

Community College

CAMPUS NEWS

A Print Newspaper Distributed at Many Two-Year Colleges in the Northeast.

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Take 1! Free on Campus!

Your 10 keys to success in college

September 2014



VIP, 15



Z, 6



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Whether you are a freshly minted freshman, a returning sophomore or a part-time student taking courses here and there, you have to admit, going to college is not like anything you’ve ever done before.

And going to a local community college can be even more jarring to your reality. When you go away to college, they have whole staffs to get you orientated, ice-breakers so you can meet new friends and credit-bearing “freshman experience” courses to tell you the ins and outs of being a student.

A local community college may have some of the above, but the sheer volume of students compared to the resources available makes finding your path as a college student a little more difficult. But the tools to success for a college student are there.

Use these 10 tips to blaze your path through your first two years of college:

Find and Use the Library

In high school, you could have gotten by finishing your assignments during extra time given to you on campus. But there are no homerooms or study halls in college. As most

Let a College Employee Get to Know You

Make it a point to have a knowledgeable college employee know you, and check in with that person – however casually – from time to time. It could be a professor, an office worker, a dean, etc. These people are surely busy, but they do like to know that they are being helpful with students outside the classroom. For you, these insiders could help you understand the policies of the college and how to efficiently navigate the system. They also may have helpful advice when it comes to your studies and future career plans. Last, you may need this person for a reference when transferring or entering the workforce.

Get Technology

You don’t need the latest-greatest, but will need at least a laptop and probably a tablet computer in college. You don’t

want to have to procrastinate to get to the college computer lab to write your papers. The good news is, you can find totally reasonable technology on a site like eBay cheap. For example, the first generation iPad is under \$100 there and works fine for college learning systems like Angel, Moodle or Blackboard.

You can get a typical, used 1.5GHZ 14” laptop for about the same. Pick up a cheap printer at your local thrift store if you are looking to save further, though a wi-fi printer is easier to deal with.



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The start of something new – turning 21


Justin Little
Campus News

The ability to depress my brain with psychoactive beverages has been raised to legal status. The majority of people have tried an alcoholic beverage or two before they reach this particular age. I will admit that I haven’t had a drink since the day that the age change occurred. It isn’t because a sudden change of heart has come over me, but the excitement in participating in the adult lifestyle as a boastful teenager has lost its luster. Booze was a like a secret lover. It was something that could enhance conversation, make others less boring, inspire new ideas, and generally pump up a situation as long as limits were maintained. Now it just seems like a part of life. I recall sitting by a fire with a very good friend sipping on hard liquor. He and I never necessarily regularly abused the bottle although we both had our times of weakness. We had a very strange look considering we were both recent seventeen year olds. The look of two old men sitting in a red and padded study and smoking eccentric pipes assaulted us. I never participated in the high school parties where plastic red cups were used as containers for liquid and projectiles. Not that the social aspect didn’t appeal to me. I just wouldn’t be drawn to them as much as I was drawn to a fire and conversation with a few good pals.

Twenty One is a peculiar milestone, and it is the last threshold a boy crosses before adulthood (apart from turning

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10 tips to student success (continued from cover)

those assigned in class. Also read newspapers – not just online newspapers, but real ones where the important news stories are prioritized. Why? Many of the term papers you will have to write in college will require you having a perspective, but your perspective isn’t all that developed yet being only a freshman or a sophomore. Other reading will help you lend a new, more mature expertise to your assignments.

Figure on a Bad Semester

Cram credits when you can. There’s a good chance you will have a bad semester, due to your health or the health of someone you care for or a job situation, sooner or later. Such semesters you may have to drop a course or two. So, for now while the skies are blue, take all of the courses you can handle. Those credits will give you the cushion you may need later, so you can still graduate on time. As far as dropping courses goes, this is better than taking an “F,” but usually financial aid is affected if you drop below 12 credits, so try to keep the courses that you at least have a shot of passing. Talk to your professors at the first sign of trouble – chances are, they had a bad semester once upon a time and understand.

Get Your Confidence Up

A good number of community college students quit after that first semester. They get some lousy grades, or term papers sent back with a sea of red ink. That math is harder than expected. But the students who do graduate had the same

experiences. They either conquered the tough classes, or worked around them. Your life is about YOU. Don’t back down. Don’t let people tell you you can’t do this. You can. This isn’t a pep talk. This is fact. We all know people less smart than us who have college degrees – they did it by focusing on the goal (graduation) and putting blinders on to negativity. Figure out how to succeed. The answer is in you.

Work Less, Study More

Like most community college students, you probably have a job of some sort, and that job needs you. People call in sick. There is overtime to be had. Yes, having money right now is nice, but life is very long, and this job isn’t going to be your whole life (unless you don’t graduate, then it may be). College will allow you to grow and expand. Always put your studies first, and learn to say no to a needy manager.

Don’t Be Late/Don’t Skip/Stay Awake

Here’s your chance to be the student who gets all good grades. A key to that is being attentive in class, and not showing up late. The late students really stick out, negatively, in the mind of a professor, who is working hard to keep the other 25 students in the room focused; then he or she comes in, disrupting that flow. Also, sit up front. The professor will remember those people up front better, which could help you if you need to ask a question after class (this is good to do, too, from time to time, to make yourself known in a positive way). And be conscientious – don’t leave the professor hang-

ing if he asks a question. Never, ever sleep in class. Don’t skip, either. If you have a moment of weakness and do skip, talk to the professor about it after. Don’t be embarrassed to go back to class if you did have a bad spell and missed some lessons. Professors have seen a lot when it comes to student behavior. Most are kind and will help you get back on track, if you ask.

Use Labs

Even if you feel you are generally strong academically, do stop by the Writing, Math and any other labs on campus after you get back a paper or test that has some red marks on it. You can always get better, and these labs are a free service for you. You may need to hone your skills; if not now, for 200-level classes you will take later.

Join Clubs and/or Teams

Joining a club and/or team will not only help you build friendships on campus, but also allow you to build your network amongst the college staff who advise/coach these groups. Clubs usually have minimal admissions requirements, while teams usually require some athletic ability. However, some teams may be open to people who did not play the high school varsity version of that sport. Ask the campus Athletics Director if you could be qualified.

Get to Know the Student Services (Career/Co-op/Internship/Transfer/Ad-



visement/Counseling) Offices

Student Services offices are invaluable. They can hook you up with a white-collar internship that could lead to a real job upon graduation. Learn to “dress for success” and how to write a resume. They also can find you the best transfer deal to a four-year college. They can help you pick the best courses to graduate on time, or lend an ear if you are having personal troubles. Make contact with the various offices in this branch of Administration, and don’t be afraid to visit as-needed throughout your time at community college. They are there to help.

Hopefully, this checklist helps you navigate through your time in community college. Are we missing anything? If you’d like to add your thoughts to this list, find this story on our web site, www.cccn.us, and hit “reply” to comment, or write to editor@cccnews.info with your suggestions. Have a great semester – onward to success!

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‘Back to school’ college buyer’s guide

As regular readers know, Campus News is often asked to review items from companies large and small. We only review items that actually pertain to our audience, and then, after testing them, usually give them to staff and readers via our Facebook page.

This article’s theme goes with our story on page 5 – things you may need living in a small space, such as a dormitory or an off-campus house with roommates. Its secondary theme is interesting items you may want to have with you when you move to live on or off campus.

The first item that caught our attention was a **Sanus VLF220 TV wall mount**. This makes a lot of sense for a tight space – the TV can be positioned in various directions (sideways, or tilt up and down – great for gaming from a bed!), the product was relatively easy to install and assemble (about 15 minutes). It’s about \$200-250 via online stores. We tried it with a 42” Zenith and it carried it fine. Its manual says it can support TVs from 37-65 inches and 130 pounds. There is a YouTube video showing you how to install this product. Just not having a TV stand is worth the effort of getting a TV wall mount, and this one seems better than the ones commonly sold in stores. Try www.sanus.com for more information.

Another thing you may want to get is a solid – but not too expensive – digital camera. We’ve all gone one way or the other – we either shoot with an iPhone or with some \$500-1000 SLR. The problem with the iPhone is that it takes flat photos, though the color and definition is good. The SLR may be too pricy, or you may be afraid to bring it somewhere where it could get damaged or stolen. A solid alternative is a mid-range camera with a wide lens that can give your shots some dimensionality. We tested the \$150 **GE X450**. The shots taken were much better than a cell phone’s and not much worse than the Campus News’ Nikon SLR. If you take a photography class at the college level, your instructor may insist on an SLR, but, otherwise, this is fine for shooting a wide range of shots.

From the company: “Optical image stabilization ensures that your photographs are crisp and clear, and the 2.7” LCD screen allows you to view your photos and edit them on the spot. The GE X450 offers the ease of a smartphone camera with even more advanced features for capturing and sharing high quality photos including 16 megapixels, 25X optical zoom, video recording, object tracking and pancapture panorama capabilities.”

But, speaking of cell phones, we are a big fan of OtterBox. Yes, they are bigger than other cases, but you won’t end up with those cracked screens so many people seem to have. OtterBox sent us two varieties for iPhone 5/5S. The more stylish **Symmetry** (about \$40 online), which is also lightweight and looks to be very sturdy, and the higher-end **Resurgence** (about \$85-100 online), which has “military-rated” protective coating and a bigger backside to give you twice the battery life. The minus of the latter box is that it pretty much doubles the weight of your phone; but if you are a heavy user, you may need the extra charge.

We’d like to say we tested these OtterBoxes by dropping them off of a tall building, but we’re not crazy. However, through previous experience, we feel that these are well worth the cost. If one had to buy either the OtterBox or the Apple Insurance Plan for an iPhone, we’d suggest the OtterBox!

In our mailbag also came an *actual mailbag*! A small company called **TerraCycle** is making what they are saying is an iPad case made of recycled post-office mail bags. They are very unique, and do fit a 10” tablet fine. They have lots of little pockets, too. You should still have a protective case on your tablet – this offers little protection from bangs and drops – or you could just use this bag for carrying your note pads and various instruments. It seems suitable for a male or female.

(Buying the bag online proves difficult. The TerraCycle site says that they are out of stock. There is one such bag on eBay for about \$50. We’d say a fair price is \$35, so make a “best offer.” These are cool, kind of post-apocalyptic looking.)

TerraCycle also makes other “green” things, such as coasters made of used computer circuit boards. Check out their site at TerraCycle.com.

Another small company that sent us an interesting product is **ZBand**. Their site is ZBand.biz and they are based out of Ireland. The guys at ZBand invented a watch you can wear that, through hooking up via BlueTooth and an app on your Android, Apple or Windows phone, vibrates at an appointed time.

You could use this as an alarm clock if you don’t want to wake up a roommate, or a silent reminder to, say, take a medication, or to warn you when a test is about to end.

It’s \$60 with free shipping and seems worth the cost for those who need it. You will need a basic cell-phone wire to charge this, as it doesn’t come with one. The most popular Android chargers are compatible.

Our tests showed that this actually works. You can just press the Z button to stop the buzz, which is strong enough so that you take notice, but not jarring. I’m sure the inventors thought of this, but adding an actual clock to the ZBand may be a good idea. Then wearing it in public wouldn’t seem as strange. But, overall, nice invention – good luck, ZBand crew!

We also tried out a **Hydraluxe Cool Case** by Comfort Revolution. It’s supposed to keep the sleeper cool at night. This might be great for a rooming situation where you can’t control the heat. We did find the case a bit heavy and hard to get used to, and just to be room temperature. Where was the “refreshing gel?” Maybe we did something wrong. It’s \$20 for a standard-sized case, \$30/queen, \$40/king via www.comfortrevolution.com.

Go to our website at www.campus-news.org to read more reviews and see more photos of these and other products.



GE X450.



OtterBox Symmetry line for iPhone 5/5s.



Sanus Wall Mount.



Hydraluxe Cool Case.



TerraCycle recycled mailbag case.



ZBand

Marie Frankson
Campus News

When it comes to organizing your clothes, you got to know when to fold - 'em and know when to hang 'em up. Hanging things up in your dorm

The concept of whether to fold an item of clothing or whether to hang it up isn't a hard one, but what may be difficult to some is how to fold an item. Just as there is more than one way to skin a cat, as the old saying goes, there is more than one way to fold your clothes. Most people fold their tee-shirts and stack them on top of one another, but college students aren't most people, they are people with limited drawer space and a lot of clothes. Stacking your shirts is fine, but you can also file them (where you put them in the drawer horizontally instead of vertically) or army roll them (go to [YouTube.com](https://www.youtube.com/watch?v=Hh3D1311800) and type in "How to Army Roll a T-shirt" for a tutorial). You can army roll just about any gar-



One way to organize your desk is to start with a clean slate. You don't really know how cluttered an area is until you clean it off or out. When cleaning your desk off to start organizing it, you want to be sure to keep larger objects (like laptops, desktop computers, or printers) on the desk so you can see how much room you truly have to work with. Once you cleared off your desk, go through the items that were cluttering up your space. Throw out items that are no longer needed like old scraps of paper, old magazines, etc. This is the stage where you have to prioritize your items. Decide what your most-used items are and put them in a drawer or other space that is within reach of your desk; if your desk doesn't have drawers, you can use small storage containers to place your items inside. Items that are not used frequently can be stored elsewhere but do not need to be placed

Another thing one should keep in mind when organizing the desk area is how to organize and store class notes. For college students, this is really important because you want to be able to find your notes so you can study for exams or put them in your bag to take to class. Personally, I use binders to organize my notes. I have two huge two inch thick binders for all of my history notes (one is strictly for my American history notes and the other for my world history notes), and I use smaller one inch thick binders for everything else, separated by subject. You don't have to do it this way as there are a thousand ways to organize

These are some tips to help everyone get organized and to try to stay organized throughout the current academic year in their tight living spaces. As with all organization methods, it's important to keep in mind that you should do what's best for you in your situation. I wish all of you a fun, and organized, academic year!



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John Sundqvist '15
Economics & Finance
Transfer Student



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It's no 'Walking Dead,' but 'Z' still fills a void

Darren Johnson
Campus News

Since Roger Ebert's death, I'd have to say, the most reliable entertainment rating system I've encountered may be the Netflix star system. Netflix viewers, who seem to be rather discerning, rate the movies and TV series on the service. It works like this: If an entry has nearly five stars, you certainly will like it. If it has over four stars, it's worth watching and likely very good. If it only has three stars, it's likely mediocre. Less than that, it's garbage. Now, some movies do get a bad rap. If it is a documentary that takes a strong viewpoint, people who disagree with that will give it one star, bringing down the average. Comedians also seem to get rough treatment on the service. It is very rare to find an hour standup comedy act that gets four stars.

Still, overall, the Netflix service is very good at gathering useful ratings on its products. But I was a bit surprised to see "World War Z" at only three stars as it hit the service this past summer. It was a huge budget movie (\$190M) and made a ton of money (\$540M) in traditional theaters. It even stars Brad Pitt.

I saw it in theaters in 2013 and en-

joyed it well enough. Two-thirds of critics at that time liked it, too. So, what happened? Perhaps, by Netflix standards, it just isn't as provocative. We can watch several seasons of "The Walking Dead," which has a similar zombie theme, on the service. Comparing several seasons of "Walking Dead" to the two-hour "World War Z" may seem unfair – we don't really learn enough about the Brad Pitt character to care – but "Z," nonetheless, is cool.

It's different than "The Walking Dead" (which will be returning to AMC for its fifth season on October 12) in that it covers the actual zombie outbreak. "Walking Dead" is more slice-of-life, so to speak, about living in a zombie world. The actual outbreak was kind of glossed over.

"Z" shows the outbreak as it hits Philadelphia. Pitt, with his family, somehow finds a 1970s-style RV in the middle of the city, with keys in the ignition, and

venture out, making a pit stop in Newark. (Why Newark? You could find some little safe town right off of the Garden State Parkway!) Maybe the screenwriter didn't really understand the geography, but placing an untended "Breaking Bad" RV in the City of Brotherly Love during rush hour



seems a bit forced. (Oh, yeah, it also was stocked with a rifle – LUCKY!) This is just one example of a scene that seems too heavy-handed; another may be where Israelis and Palestinians are singing "Kumbaya" as zombies climb over each other to scale a wall and kill them all.

Pitt gets recruited by the military to solve the issue, sent with a bunch of Marines to Korea, Israel and other countries via propeller plane. While

not a scientist, he makes a bunch of observations and figures out how to end the zombie crisis.

Compared to "The Walking Dead," albeit unfairly as "Z" only has two hours to play with, it's rather simplified. But give "Z" a shot – the zombies are faster and more ferocious than typically portrayed, and it may get you in the mood for the new "Dead" season that is coming up.

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Date-rape drugs and the technology to combat them

Kristina Bostley
Campus News

After a few rounds of drinks, it’s often difficult for young adults to keep track of their drinks — and their inhibitions. The incidence of date rape has climbed steadily throughout the years, and despite the staggering statistics surrounding the touchy subject, they continue to rise. In addition to informing women and men about date rape, researchers around the globe have been developing ways to target and combat drugs commonly used by rapists.

According to the U.S. Department of Justice, someone in the United States is sexually assaulted every 2 minutes; 73% of those assaults are committed by someone with whom the victim is familiar. The National Institute of Justice and Centers for Disease Control & Prevention reports that of every six women, one of them will experience rape or attempted rape in their lifetime. The University of the Sciences claims that females from 16 to 24 years of age are four times more likely to be date raped compared with women of other ages. There are three major drugs used by rapists to diminish their ability to make rational decisions.

Rohypnol is a benzodiazepine, a class of drugs that affects the central nervous system most often as a sedative or muscle relaxant. Rohypnol was originally prescribed as a sedative to help treat insomnia, help with anxiety, and prevent convulsions. The onset of side effects after taking Rohypnol is approximately 30 minutes and includes struggling with muscle control and motor movements such as walking, and seeing; feeling drunk, dizzy, or nauseated; amnesia; loss of consciousness; and death. Known commonly as “roofies,” they come in a pill form that can be ground up into a powder. Older pills were round and white, but in recent years the formulation of Rohypnol changed and the pills are now manufactured as oval, greenish-gray colored pills.



The second common date rape drug is often referred to GHB, which stands for gamma hydroxybutyrate, a naturally-occurring metabolite in the brain that helps to regulate the central nervous system. The manufactured drug contains significantly higher levels of the metabolite, thus taxing the central nervous system even further and making it a viable date rape drug. The effects of GHB are experienced within 15 minutes of consumption and typically last three to four hours. The most common side effect experienced by 69% of people who have ingested GHB is a loss of consciousness. Other side effects include feelings of euphoria, drowsiness, dizziness, or nausea; problems seeing and breathing; increased sex drive; amnesia; experiencing seizures, tremors, sweating, or vomiting; coma; and death. GHB, known as “liquid ecstasy,” exists in a few different forms: an odorless and colorless liquid, a white powder, and a pill.

Ketamine is an anesthetic often used before surgery because it is metabolized in the brain to prevent pain. Ketamine distorts the user’s sense of reality, including sight, sound, time, and who they are. The dream-like feeling it induces can make the user feel as though they are having an out-of-body experience in which they have lost control – and they have. The drug’s other side effects include a decrease in basic motor functions including coordination, speech, and breathing; alterations in behavior, often resulting in aggressive or violent actions; depression; numbness; convulsions; vomiting; and amnesia. Referred to as “Special K,” the drug comes in both a powder and liquid form and can be highly addictive.

Several companies have begun to develop technologies to detect these drugs in drinks. Drink Safe Technologies has come up with an innovative way to check drinks for GHB and Ketamine using coasters. Built with testing strips, placing a drop of the drink in question



on the coaster will reveal within a few minutes whether the drink has been tampered with if either spot turns dark blue. The coasters and additional test strips are sold on their website.

Another company, DrinkSavvy, has developed both a glass and a straw, which change color when they detect the presence of date rape drugs. The idea for these technologies was born when the company’s founder, Mike Abramson, was slipped a drug while celebrating a friend’s birthday. Abramson hopes to convince bars to use these products to aid in protecting the safety of customers.

By far the most technologically advanced device used to test for date rape drugs is the pd.id, a revolutionary new gadget about the size of a USB flash drive. It’s reusable and has a simple interface: when dipped into a drink, it tests the liquid and indicates by red and green LED lights whether or not the drink is safe to consume. It is also programmed to communicate with smartphones, sending alerts if a drink has been drugged. The project has been proposed online and is collecting donations to move ahead with creating and distributing the technology. According to their website, the creators of the pd.id are hoping to sell each device for about \$75.

It could be argued that these new inventions have the potential to be relied on too heavily, that substituting technology for awareness could be disastrous. However, these new innovations take a

step toward helping to raise awareness simply by existing. By bringing any one of these technologies to a bar or a party, the user is already thinking about the possibility and prevention of date rape.

There is one other date rape drug worth noting, and it is the one most commonly used in date rape. It is legal and easy to obtain. In fact, almost every food and drink establishment offers it to their patrons, so long as they have obtained a liquor license. That’s right: alcohol is the number one date rape drug available, classified as such because it affects judgment and behavior and can imitate some of the effects produced by Rophynol, GHB, and Ketamine. The University of the Sciences claims about 90% of date rape happens when alcohol is involved. Studies estimate that anywhere from 34% to 74% of sexual assaults involve alcohol. But because date rape is frequently unreported, it is hard for studies to evaluate what percentage of date rape is attributed to alcohol.

New technology is a step in the right direction toward preventing date rape. But nothing will reinforce the dangers of date rape more than creating awareness and instilling knowledge in all individuals. Using the buddy system, buying and protecting drinks, and knowing drinking limits and surroundings are the best way to thwart date rape.

A look at Title IX and the reporting of campus rape

Marie Frankson
Campus News

According to the Department of Justice, one in five women will be sexually assaulted during their time at college.

Over the summer, numerous schools were under investigation for mishandling sexual assault cases under Title IX of the United States Education Amendment of 1972. Sexual assault is a growing epidemic on college campuses around the country, and no campus is safer than another. In a 2000 National Institute of Justice survey, in 80 to 90% of rape cases the victims and assailants know each other; and in a 2008 National Crime Victimization survey more than 75% of women who reported a rape were under the age of 25 at the time of their assaults. Under Title IX, women

(everyone, really) have the right to feel safe in their schools, and with these statistics and the fact that nearly 60 colleges are under investigation for mishandling sexual assault cases, it doesn’t seem like college-age women are very safe.

“Sexual violence is one of the most underreported crimes, moreso on college campuses,” said Joe Farrell, the Director of Training for the New York State Coalition Against Sexual Violence. In a 2012 interview with WBNG channel 12 Action News, Farrell stated that “every two minutes a woman is raped.” That is incredibly disturbing, and what is also disturbing is the fact that fewer than 5% of rapes and attempted rapes of college women are reported, according to RAINN (Rape, Abuse, and Incest National Network), the nation’s largest anti-sexual assault organi-

zation. Title IX requires that colleges have a procedure for handling sexual harassment and sexual violence/assault complaints and to take immediate action to ensure that victims can continue their education without fear of further harassment or retaliation, but this is rarely the case as often the harasser or assailant gets off without even a warning while the victim is forced to either see their assailant every day or leave the campus. The attitude towards women who had been sexually assaulted in college show a culture of indifference or denial or even victim blaming. Unless the colleges do not accept federal funding, they have to comply with the regulations of Title IX; however, if the students feel as though their campus hadn’t properly handed their sexual assault complaints,

they can file a federal law suit against their college. Many colleges are in denial about the scope of sexual assault. Often, colleges underreport the numbers of sexual assaults because victims who do report their assaults do not always report to the college, and the college does not always cross-check with police departments and counselling centers. Because of this, colleges do not know when they have serial attacks and cannot track the predators. What can colleges do to protect their student body? One important thing colleges can do is create a haven for students to go to and tell someone if they choose to; students need to feel safe to open up about their assaults without feeling

continued on next page

Title IX and campus rape (cont.)

blamed, shamed, and judged for what happened to them. A second important thing colleges can do is address the behaviors within campus culture of binge drinking and substance abuse; between 2012 and 2013 more than 97,000 college students reported binge drinking related unwanted sexual acts and assaults, according to a May 2014 Huffington Post article by A. Thomas McLellan, titled “What the White House Task Force on College Sexual Assault Doesn’t Say.” When colleges accept binge drinking without punishment, they are also accepting the effects, which can have devastating consequences for everyone involved. A third important thing colleges can do is to improve their safety measures that are in place and to implement new ones when needed — such as text alerts, mass emails, blue light systems, on-campus transportation, and security escorts, and most importantly to make these safety measures known to all students. A fourth important thing colleges can do is to teach all incoming freshmen and transfers about what sexual assault is as well as what they can do if they are ever in that situation; knowledge is power, and giving the students the knowledge about what to do will give them the strength they need to do what they need to do, whether that be telling someone they trust or going directly to the police or whatever. A fifth and extremely important thing colleges can do is educate its students on enthusiastic consent. Si-

lence or a lack of resistance does not constitute as consent, and a person cannot give consent if they are drunk, drugged, unconscious, or asleep. However, consent can be nonverbal, such as a person nodding their head or moving closer to the other person when asked if they want to participate in a sexual activity. It’s also important to teach college students that consent can be ongoing or it can change at any time; what may have been a yes five minutes ago turned into a no, and the other partner has to respect that decision. Thankfully, colleges aren’t the only

ones trying to make things safer for their students, government legislators are also working towards making colleges safer for their students, and towards making colleges accountable for their actions in regards to sexual assaults on their campuses.

On June 30th of this year, a bill proposed by eight bipartisan legislators, including Senator Kirsten Gillibrand (D-NY) called the Campus Accountability and Safety Act, would impose significant penalties to colleges who failed to release data on sexual assaults. The bill itself establishes a provision that calls for a public database of sexual assaults on college cam-

puses; the information would be provided by students, not through the campuses’ administrations, by way of surveys. Through the surveys, the colleges who refuse, or fail, to properly report the cases of sexual assaults on their campuses will be shamed into doing better to keep their students safe.

In California, Democrats Senator Barbara Boxer and Representative Susan Davis proposed new legislation to deal with sexual assault on college campuses, called the Survivor Outreach and Support Campus Act (or SOS Campus Act), in

tims of a sexual assault need to know someone is there for them, especially the learning institute they have entrusted their future to.” According to the Huffington Post, the bill carried endorsements from several agencies, including “the National Alliance to End Sexual Violence, the National Women’s Law Center, Jewish Women International, the American Association of University Women and Legal Momentum, a nonprofit organization that has helped students file Title IX complaints against colleges.”

With colleges and legislators working to make campuses safer, students who have been sexually assaulted need to know that they are not alone and that they can speak out about what happened to them. A website called www.notalone.gov has resources for students and schools alike about sexual assault — from phone numbers to national hotlines to ways to file a complaint about how a school handles (or doesn’t handle) sexual harassment and assault cases to a map that can show you where the nearest crime victim and sexual violence centers are to you by typing in your zip code.

There are a variety of ways colleges and legislatures can work to lower the rate of sexual assaults on campuses. This article only describes a few of those ways, but everyone, colleges and students alike, can work together to help alleviate this problem.

Students who have been sexually assaulted need to know that they are not alone and that they can speak out about what happened.

July of this year. The bill would require the designation of a survivor advocate who would act independently from the college and must report to someone who was not a part of the college’s sexual assault adjudication chain. This would ensure that the victim gets the help they need through reporting their assault, counseling, administrative procedures, medical and academic accommodations, and the legal process of the college or local law enforcement. Rep. Susan Davis was quoted as saying, “Vic-

Negative perceptions of Muslims, Arabs continue

Kate Winkle
Scripps Howard Foundation Wire

As the month of Ramadan ends and conflicts continue in the Middle East, the Arab American Institute released poll results showing that although American opinions of Muslims and Arabs are more negative than previous years, Americans also want to know more about both groups.

James Zogby, AAI president and director of Zogby Research Services, and Center for American Progress policy analyst Matthew Duss announced the results of the poll recently. Zogby said the poll showed that Arab and Muslim communities have a lot of work to do to combat negative stereotypes.

“We need a lot more assistance from media and from institutions to round out the image of what has up until now been a stick figure, a one-dimensional stick figure that is viewed as

best represent the demographics of the survey population. In all the questions, there was an option for respondents to mark either “not sure” or choose between “not familiar” and “not sure.”

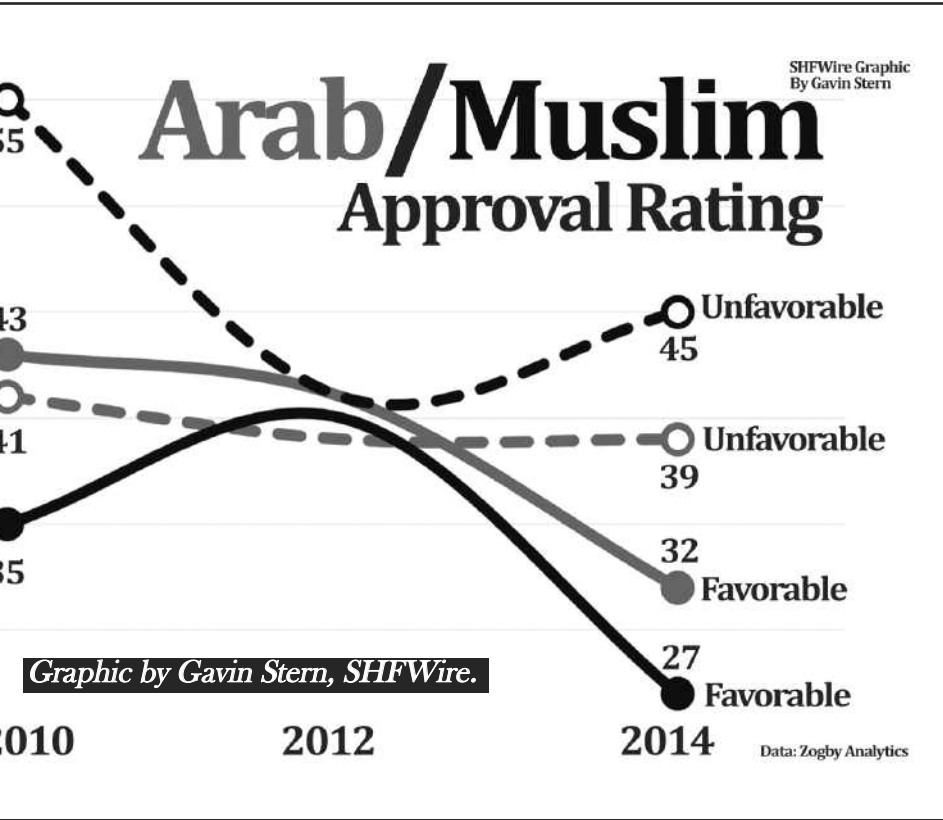
American attitudes toward Arabs and Muslims are at the lowest point since 2010, when the first poll was conducted. This year, 32 percent of respondents had a favorable opinion of Arabs and 27 percent had a favorable opinion of Muslims, compared to 43 percent and 35 percent in 2010. Thirty-nine percent viewed Arabs unfavorably, and 45 percent viewed Muslims unfavorably this year, while 2010 results show 41 percent and 55 percent.

Whether a respondent personally knew an Arab or Muslim affected the responses. More people knew a member of at least one

of the groups than didn’t, and people who knew an Arab or Muslim were almost twice as likely to have a favorable opinion.

“What comes through in the polling is that there is no substitute for personal relationships and experiences,” Duss said.

Racial identity and age factored into responses, Zogby said. Respondents who identified as non-white or ages 18 to 29 were more likely to view



Muslims or Arabs favorably and were more confident that Arab Americans or American Muslims could work in government without their ethnicity or religion affecting their work.

When those surveyed were asked if they knew enough about Arabs or Muslims, about half said they needed to know more. Younger Americans needed to know more about Muslims, while older Americans said they needed to know more about Arabs.

Duss predicts that as Arabs and Muslims become more prominent in business, sports and government, the public will become more accepting. He said the U.S. often goes through “grow-

ing pains” as public opinion becomes more tolerant, such as the concern in 1960 about whether John F. Kennedy would be unduly influenced by his Catholic faith.

“We look back on these moments now and understand all these suspicions were kind of silly,” Duss said. “And, in the future, I suspect and hope that a lot of the suspicions and stereotypes that people think about Muslims and Arabs are also silly. But the question is, ‘how to get from here to there?’”

Whether a respondent personally knew an Arab or Muslim affected the responses.

a threat,” Zogby said. Zogby Analytics surveyed 1,110 likely voters from June 27 to June 29. The unscientific poll selected participants who had signed up on a database, and the results were weighted to



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Senators unveil campus sexual assault legislation

Daniel Wheaton
Scripps Howard Foundation Wire

Anna relived the worst moment of her life to the New York Times this past summer.

Barely through with the first few weeks of college at Hobart and William Smith Colleges in Geneva, N.Y., she was sexually assaulted by three football players.

To make matters worse, her case was adjudicated by a panel of her peers, who found her assailants not guilty.

Anna and her mother, Susan, who asked members of the media not to use their last name, joined a group of eight senators to announce a bill that would change how universities and colleges investigate sexual assault.

“This epidemic must be stopped,” Susan said.

The Campus Accountability and Safety Act would establish a new framework for investigations and establish penalties to encourage reporting.

Campus sexual assault has remained in the national spotlight during the past few months as survivors of sexual assault have started sharing their stories.

The White House estimates that nearly 20 percent of women report being raped while in college, and the Centers for Disease Control and Prevention says that one in 71 men reports being raped.

Those stories have had real effects - the U.S. Department of Education is investigating 55 schools for violating Title IX’s sexual assault requirements.

Sen. Claire McCaskill, D-Mo., led the push to write the bill. Earlier this month, her office released a survey addressing the national climate of sexual assault. The survey found one in 10 campuses didn’t have a Title IX coordinator, and 41 percent of schools haven’t had a sexual assault investigation in five years. Additionally, 20 percent of schools said their athletic departments had oversight of investigations involving athletes.

For the past several months, McCaskill has been holding roundtable discussions with people involved with campus safety.

Sen. Dean Heller, R-Nev., said colleges should get used to publishing how they investigate sexual assault. One of his daughters is a rising sophomore in college, and he wishes his family had this information during the college-decision process.

“This bill has teeth,” said Sen. Kelly Ayotte, R-N.H. One of the major criticisms of existing law is that the only penalty for not following the rules is for the Department of Education to cut all federal funding. This “nuclear option” has never been used.

The new bill includes a penalty of up to 1 percent of an institution’s operating budget as well as an increase of Clery Act penalties from \$35,000 to \$150,000. For a small private school such as Occidental College, the fine would amount to \$978,000, and for a large public school such as Ohio State University, it would amount to \$4.3 million. Both schools are among the 55 under investigation.

“We are done with the days of asking victims why they drank too much or why they wore the wrong thing,” Sen. Richard Blumenthal, D-Conn., said.

Victim-blaming is one of the many reasons campus rape is underreported, so the senators included a provision requiring campuses to have confidential advisers to help students through the investigation process.

Annie Clark, founder of End Rape on Campus, said many survivors experience “institutional betrayal” when schools are more worried about their image than the safety of the survivor.

While studying at the University of North Carolina at Chapel Hill she was sexually assaulted. A campus administrator likened her attack to a football game, saying she should “look back at my mistakes.”

Clark ended her statements with a message to survivors: “You are not alone, it’s not your fault, and we believe you.”

The bill would also forbid any departments of a school – such as the athletic department – to conduct investigations, meaning all students would be treated the same “regardless if they can dunk a ball,” Sen. Marco Rubio, R-Fla., said.

Senators were confident the bill would make it to President Barack Obama’s desk by the end of the year. McCaskill said it will be debated on the Senate floor in September. She’s also adamant about keeping the bill bipartisan. If another senator wants to sponsor the bill, she’s making him or her find another senator on the other side of the aisle to join.

“It’s a two-by-two approach,” she said.



New York victim ‘Ana.’ -Photo by Author

Anna, speaking with Sen. Kirsten Gillibrand, D-N.Y., by her side said she hoped survivors would know they are no longer alone. Her parents urged her to transfer, but she plans to return to campus in the fall to help other survivors.

“We’re all in this together,” Anna said.

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BRING THE WORLD YOUR BEST

The top *real* news items from last month

Welcome to a new feature in Campus News – “News You Should Know.” In it, we will wrap up the stories from the previous month that made headlines and that you should be aware of.

Why should you be aware? A few reasons:

- In your classes, these topics may be discussed by your professors.
- You will be a better conversationalist in general with this knowledge.
- Internet “news” prioritizes entertainment news over real news, so

you may be missing the key stories. For example, you have likely heard of Robin Williams’ and Joan Rivers’ unfortunate circumstances, but what do you know about the Ukraine?

- These stories are big enough that they may become a part of history textbooks soon, so this will help your knowledge and give you context in history and related disciplines in the future.

Here are the big stories that made front pages over the past month or so:

Israel-Palestine Turf Wars

Israel and its Palestine territory have been in the news, in constant turmoil, over the decades, but this has heated up of late as Israel has targeted strikes in the Palestinian Gaza section and seized land in the West Bank. Hamas, the group that controls Gaza, has sent rockets into Israel’s Jewish cities. Three Jewish teens were captured and killed by Hamas in the West Bank. As of press time, about 2000 Palestinians in Gaza have been killed,

three quarters of whom are civilians, and hundreds of thousands displaced. Israel counters that Hamas uses civilians as “human shields,” putting them near military targets. From an American perspective, some feel Israel is being over-aggressive, while others note that Israel is America’s only friend in the Middle East and a bastion for democracy there. The US State Department did decry Israel’s latest seizure of land in the West Bank as unjustified.

Ukraine vs. Russia

The Ukraine became independent, along with Russia, after the USSR dissolved in the 1980s, but a region in Eastern Ukraine, where most of the residents speak Russian, is in turmoil as Russia has been intervening by helping separatist rebels there and building up its military presence on the border.

Some say Russian troops are in the country. A Malaysian Airlines jetliner was shot down, potentially by rebels, as it tried to fly over the region. All 298 people on board died. Russian leader Vladimir Putin recently reasserted that his nation is a “nuclear power” and that his country will not kowtow to pressure from the US and Europe to stay clear of the region. Russia had annexed the Crimea portion of Ukraine earlier in the summer.

ISIS

This Middle Eastern Sunni jihadist militant group got a lot of press this



Palestinian supporters in Washington, D.C. –Erin Bell photo, SHFWire

summer for some brutal acts of terrorism, including its beheading of US journalist James Foley. ISIS mostly operates out of war-torn Iraq, but has been gaining traction in the region, while taking on Shiites and Kurds; the latter group the US has helped with aid and some military support. ISIS seems to have a large contingent of European Muslims in its ranks, and the assassin in the Foley video clearly has a British accent. The US is willing to increase air strikes in Iraq, but doesn’t want to return ground troops to the region.

Ebola

This West African super virus has killed about 1500. It seems that at least half of the people who get this die, though that may be largely due to the poverty and poor conditions in that region. The couple of Americans who have gotten this have been treated here and survived. This disease is not highly communicable, so there are no major worries in the US at this time.

Ferguson, Missouri

Racial tensions erupted in this city outside St. Louis where the police force is mostly white (and armed to the teeth) and the population is mostly black when a white officer killed an unarmed black male, Michael Brown, 18. The local police force made matters worse by releasing an unrelated video of Brown allegedly stealing cigars from a convenience store. Curfews, violence and looting followed, the National Guard was called in, and the events of the past month showed the world that the US still has a ways to go when it comes to race relations.

Did we miss anything? What are the big September stories that we should summarize in our October issue? Let us know by writing editor@campus-news.org.

1st Amendment fight continues for NYT writer

Kate Winkle

Scripps Howard Foundation Wire

The fight for the First Amendment and New York Times reporter James Risen isn’t over.

“The main thing that gets to me is that I realize I don’t deserve all this,” Risen said. “But I also know that it’s really not about me, it’s about some basic issues that affect all journalists and all Americans.”

Since first being subpoenaed in 2008, Risen has refused to reveal his source for a section of his book “State of War: The Secret History of the CIA and the Bush Administration” that detailed a failed CIA operation in Iran. The George W. Bush administration suspected his source was former CIA official Jeffrey Sterling, who was arrested in 2011 under President Barack Obama and charged with violating the Espionage Act.

In June, the Supreme Court rejected Risen’s appeal of the subpoena, and he faces jail time or a hefty fine if the Obama administration compels him to testify.

Journalism organization represen-

tatives gathered at the National Press Club on a recent Thursday to support Risen and what his case has come to represent: protecting the freedom of the press.

Earlier in the day, the groups delivered a petition to the Department of Justice asking that it halt legal action against the reporter, who was not involved in the effort.

The petition, signed by 100,000 people, said that forcing Risen to reveal his sources would be an “assault on freedom of the press.” Twenty Pulitzer Prize winners also wrote statements in support of Risen.

The recent crackdown on national security leaks also changes the way journalists do their jobs, Committee to Protect Journalists Advocacy Director Courtney Radsch said. In the face of the Obama administration’s eight whistleblower prosecutions under the Espionage Act, more than twice the number by all previous administrations combined, sources are less willing to talk. This environment creates a “chilling effect” on journalists’ ability to pursue government-accountability investigative reporting.

She said it also set a “dangerous precedent” for other governments and harmed the country’s reputation abroad.

“It is much harder for the U.S. to be taken seriously when it advocates for press freedom and journalistic rights abroad when they are abridged at home,” Radsch said.

The petition is only a first step to increasing public awareness and protecting journalists, Legal Defense Director for the Reporters Committee for Freedom of the Press Gregg Leslie said. Journalists need a “meaningful” federal shield law that will protect them from having to reveal their sources. The Senate Judiciary Committee approved a bill called the Free Flow of Information Act in September 2013, but it has yet to go to the floor. The House has not looked at a bill in the past year.

“One of the great things people in power can do is enact limits on its own powers,” Leslie said.

Although Leslie said the petition and a potential law will provide an incremental change to the situation, he also said there is no “golden ticket” to

solve everything when it comes to national security concerns and journalists’ rights to report about government activities.

“It all helps, and none of it’s perfect,” Leslie said.

The Newspaper Guild-CWA announced Wednesday that Risen would be given the Herbert Block Freedom Award, named after the Washington Post’s longtime editorial cartoonist, for upholding the principles of a free press.

Risen, who joked while taking questions that “you’re going to get me in trouble with my lawyers,” said he was happy to continue the fight for the rights of journalists like him and his son, who stood near the back of the room. Tom Risen is a technology and business reporter for U.S. News & World Report.

“The real reason I’m doing this is for the future of journalism,” Risen said. “My oldest son, Tom, standing right there, is a journalist and I want to make sure that the same protections that I’ve had in my career are there for the future reporters of America.”

Interesting People: Huguette Clark

Kristina Bostley
Campus News

Living until 104 years of age is a feat in and of itself, but that is neither where Huguette Clark’s story begins nor ends. The Paris-born heiress to a Montana copper mining fortune was born in 1907 to 67-year-old William Andrews Clark and his 28-year-old wife, Anna. Huguette’s life began in the spotlight until she turned it off herself in the 1960s, choosing to reside alone inside her multi-million-dollar New York City apartment overlooking Central Park until illness landed her in a hospital for the final 22 years of her life. After her death, her final will and testament came into question by relatives whom Huguette had never had contact with, putting her right back into the spotlight she had tried so desperately to avoid for her entire life. So many questions shroud Huguette’s life and death: What forced Huguette into a reclusive lifestyle? How did the heiress spend her days with such little contact with the outside world? What became of her three estates after her death in 2011? But mostly, who exactly was Huguette Clark?

Details from her childhood and early adulthood are readily available due to her father’s undeniable notoriety and massive fortune. WA Clark’s resume was nearly as tall as the 5’6” tycoon, seemingly staking a claim in each and every industry he touched. According to “Empty Mansions” by Bill Dedman and Paul Clark Newell, Jr., Mr. Clark oversaw copper mines across several different states, purchased and sold the lots that would later become downtown Las Vegas, built a railroad from Los Angeles to Salt Lake City, operated electric power and streetcar companies as well as a bronze foundry and a copper wire factory, grew sugar beets in California, maintained the publication of newspapers across the country, and held a seat on the US Senate, all while building the most expensive house in New York City and somehow finding the time to spend with his family. Huguette was his youngest daughter, preceded by her sister

Andréé and four siblings from her father’s first marriage.

While her father was quite the go-getter, Huguette preferred to quietly enjoy the finer things in life. Her childhood home was situated on Millionaires’ Row in Manhattan, on 77th Street and Broadway. It was here that Huguette first fell in love with the fine arts, each of the five art galleries in the mansion showing off paintings from Degas to da Vinci and everything in between; harps and pianos with which the women of the house filled the rooms with music; and the most luxurious carpeting, furniture, and window treatments money could buy.

But money could not buy happiness for the Clark family when tragedy struck in the summer of 1919. On August 7, 1919, Huguette’s older sister contracted tubercular meningitis while on a trip to Maine. Within just a few days of her diagnosis, Andréé Clark died. Heartbreak struck again four years later, when 86-year-old W.A. Clark died, reportedly of pneumonia. Anna and Huguette then

Relatives were concerned that her accountant and nurse had been swindling her.

moved down the street to 907 Fifth Avenue, where Huguette would reside for the better part of her life.

Huguette and her mother Anna would take summer trips to their mansion, Bellosguardo, in Santa Barbara, California. It was in that mansion that Huguette wed childhood acquaintance Bill Gower, who was the son of her father’s accountant. Upon their return to New York, Huguette and Bill moved into the entire 12th floor of their apartment building, while Anna occupied her apartment on the 8th floor. The two separated nine months later and officially divorced almost two years later. The reason for the divorce was never publicized, but the two kept in contact through letters for the rest of their lives. Later, Huguette was tied to Etienne Allard de Villermont, a longtime family friend. There were rumors of an engagement between the two, but Huguette never married again.

The two Clark women continued to live on Fifth Avenue until Anna passed away in October 1963. Even before then, Huguette had been slowly withdrawing from society, choosing instead to write letters and make phone calls rather than venturing outside. She moved into her mother’s apartment on the 8th floor, but still kept her 12th floor apartment. Huguette was selective about the visitors she would see, but did allow Etienne and his family to visit. His daughter revealed years later that Huguette was afraid of germs and illness.

Huguette threw herself into hobbies, including the design of dollhouses. She was extremely meticulous in her designs, and would not hesitate to instruct the builders on the minutest of details. She would often send them back for more work if something was wrong, or if she decided that something (such as the size of a doorframe or the type of shutter) needed fixing. She played with the dolls and the dollhouses for most of her life. Huguette also had a passion for Japanese architecture. She commissioned scaled-down replicas of castles and buildings in Japan, even sending someone to take measurements of a building to ensure its accuracy.

Huguette had caretakers throughout her life, including Delia Healey, whose responsibilities included preparing Huguette’s simple meals (often crackers and sardines for lunch), washing and ironing the dolls’ clothing, and recording cartoons like “The Flintstones.”

After Delia passed away, Huguette maintained contact with select people through telephone calls and letters rather than hiring another caretaker. Besides one maid and one a handyman, she would often call her antiques dealer to fix furniture in her apartment, and kept in contact with a very small circle of friends. It was one of them, Suzanne Pierre, who called a doctor to check on Huguette in 1991. Huguette had not seen a doctor in years, so it was no shock to learn that the skin cancers on her face and lips had been untreated and nearly caused her to starve to death. She was brought to the Doctor’s Hospital in New York, where she recovered to full health. But Huguette chose to stay in the hospital for the remaining 20 years of her life, with around-the-clock care. Her private nurse,



Hadassah Peri, became very friendly with Huguette, and she was the only person Huguette truly trusted to guide her in medical decisions.

Throughout her life, Huguette was very generous with her money. She would send gifts and donations to those close to her, such as buying groceries for Etienne’s family for years, and sending money to her antique dealer’s family. It was no surprise that she made donations to the Doctor’s Hospital while she lived there, and give sizeable monetary gifts to Hadassah. When Huguette Clark died in 2011, she was surrounded by controversy. Her will did not leave anything to her distant relatives, who were concerned that Huguette’s accountant and private nurse had been swindling her for years, and that Huguette was not competent to make decisions any longer. According to them, Huguette’s relatives had entered the picture only a few years prior, and she felt that they were trying to get to her fortune. After a court battle for her \$300 million fortune between 19 of Huguette’s relatives, Hadassah, and her doctor, her will was divided up. She left Bellosguardo as an arts foundation, her relatives received \$34.5 million, and Hadassah received \$26 million as well as the right to keep the houses Huguette had purchased for her. Regardless of Huguette’s choice of lifestyle, she was a meticulous, generous woman, and she lived exactly as she pleased.

Campus Voices

By John Tyczkowski

For the start of the school year, we asked students at Manchester Community College in Connecticut which classes they most were looking forward to most/least this semester.



"I'm really looking forward to Algebra. I don't really have any classes I'm not looking forward to, I'm excited for them all."
- Alex Clelland, General Studies



"I'm really excited for Human Biology. And I think my least favorite class will be Film Study."
- Gabrielle Stratidis, General Studies



"I can't wait for Criminal Investigation. I like all my classes but I guess I'm least excited for Ethical Issues in Criminal Justice."
- Nicholas Laurito, Criminal Justice



"I'm definitely looking forward to Biology, but I'm not excited for Intro to Literature."
- Olivia Francoline, General Studies

Side businesses you can run in your spare time

Darren Johnson
Campus News

You may have read business advice that tells you to quit everything and follow your dreams. But I think it's the other way around — a carefully planned business can help you attain your dreams.

Go to college and stay at it. Study the courses you love (and some you just have to; but learn to love them for what they are). Get a job in a field you like; though the pay may not be great. Fall in love, start a family if you'd like.

That is better advice. But here's an added twist. Consider also starting a side business after-hours to really add security. You don't have to love it.

I've met many people who have some cash-cow on the side. For some people, it's all they need financially. It's a business that doesn't require much attention after initial startup — and the added income really can allow you to attain your dreams, whether it is working a 9-to-5 in a career you love (that doesn't pay great) or having the resources to get added college degrees.

The reality is, you probably can't quit your 9-to-5 and you shouldn't quit your college study, but where what was called "moonlighting" was frowned on by past generations, today it's the norm. People are considered crazy if they don't have a plan B on the side considering how 9-to-5s aren't as stable as they once were.

So, here is what to know:

- The average sole-proprietorship (a one-person or one-family business) just makes about \$12,000 a year, according to the Small Business Administration.
- Most such businesses appear to survive less than five years, so there is risk.

This means, you shouldn't quit your 9-to-5 or going to college to "be your own boss."

Let's create a scenario: Say you do your books and realize you need \$50,000 a year to pay all of your bills. Your dream job is available, but only pays \$35,000. A job that is a soul-crusher is also available, and pays the \$50,000 you need. Which do you take?

(Lousy jobs do usually pay better than more "spiritually enriching" jobs.)

Many advice articles I read say to quit the soul-crushing job and start a business you love.

But I'd say the better alternative is to take the 9-to-5 you actually like, but supplement that with a side business that pays you the additional money you need.

Isn't it better doing the job you love 40 hours a week, and supplementing that with 10 hours of something else, than to work all day in a soul-

crushing job?

Starting a side business doesn't have to be expensive. It may be labor-intensive the first couple of years, but, after it gets established, you could hire other people to do the dirty work.

I'd certainly suggest not taking out business loans, and don't pick a side business that you can't do yourself, as you won't be able to afford to hire employees right away.

Make a list of bare-bones expenses you will have with the new business and save up at least a few months of money to operate that business. It usually takes a couple of months before the first checks start rolling in.

Don't sign any long-term leases. If you find that you miscalculated, quit. Dust yourself off. You still have the 9-to-5.

Here are some side businesses you can start with a 9-to-5. (PS: Don't work both jobs at the same time. You can get a personal cell phone for the business in case someone needs to call you between 9 and 5. Let it go to voicemail, and call back during your lunch break or after 5 p.m.)

Summer Food Stand

This would be great for people who have summers off, such as teachers and students. You can either set up in a place that is growing in popularity or do a tour of county fairs. Some people make enough money doing this to not have to work the rest of the year. Cross your T's: Be sure to do all the paperwork with the Board of Health.

Exercise/Karate/Dance Studio

You could run early morning aerobics classes before work and a bunch of classes after you leave your day job at 5 p.m. After you build a following, you can hire instructors. Dance studios give free tuition to the older kids to teach the younger kids. Cross your T's: Insurance may be a stumbling block.

Teaching

Teach continuing ed courses for local colleges, libraries, etc. You don't need a degree, just a skill to share, such as the ability to explain Microsoft Office to newbies. Cross your T's: Insist on at least \$50 per hour.

Writing

You may not realize it, but your town probably has a little 4000-circulation newspaper. Go to your local deli or corner store and buy a copy. Find the editor's contact info and offer to write for the paper, say covering weekend sports or a weekly Board of Education meeting. You could establish a "beat" (covering one aspect of government or society regularly). Cross your T's: You should learn the journalistic style and the rules of language, or else you won't get a repeating gig.



Build Web Pages

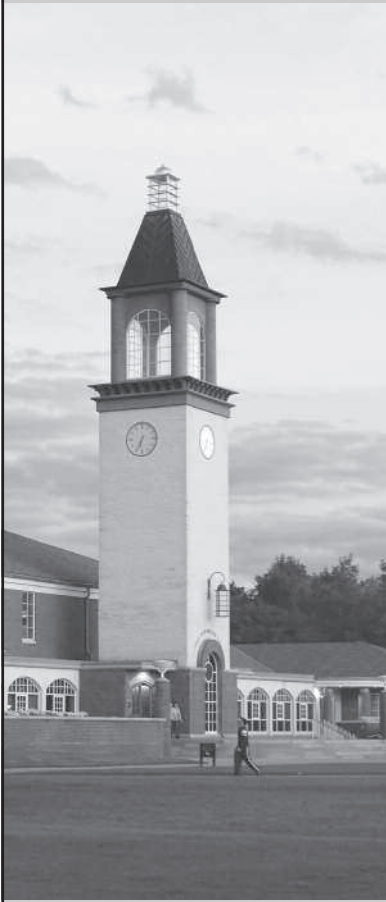
There are tons of small businesses in your area that don't have web sites. The typical small business just needs a domain and a few pages. Call around to small businesses who don't have decent sites. Charge \$200 to build a simple site, and I'm sure you'll get a lot of takers; then charge them \$100 a year to host the site and establish a fee if changes are required. Cross your T's: Most businesses want to do such business between 9 to 5; look for clients who can be flexible.

Accounting/Taxes

Most people don't do their own taxes. Buy the high-end tax software and do this for them. You also could get gigs managing the books for small non-profit groups. You may have to attend the occasional Board of Directors meeting. Cross your T's: Don't take on shady clients. You won't be able to hold their hands as they go through audits.

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My new life on the red carpet: Why you should take your internship seriously

Julianne Mosher
Campus News

Sometimes being an overachiever can have its benefits...

Starting school last year was tough. It was my first semester at a four-year institution after leaving my safe community college of six semesters. I moved from a small college that seemed easy compared to this university that had huge expectations of its students.

Working two part-time jobs to be able to afford my education, along with taking 18 credits, made my head hurt... then I decided to take on an internship.

The internship was a three-credit program – raising my university credit to 21 – and was work from home. Being a journalism student, I had to write 18 to 20 articles a week – roughly 10 hours altogether – learn online coding and do research for three months straight. The website I wrote for was called TheCelebrityCafe.com and I freaked out. How was I going to survive all of this work?

I was tired, cranky and felt as though I had no social life. I got tired of writing celebrity gossip on top of serious news stories for my classes and my eyes pained from staring at a computer screen all the time. Between the school assignments and the internship, I was fed up with everything in my life and became discouraged that all I did was work.

But luckily the research and columns I had to write weren't anything too difficult. They were actually quite fun to write. Growing up, I was always fascinated with famous people and admittedly loved reading the tabloids.

My supervisor told me in the be-

on the job, I got an email from my boss saying that her boss wanted to hire me as a freelance writer. The pay was not going to be amazing and I would not be able to afford the latest Louboutin's like Carrie Bradshaw would in "Sex and the City," but I could get a little bit of money to write my columns again and as they said earlier, get my name known.

Since it was the summer, it was much easier to manage my time writing my quick, tiny stories. It was fun not having the pressure of school hanging over my celebrity stories and made it even more enjoyable to do.

My stories ended up on Twitter and Google News, I began to forget about the possibility of interviewing big names with the website. I was just happy I could still write for the site and even get paid a little bit on top of that.

It was one day in the beginning of August when I got an overwhelming email that changed my perception of an internship forever. The owner of the website wanted me to go to an event – a real, red carpet event at Radio City Music Hall in Manhattan.

Along with one guest, I was invited as press to go backstage of "America's Got Talent" and talk with the contestants, take pictures and interview the main, famous judges.

Being one of my biggest supporters for my dream, I decided to bring my dad along. He and I dressed up and took the two-hour train out to the city. Both of our iPhones were charged and he gave me an optimistic pep talk while we navigated through the tall buildings until we arrived at the famous venue.

We walked downstairs, with blisters already on my feet from walking around Manhattan in heels, and we were both shocked at how professional this gig really was. "Jul," he said. "This



Julianne with dad, Scott Mosher at 'AGT.'

Getting to meet the contestants and being introduced as the website's name was invigorating. At that moment in time, I was a real reporter working on a real beat with a real press pass. It didn't matter that I was only a junior at Stony Brook University, it didn't matter that I was only 21 years old and it really didn't matter that I wasn't even done with my degree yet. It was surreal, but I had to get over it as Lindsey Stirling, Howie Mandel, Nick Cannon and Heidi Klum walked out. I had to stop being a fan girl and get my game face on.

My dad stood behind me, recording my conversations just in case my phone failed me – he was a good date helping me out – as I had a full conversation with violinist and former "AGT" contestant Lindsey Stirling.

On the spot, I asked her how it felt to come back as a guest performer after being turned down several seasons earlier and she gave me amazing and very inspirational quotes. That was my story and I was thrilled.

I was no longer scared. I was confident in what I was doing and any self-doubt I ever had in my life about school, my internship or grades went away. I talked to one of Billboard's top performers, and I did well.

I got home and sent in my story along with the pho-

tos I took. I was exhausted but couldn't sleep that night knowing that because of this one internship, I already made a huge move forward in my future career.

It took over four months of working for TheCelebrityCafe to finally get recognized and asked to do something exciting. Being patient was hard and frustrating at times but in the end the work, the lack of sleep and the money spent on Starbucks was worth it.

Taking that internship seriously as though it were my only real job changed my life forever. Showing the enthusiasm I did when I found out I was going to walk the red carpet made me more appealing to my bosses because I was willing to do whatever it took (like paying for my round-trip train ticket out of pocket) to get these amazing interviews with this rare opportunity.

Doing what I did and handling it the way I did made my freelance job even more exciting than it originally was, and it was all because I worked as hard as I did as a tiny, unknown little intern.

'I was a rookie in this huge pool of seasoned writers. I got red in the face with anxiousness and embarrassment.'

ginning that if I kept up the good work sending out all of these different stories, I could have the opportunity to interview celebrities, walk red carpets and spend weekends in the Hamptons to socialize with the rich and famous at only 21 years old.

Keeping in the back of my head that this huge, amazing prize could be at the end of the tunnel, I drank triple the amount of coffee, stayed up late watching what was trending on Google and Twitter and spent every waking free second on my phone reading the latest celebrity gossip.

In April, I was officially done with required hours writing as an intern. I was almost finished with finals and went back to working full-time hours at my lame retail job.

However, shortly after my final day

is the big time."

Two red carpets were set up against "AGT" backdrops – one side for the paparazzi and their bright flashing cameras and the other for the publications and TV networks.

I stood scared and intimidated next to the big time reporters from E! News, Entertainment Tonight, Life & Style Magazine and Howard 100 News. I was a rookie in this huge pool of seasoned writers. I got red in the face with anxiousness and embarrassment.

The contestants started to come out and I approached them with a shaky hand as I recorded my conversations for my story later. I had no idea what my story was even going to be about but I had to find it in the two hours I was there.

I eventually did.

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Turning 21 (cont. from cover)

35 and being eligible for political office). As happy as one might be to cross this bridge and hop to every bar their vehicles and legs will take them, I view it as a more serious situation than that. I am officially grown. I will look this way for the majority of my life. There is no more “What do you want to be when you grow up?” There are far more “What are you doing with your life?” type questions thrown around. No longer am I a candidate for humanity, but a contender. If one were to die at 80, which is being generous, over one fourth of my life is over. This is a very awe-inspiring experience considering there is nothing holding one back now. One can create a vision and dive after it like a lifeguard of ideal futures. Idealism has never found peace with me, so I won’t give it a humble home in my head, but the point still stands. When

one feels awe-inspired about life, the inevitable subconscious voice sticks its dark head in and says, “This isn’t going to last forever” and then recedes into its corner. Death nearly always comes up when life is mentioned due to this annoying little joy-killer.

A few words of advice to those who plan on wrestling with the fermented temptress need to be given out, even though I wouldn’t say I’m an expert on the subject. First off, know your limits. There is nothing worse than sitting down and enjoying the company only to stand up and realize that you can’t help but hug the wall. Second, do not dream of operating an automobile if you have had a single drop. Staring death in the face is one thing, drunk driving is giving death a free chance at you. Thirdly, drink when you are in a good mood, not the reverse. The only thing it will

cure is any hope of doing anything about your problems in the morning the next day. Finally, be courteous to those who are indeed blitzed around you. They have no idea what they are doing and need someone to take care of them. Do not take advantage of a woman in this state and don’t be responsible for their intoxication either. Hold their hair and don’t make them feel so embarrassed for losing themselves. It is different for men. Men are more prideful than women are and may refuse to admit that they are actually off their rocker, even if they have literally fallen out of a rocking chair. Knock your friend unconscious before you let him get behind the wheel, and get some frozen vegetables for his eye.

With all of these rules followed (I suggest Kingsley Amis’ “Everyday Drinking,” if you’d like any more) you can have an excellent relationship with the drink. Alcohol can be a good friend and companion, if you don’t lean on it for support. If you do that, then it will take advantage of you, and it will overtake you. The recent campaigns to stop drinking make rather strident claims that make them incredibly easy to brush aside as radical overstatements. Alcohol is a part of human tradition ever since

fermented fruit was eaten by our early ancestors. It is not a dangerous substance if used in moderation, but that moderation has been eluding us for generations.

I have been thinking about this often and it has been churning inside me for such a long time that the metaphorical umbilical cord is officially severed. There is nothing keeping you where you are and nothing forcing you away. This time in your life is the time when you are most free, so grab it by the face and don’t let it go. Pondering about what to do with your life for 70 years is not a very enjoyable life to be leading. If there is anything that anyone could suggest to you it would be that taking action in this point of your life is more important than weighing the options and missing the opportunities. Sitting and wallowing in the stench of self-pity is not something that I am prone to doing, and yet a somber feeling fills my chest when I think about turning Twenty One. The transition from child to adult is definitely not as enlightening as it once seemed. If anything, it only cemented the idea that nobody knows what they are doing, and that being a sponge for knowledge is one path to being someone who comes close.

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Summer’s over – so focus!

Prof. Jack K. Mandel, MBA
Nassau Community College

Here’s a quick multiple choice question... Which of the following is true?

- A. All good things come to an end.
- B. The only constant in life is change.
- C. Some things we have no control over.
- D. All of the above are TRUE.

Congratulations if you selected “D.” You get an “A”!

The question above is my little way of calling to CCCN readers the fact that summer of 2014 has ended – like it or not. Sleeping late, enjoying the sand, surf and sunshine, even bar-hopping at your favorite clubs are now over.

As the weather turns cooler, it’s time to focus on those ????. And I have a few options for your consideration ...

- WHOM do you have as a good friend or mentor to guide you this

- year?
- WHAT choices will you make to improve your work and/or study habits?
 - WHEN is the time for you to commit to a more positive, healthy, spiritual and emotional lifestyle?

Where can you best utilize your talents, knowledge and perspectives in your day to day life?

- WHERE can you best utilize your talents, knowledge and perspectives in your day to day life ... be it at college, the workplace or your family/home environment? And last,
 - HOW will your actions make your dreams become reality (goal-setting)?
- It must be the college educator in me realizing that your time is NOW.

It’s been awhile, but I can assure you that I have walked in your shoes. When I was a college student at Baruch, I was excited, confused, challenged, unsure, confident – every emotion that a person can feel becomes apparent as you strive for adulthood.

And so, as the summer of 2014 is now a memory, remember that a good day today is nothing compared to a better day tomorrow IF you are willing to answer those ????

PS: A special “shout out” to my youngest son, Jaron, who graduated from the University of Florida this past May. Son, as you embark on your new

career at KPMG, I trust you will strive to answer your own???. Stay focused and GOOD LUCK!

Professor Mandel teaches marketing at Nassau Community College in Garden City, NY. He is the recipient of the prestigious Outstanding Teacher Award conferred by the NYS Association of Two-Year Colleges. He is also a “Best of Long Island Winner” for in the Teaching category from the Long Island Press.



New telescope will look for life beyond Earth

Erin Bell
Scripps Howard Foundation Wire

A new telescope may help NASA discover life beyond Earth.

“We’re entering a new realm in our question, ‘Are we alone?’” John Grunsfeld, astronaut and associate administrator of the Science Mission Directorate at NASA, said at a briefing this past summer at NASA headquarters. “Thanks to investments in technology, we’ve pushed the limits of our most creative scientists and engineers and are about to take a big leap in our quest to unravel the mysteries of the universe.”

He and others talked about the James Webb Space Telescope, which has longer wavelength coverage and improved sensitivity compared to the Hubble telescope, which was launched in 1990.

Hubble revealed the age of the universe, played a key role in the discovery of dark energy and has shown

This means looking for signs of gases such as oxygen and carbon dioxide, which are released into the atmosphere by living things.

“We’re looking for whatever’s out there that’s generating gases that don’t belong in the atmosphere,” Sara Seager, professor of planetary science and physics at the Massachusetts Institute of Technology, said. “It might be some kind of sophisticated life. It may just be a single-cell bacteria.”

The telescope will start by examining small rocky planets transiting small stars in what are called Goldilocks zones – areas that are the right distance from their home stars with temperatures that are not too hot, not too cold, but just right for possible habitability. Astronomers are debating the boundaries of this zone.

But Seager said Webb probably won’t be the telescope to actually find life.

The telescope, which has a 6½ meter mirror, will be able to see objects that are 10 to 100 times fainter than what Hubble can see. This will allow it to see more

stars and the planets surrounding them, but it still won’t be very many.

“To find evidence of actual life, it’s going to take another generation of telescopes,” Matt Mountain, director of the Space Telescope Science Institute, said. “To do that, we’re going to need new rockets, new approaches of getting into space, new approaches to launch telescopes, highly advanced optic systems.”

Mountain said that, for the first time in human history, finding life beyond Earth is within grasp because of current and developing technology.

Not to mention, there’s a good

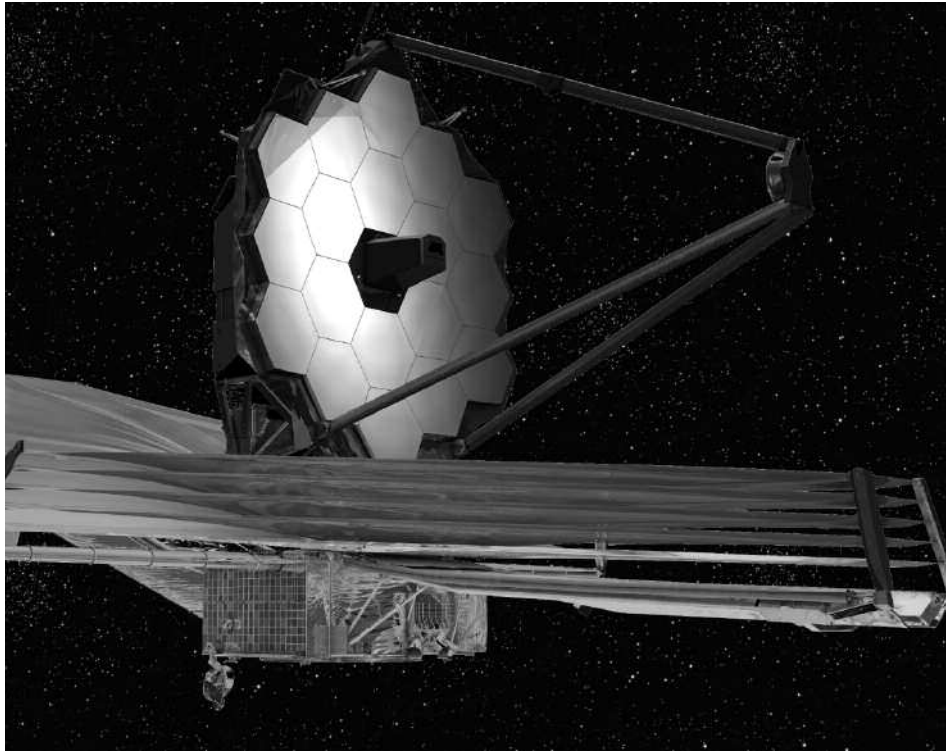


Sara Seager. Photo by author.

chance that there are other planets like Earth, at least according to Grunsfeld.

“When you look up at the night sky, we now know that virtually every star has planets around them, have solar systems around them,” he said. “So the idea that we’re going to find planets that are very much like Earth, I

think, has a very high probability. The question is: how hard is it for life to get a foothold, how hard is it for life to start. And that’s what we really have no idea and where I think a discovery of a planet like Earth with signs of life on it will be so remarkable.”



It will be able to see objects that are 10 to 100 times fainter than what Hubble can see.

scientists galaxies in all stages of evolution. The hope is that Webb can discover even more.

The Webb telescope, planned for a 2018 launch, is named for NASA’s second administrator, who died in 1992. Webb ran the agency from 1961 to 1968, leading up to the first manned moon landing, and was a strong supporter of both manned and unmanned space exploration.

The new telescope will not necessarily look for aliens. It will investigate the potential for life in planetary systems by measuring the physical and chemical properties of those systems.

Why professors keep office hours

David L. Podos
Mohawk Valley CC

So here it comes, yet another semester, and whether it's your first or last you should endeavor to begin or end your academic journey on a high note of success. To do so requires work. For some students their academic studies come easier than others. They also have sound time management skills and know how to maximize those skills to increase academic success. For others they are fortunate enough that they don't have to work, so more energy can be set aside for studying, for family life, and personal life. For others, well, things are not as easy, they struggle to manage their time effectively. Of course there are many reasons why a student's time can be used up very quickly, leaving them less than satisfactory time for studies or anything else for that matter. In my experience I have seen a drastic uptick in the number of students who need to work, and I'm not just talking about part time here, but full time as well, while trying to juggle a college schedule, making it extremely challenging to find any time to balance family and personal life, needless to say anything about studying.

So what can a student do? Depending on circumstances there is actually quite a lot a student can do to increase overall academic success. While it would be impractical to expect any college to "fix" all of a student's problems, there are a number of student services that are offered on college campuses to at least make life a little better. For instance, all colleges have tutoring labs that are facilitated by either faculty and or (students) who provide peer to

peer support in academic development in a number of subjects such as English, Writing and Math. Of course as mentioned, you have to have the time to attend. At Mohawk Valley Community College where I instruct/advise, our tutoring schedule is designed to accommodate students who simply could not make it during a regular school day, offering evening and even weekend tutoring sessions. In addition our students

can connect with their Academic Adviser/College Adviser for further assistance throughout the typical school day, and/or see an adviser for an evening consult (which I am happy to say that Mohawk Valley Community College offers as

well). Students need to make inquiries on their respective campuses regarding these important services and take advantage of what is being offered. I have personally seen struggling students turn themselves around in a manner of only one semester by attending tutoring labs and having conversations with their Academic/College Advisers. But, there is another piece of the puzzle that is equally important for academic success and that is your relationship with your Professor/Instructor.

In a previous Op-Ed I wrote about being "stuck" with your Professor through-out the semester, whether for the better or the worse. Fact is, your relationship is important, and hopefully you will be "stuck" with someone you like and can relate to. In any event, all Instructors need to offer office hours for each class they instruct, and this is the other piece of the puzzle, and in my opinion such an important one.

Depending on your Professor's of-

fice hours, the time factor becomes critical. I have often heard from a number of my students that they want to come but my office hours are not conducive to their schedules. Of course it is impossible for any adviser, tutor, or Professor to always be available and accommodate their schedules in regards to their students' schedules.

Even so, students need to know the importance of office hours and to take it seriously. For an additional introspective into office hours I had the pleasure to interview one of my colleagues, Jerry Livadas, Instructor of Political Science. The following is that interview.

DP- Jerry thanks so much for agreeing to be interviewed for the September issue of Campus News and particularly your insights into the importance of office hours. Before we begin I would like to go over your bio for our readers. Jerry what is your professional background, how long have you instructed for higher education and what colleges have you instructed for?

JL- Well first off David it is my pleasure to be interviewed by you. In regards to my professional background I am the former Deputy Secretary of State for New York State serving under the Rockefeller and Cuomo administrations. I have over two decades of experience teaching in higher education and have had the privilege to instruct at Ohio State Community College, Herkimer County Community College, and Mohawk Valley Community College, where I presently conduct my teaching.

DP- How important do you think office hours are in regards to academic assistance for students in general?

JL- I think office hours are very important for the academic success of students. The main reason being it supports the instructor/student relationship. Also, it offers the student opportunities to seek more information and details as it pertains to academics and more specifically to the course being

taught than can be available during the regular classroom session. The instructor also has the opportunity to advise and counsel the student as to not only the subject matter but to offer ideas or thoughts as to enhancing perhaps study habits, or offering ways to enhance the students' understanding of the curriculum.

DP- Do your students see office hours as important?

JL- Yes, my students that come under their own volition see that office hours are important and benefit.

DP- How do you convey to your students the importance of office hours?

JL- Well of course it is in my syllabus, and on the first day of classes I spend a good deal of time going over my syllabi. I also remind them throughout the semester that I am available for consultation.

DP- I know it can be difficult for many faculty to meet with students outside of their regular posted office hours; that said, are you able to meet with your students outside of your normal office hours?

JL- Yes. It is also important to have office hours by appointment, or, as best as possible have alternative hours available for the student.

DP- Jerry, thanks for your time and insights into a very important service that we offer our students. I appreciate your hard work and dedication to do whatever you can to assist our students towards academic success.

JL- It has my pleasure, David. Thank you.

In conclusion, students should take full advantage of all student services including office hours. It's your education — get the most out of it!

David L. Podos is an adjunct instructor for the Center for Social Sciences, Business and Information Sciences at MVCC.



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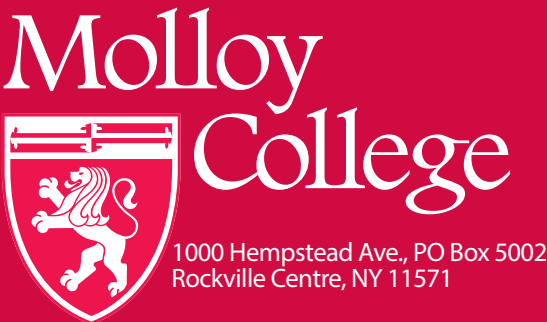
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