute, Brooks Institute of Photography... any major school with a film program... in an effort to have them use my book as required reading in their classes.

I tailored each letter to the individual teacher. If it were a cinematography teacher, I wrote about working in the camera department as an assistant cameraman. If it were a directing teacher, I wrote about all the big-time directors I worked with. Same with writing teachers. I always dropped a few names.

My book costs \$25 for the hardcover and \$20 for the paperback (if you purchase it through the publisher’s site, not Amazon, which has a large markup). To the best of my knowledge, the total num-



ber of film school teachers who use my book in class is zero.

Why might this be? Could it be they’re too scared to use it because I would come off more knowledgeable than they are? (Let’s face it, many film school teachers have barely worked in class at all.) Do they think the more expensive the book, the more credibility they have as teachers? (“I can’t use a twenty-five

dollar book in my class!”) Or is there a “text-book lobby” that pressures teachers into requiring expensive books and they get kickbacks or some other reward if

they do?

I suppose only the teachers know the reason they do what they do. They really need to put themselves in the shoes of the students whose parents can barely afford college these days and make the required reading far more affordable. And they should use my book.

D.W. Paone
Lynbrook, NY

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Why nobody’s hiring me to write sitcoms

Darren Johnson
Campus News

There aren’t many sitcoms I watch anymore. None really. Maybe I saw a few episodes of “Two and a Half Men” before Charlie Sheen was axed. Before that, maybe a few episodes of “Everybody Loves Raymond.” Yes, I watch “Seinfeld” in repeats, and have seen every episode a half-dozen times, but people tend to watch things they’ve seen before to de-stress more than anything else. I rarely laugh along with George and Jerry now.

As a kid, I enjoyed the genre immensely. Not that “Happy Days” or “Three’s Company” were any better than today’s shows, but I was young and just the idea of the Fonz beating up a whole gang of toughs or Jack Tripper pretending to be gay while living with a blond hottie and a brunette nottie, the two most virginal women on the planet, perhaps, was enough to capture an imagination fueled with tween hormones.

(OK, “All in the Family” and “Good Times” were very well written – but that social commentary stuff would never fly on today’s corporate-strangled stations.)

But, nevertheless, I went to college to study writing and the thought once in awhile popped into my head as to what kind of job would I eventually want. I ended up mostly going into journalism, with the occasional creative piece getting published or staged, but when I was 19 or 20 the possibilities seemed limitless.

Briefly, the idea of perhaps writing for TV made sense. Writers in the union make low six figures. Yes, it is a type of group writing where no one’s really an “author,” but it’s a notable job. It’s a job that my now-late mother could have related to. She’s the one who got me into TV watching in the first place. We’d go on vacation and she’d even watch her shows in the hotel.

But the type of shows I’d write would never make it with a viewer like her. I’m too edgy, and people like her are more typical than me, I’ve learned over time. (Once I ran for elected office in a small town and only got two percent



My TV show maybe would have worked better in the 1970s!

of the vote. My ideas aren’t mainstream, and I’m okay with that.)

I was reminded of this in July when I had a sitcom idea, posted the idea on Facebook and then virtually heard crickets chirping. None of my 223 “friends” cared. Here’s the idea:

After the whole Derek Jeter 3000th hit drama, I saw a pic of Jeter with the husky guy who caught the 3000th hit (as you know, the guy gave the ball to Jeter as a gift of sorts), and I thought, what an odd-looking couple.

Here’s the sloppy-looking, chunky guy, who looks like he literally ate Jeter, posing next to the svelte, GQ-looking superstar. Now that would make a good sitcom, I thought.

OK, change a few names and the situation slightly.

A fat guy (maybe played by Howard Stern sidekick Artie Lange) catches the landmark baseball hit by an aging superstar.

Turns out, the fat guy has \$100,000 in student loan debt and then the IRS

wants to tax him some huge amount for the ball itself (based on the real story). How will he ever pay all that? I mean, the guy lives with mom upstate and spends all his disposable income (maybe give him a job at Arby’s) on junk food, beer, strip clubs. You name it.

The aging baseball player (maybe played by “The Rock” Dwayne Johnson) REALLY wants that ball. He made a horrible business decision –building a compound in Florida as the real-estate market there crashed (also based on reality) – and his career is winding down. He sees that ball as his nest egg. The baseball player is in shape, high-class, neat and tidy.

So the fat guy and the baseball player make a deal – they’ll share an apartment in Manhattan (a la “The Odd Couple”) so that the slob can pay his student loans and the IRS while the baseball player will get paid with the ball, eventually.

Picture all the scenarios – The Rock tries to bring a sexy starlet back to the pad only to find his roomie sprawled out in his underwear with a half-eaten pizza on his belly and empty beer cans all around him.

The roomie’s nosey, star-struck mom hides in the closet to see who the baseball player is dating, and bedding.

The baseball player makes over the

slob and takes him clothes shopping for a job interview, hoping to finally get him a real job and get rid of him. The fat guy, a la George Costanza, sabotages the interview, however, as there’s no way he wants to leave The Rock’s penthouse.

The possibilities are limitless. I can’t quite pinpoint WHY this would never make it to TV. I mean, practically every other sitcom out there right now is worse than this premise.

I just somehow KNOW this idea would never get anywhere. Perhaps from my early years as a writer where I saw which of my works were accepted and which were rejected. Eventually, I learned to only write things I knew I’d get paid for and not waste time.

And, today, I see which stories and cartoons I create get an audience and which of my posts have internet tumbleweeds rolling across them. The analytics don’t lie. I test the waters with such Internet posts and responses fuel me to pursue a work further. Other ideas I let die.

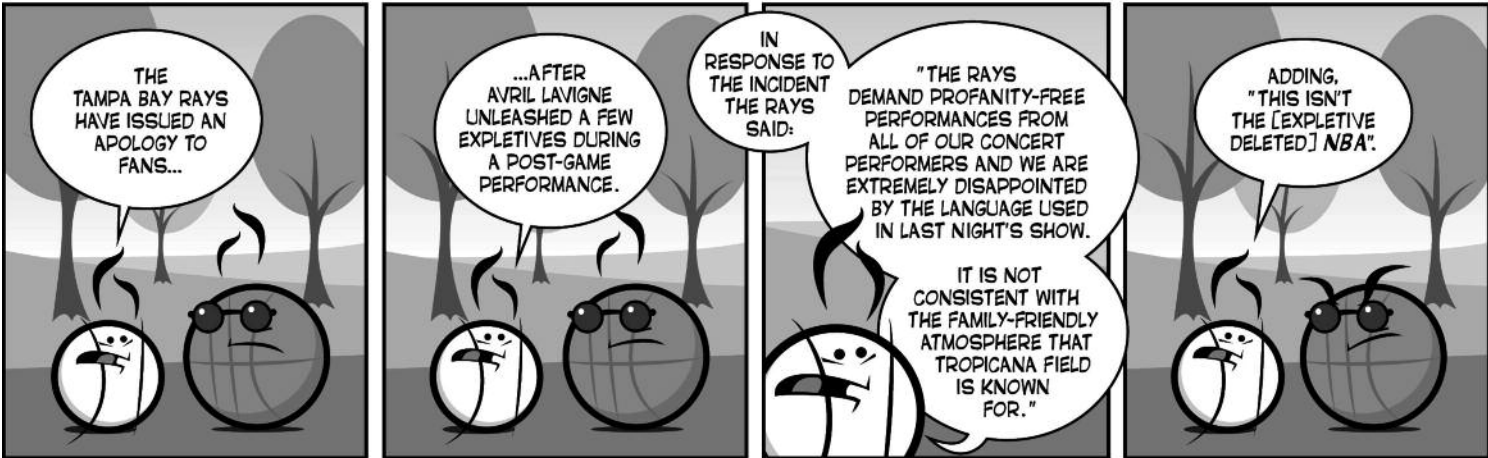
So don’t expect to see my sitcom – maybe titled “Foul Ball,” “Bleacher Creature” or “Left Field” – anywhere anytime soon. Kooky ideas don’t make it big like that.

The odds are about the same as catching Jeter’s historic ball. So I’ll just keep plugging away (and getting paid) at Campus News, thank you.

A TV show loosely based on Jeter’s 3000th hit stars Artie Lange as a drunk, fat loser with ‘The Rock.’

SMALL MARKET SPORTS by Bill Charbonneau

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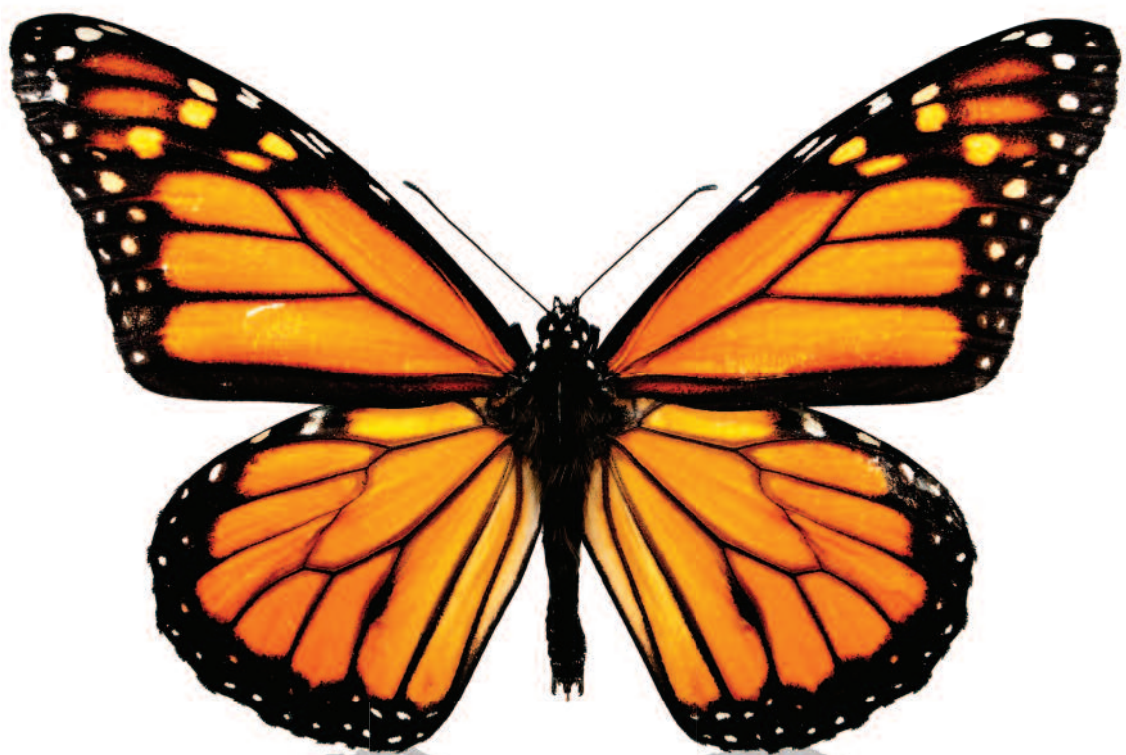
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