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# CAMPUS NEWS

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## Yik Yak creates campus chaos

Chloe Henson  
*Campus News*

In November of last year, two recent graduates launched the new social media app Yik Yak. Since then, college students across the nation have downloaded and engaged with the app. Students seem to enjoy the new social media sensation, but the app has given rise to problems at some campuses.

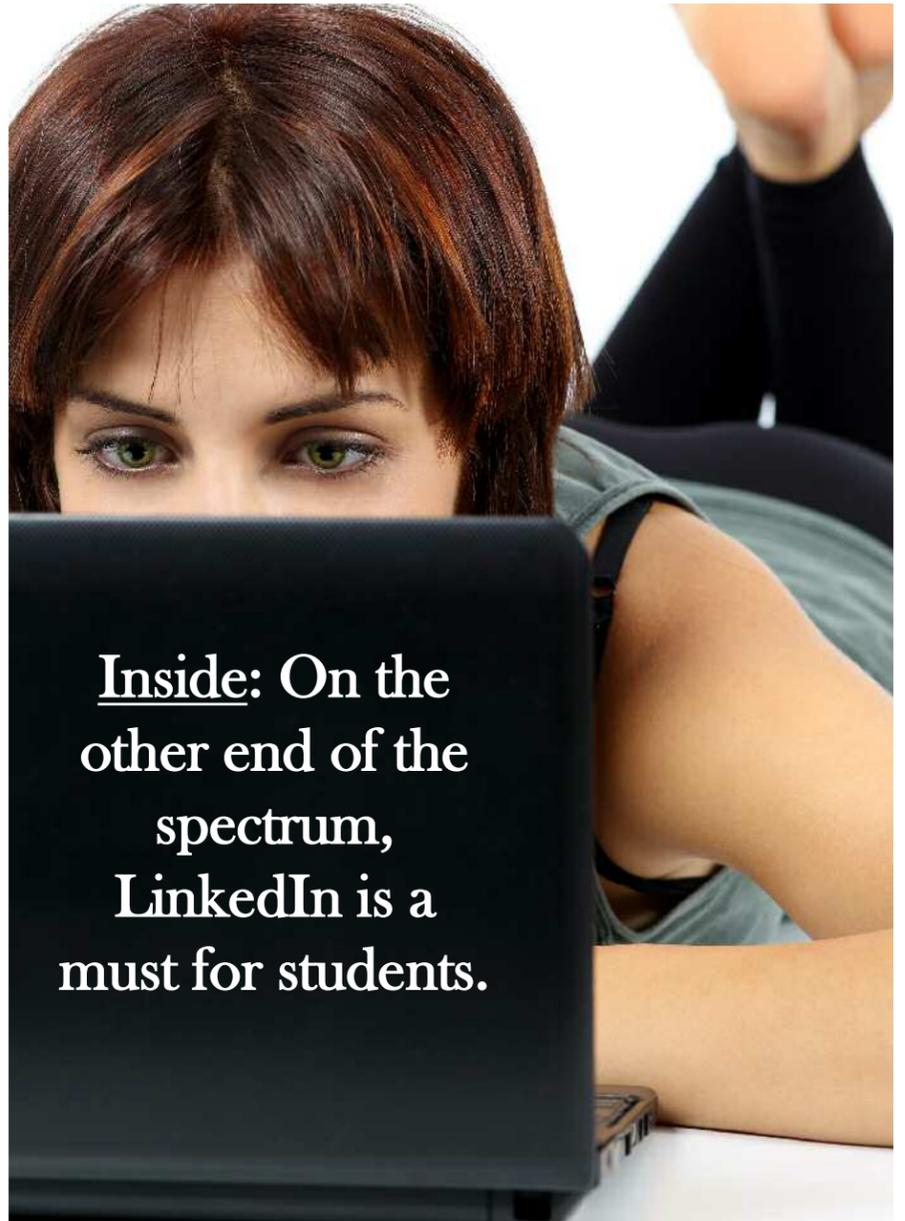
Yik Yak allows users to post short blurbs anonymously. It also localizes the posts so that only messages from others on campus appear on the user's main feed, though there is an option to check out feeds on other campuses.

Many times, Yik Yak users post jokes or harmless musings about college life. Sometimes, though, messages can come along that are offensive or even threatening.

About a month ago, Holyoke Community College had to evacuate students from a library that appeared to be threatened by a bomb, said Yanina Vargas, the school's vice president of student affairs. The threat had been posted on the Yik Yak, so administrators were unable to identify who had posted the message, or where it originated from. Eventually, state and local police got involved and were able to find the person responsible. It was later discovered that the post was supposed to be code for a drug sale.

"Apparently what this person meant to say was 'I have a weed bomb,' but the first message it said, 'I have a bomb in the library.' So that caused a very serious disruption in our campus," Vargas said.

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**Inside: On the other end of the spectrum, LinkedIn is a must for students.**

## Transferring to Upstate NY's St. Rose

Marie Frankson  
*Campus News*

With the end of the fall semester quickly approaching, many people wonder if their current college is the right place for them or whether they should transfer to a four-year college or state university. When considering which college or university to transfer to, be sure to keep the College of Saint Rose in mind.

Located in historic Albany, New York, in the Pines Hills Neighborhood, the College of Saint Rose is surrounded by various restaurants and coffee shops; the college is located near Downtown Albany which has such places as the New York State Museum, the Egg Performing Arts Center, the Capital Building, and tons of other places, and is only a short bus ride or car ride away from Crossgates Mall, Colonie Center, and Stuyvesant Plaza for some shopping fun.

The College of Saint Rose hosts a variety of sporting events in its gymnasium and at the Christian Plumeri Sports Complex located on Hoffman Avenue in Albany. The college also hosts art and music events, has a bi-annual semi-formal (one in the fall semester and one in the spring semester), and also has a variety of clubs and activities for students to become involved in. There is always something to do in and around St. Rose, and that is part of the reason why prospective students should transfer there.

Unlike many other private colleges, St. Rose has been

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The College of Saint Rose

# Yik Yak causing chaos (continued from cover)

This type of incident is not unique to Holyoke.

At the end of last month, a school in Miami, Johnson and Wales University, investigated a threat of a shooting posted on the social media app.

On Oct. 16, another shooting threat was posted at the Drake University campus in Des Moines, Iowa.

And on Oct. 23, SUNY Canton cancelled classes and told students and University employees to seek shelter after receiving two threats on Yik Yak. A sophomore at the school named Alexis Vazquez was later arrested for posting the threats on federal charges, and could face up to five years in prison. The investigation into the threats is still ongoing.

There have been other similar incidents reported nationwide.

Vargas said she has also heard about HCC students being offended by posts on Yik Yak. Two students she spoke to in particular were distressed by a message they saw on the app that said something about them or alluded to them.

"It is very difficult because they are anonymous postings. So I think sometimes anonymity allows people to disclose the worst parts of oneself rather than the best," she said.

While there have been incidents with other forms of social media, such as Facebook, it's easier to identify who the student is and take action, Vargas

said.

"Even if they create a different identity, eventually you can trace back. And people on Facebook tend to use more of their account and disclose their identity," she said.

Natalie Santana, a freshman at HCC who uses the app, said she has seen offensive material on the app, though she doesn't think it's as bad at Holyoke as at other schools. She said she has other forms of social media that don't have problems like Yik Yak, and

## A threat at a SUNY school resulted in a shelter-in-place; the suspect could get a 5-year prison sentence.

she does think that the anonymity aspect encourages negative posts.

"My whole premise about it is that since it's anonymous, you can say absolutely anything. And in more cases than not, that's not a good thing. Because it's so easy for people to just hide behind their screens to begin with. And if you can hide behind your screens and not let anybody know that it was you that said that, in my opinion that's worse," she said.

Tim Wagner, a sophomore at the University of Massachusetts Amherst, also said anonymity provides people

with a lot of power and gives students "a voice that they really just shouldn't have."

"It gives them the power to express what they feel on campus, which is nice, but nobody really uses it for the right purpose. And there's a lot of inside jokes and attacking people over it," he said.

A spokesperson for UMass Amherst News and Media Relations said no negative incidents with Yik Yak had come through the office.

But other campuses nationwide have reported problems with offensive material on the app.

For instance, on Oct. 2, a group of students from Belmont High School in New Hampshire posted a series of positive messages on students' lockers in response to some negative Yik Yak posts earlier in the week.

Then on Oct. 20, the president of the University of Northern Iowa, Michael Licari, had to send out a campus-wide email in response to a racist post on the app.

Some critics have called for schools

to ban the app, but Vargas said HCC administrators have not talked at all about limiting access to Yik Yak. She said they believe it is the students' decision what social media they use.

Santana said while she recognizes problems with the app, she still uses it for the entertainment value.

"I use it here at the school because more times, the things that people post are funny," she said.

Wagner said Yik Yak was interesting at first, but now he hasn't used the app in around two weeks. He said he still has it on his phone for when he gets "that bored," but he will likely delete it when he goes home for winter break.

"If I want to read something, I'd rather read a book," he said.

While Vargas said she doesn't like to give students advice about their personal lives, she doesn't think Yik Yak is the best way to communicate.

"I would never tell a student what to do with regard to use of social media. Do I think Yik Yak is a productive method of communication? No, I do not," she said.

A major part of the academic environment is integrity, which is tied directly to authorship, Vargas said.

"For me, the only thing is that I do think that authorship is a very important and wonderful principle to live by. And anonymity in social media I think goes against all of that," she said.



Jacob, Biology/Pre-Med

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# On the other end of the Internet spectrum, LinkedIn is becoming essential for students

**Jonathan Lopes**  
*Campus News*

LinkedIn is a business-oriented social networking service. The company was founded in December 2002 and officially launched on May 2003. It is mainly used for professional, career-based networking. It is a free, professional and polished version of Facebook.

“LinkedIn is an awesome one-stop-shop resource for both employers and job candidates. You can build connections, join professional groups and also look at potential jobs. It is a great, free, and easy site to use,” said Lauren Flood, Caldwell College graduate.

The basic functions of LinkedIn allows account users, both workers and employers, to create profiles and find “connections” with other official users. The online social network in turn could lead, or at least, establish basic real-world professional relationships. Members can invite anyone to become a connection, LinkedIn version of Facebook “friends. However, if the invitee selects “I don’t know” or “Spam,” this counts against the inviter.

LinkedIn allows users to search companies with which they may be interested in possibly working for. When typing the name of a given company in the search box, statistics about the company are provided. These may include the ratio of female to male employees, the percentage of the most common titles/positions held within the company, the location of the company’s headquarters and offices, and/or a list of present and former em-

ployees.

In July 2011, LinkedIn launched a new feature allowing companies to include an “Apply with LinkedIn” button on job listing pages. The new plugin will allow potential employees to apply for positions using their LinkedIn profiles as resumes. All applications will also be saved under a “Saved Jobs” tabs.

Groups may be private, accessible to members only and/or may be open to all members in general to read, though they must join in order to post messages. LinkedIn permits users to endorse each other’s skills. The skills can be based on what the individual posted on their profile or can be suggested by another person. LinkedIn has also been praised for its usefulness in fostering business relationships. “LinkedIn is, far and away, the most advantageous social networking tool available to job seekers and business professionals today,” according to a Forbes article review.

“LinkedIn has a lot of networking potential. LinkedIn is giving people a chance to shine in ways they’d never thought possible. It has never been so easier for employers to find recruits. This being said, I think anyone can go on and look good. Employers must still keep in mind the difference between looking like a good candidate and actually being a great candidate,” said Matt Kobza, Montclair University graduate student.

A mobile version of the site was launched in February 2008, which gives access to a reduced feature set over a phone. The phone service is available in six languages: Chinese, English, French, German, Japanese and Spanish.

“I think LinkedIn is a great way to familiarize yourself with a potential co-worker or boss before even meeting them. Allie [Tom’s girlfriend] just looked up an employer she is scheduled to meet for an interview, so she could have some talking points. If kept up to date, it can be a nice little introduction,” said Tom Colella, Ramapo College graduating senior.

LinkedIn allows you to manage your professional identity, build and interact with your professional network and access opportunities. It is simple to navigate, especially if you are familiar with Facebook. Also, if you have a solid resume, you can copy and paste portions when making an account. I learned about this website during my first-year in college. Regardless of the college you attend, there is a career services office and one of the main services is developing an online presence.

Facebook, Twitter and Instagram are social, but LinkedIn is strictly profes-



sional. Similar to a resume, LinkedIn is a resource you’ll edit, revise and amend all throughout your professional development and career search. The website enables you the chance to enhance your professional profile and credibility, post articles, join groups, make connections, and search for jobs and take part in legitimate discussions. With college students and the multiple roles we have daily, LinkedIn is a free, user-friendly website built for us all. It gives us the opportunity to personally develop by taking an active effort and can truly make a difference.

## Facebook is now the No. 2 driver of all news

**Lucas Daprile**  
*Scripps Howard Foundation Wire*

Facebook is good for all sorts of things, such as friending every single family member with Internet access and arguing with strangers in the comments section of posts.

And as of recently, Facebook has been a prime destination for news.

News organizations have known for years the power Facebook and other social media sites have to spread the word and drive profitable website traffic, but a recent Pew Research Center study shows Facebook is only second to local TV in how Americans get their news.

“The audience, how they consume news, their patterns and their behavior... is something we’re interested in,” Samantha Barry, head of social news for CNN, said. Often, people check their phone, tablet or other device as soon as they wake up, so “they’re looking at Facebook before they get their feet on the ground.”

The Pew survey asked 2,900 Americans about their media habits, and of those who had Internet access, 48 percent said they got news about politics and government from Facebook in the last week.

That made Facebook a more popular source than CNN, Fox News and

NBC.

Washington, D.C.-based NBC4 gets almost 18 percent of its total website views from Facebook, NBC4 digital editorial manager Wendy Warren said. More people arrived at NBC4 from Facebook than from Google or from NBC News, the national network that often links to its coverage.

Facebook also drove nine times as many page views to NBC4 as Twitter, Warren said.

“Facebook is incredibly powerful as a traffic driver for us and is only getting more so,” Warren said.

Facebook’s News Feed, which supplies personal information, important news and clickbait alike, prioritizes what a user sees based on likes and comments, how often a viewer interacts with the person posting and other factors such as how often a post is being reported or hidden by others.

That doesn’t always make it easy for news organizations to get the word out.

Since the algorithms are intentionally personal, “you may see things ordered in a different way than I do,” Warren said. Navigating Facebook’s algorithms, Warren said, aren’t easy.

“It takes a lot of thought,” she said.

Even though the “Facebook algorithm can be tricky,” Barry said, “if the

content is great you’re going to win on social media.”

To keep up with this new and sometimes mysterious source of profitable website traffic, news

sources have adapted their content to fit social users.

NBC has been creating promos and videos designed specifically for Facebook, Warren said. The videos are designed to play in a newsfeed and catch a reader’s attention even without audio, since videos play automatically there without sound.

Every day, NBC4 posts one video – usually in the afternoon – that is designed for Facebook exclusively. Warren said the videos have been “spectacularly successful for us,” and reach “an astonishing number of people.”

“If you’re careful and you work together ... you can use the platforms to really complement each other,” Warren said.



CNN also capitalizes on the personal element of social media, using it as a platform to figure out what its users are looking to know.

When the first Ebola case in the U.S. was diagnosed, CNN promoted the hashtag #EbolaQandA, where they encouraged readers to ask questions about the disease. They would then respond to the questions online and on the air.

In the first few days, 10,000 people had asked questions using the hashtag, Barry said.

“We were not only asking them for something, we were giving them something back,” Barry said. “One of the great things about social media ... is it gets people to engage directly with the news.”

# To join Army, Navy, Air Force or Marines

**Kevin T. Ellis**  
*Campus News*

When you think of joining the Military, you think of war, violence, monetary benefits, and fighting other soldiers like the characters from Call of Duty, or being honored to serve your country. Those things may or may not be true. I'm going to give you more in depth details on why the military could benefit your situation as a struggling college student trying to pay for school, housing, retirement and such. Those who are full-time or part-time college students and are having doubts about the military, don't worry, these guidelines will help you. Just keep in mind you are making a commitment to serve your country until you have your honorable discharge, which I'll explain later in this article.

## Army

The Army is the largest branch of the United States Armed Forces, responsible for land based military operations. It's the oldest established branch of the U.S. military and it was formed in 1775 before the establishment of the United States. The mission of the US Army is to preserve the peace, to preserve security, to provide the defense of The United States, the commonwealth possessions, and any areas occupied by the United States. There are over 150 jobs in the Army, including health care, law, public affairs, and technology.

Step to join the Army: 1. You should find a recruiter in your area, in your region. Trust me, they are everywhere. 2. After you and your recruiter have come to an agreement about your questions about joining the US Army, then they're going to have you take a practice A.S.V.A.B. (Armed Services Vocational Aptitude Battery) test. 3. In the meantime, the recruiter will ask you questions, for example your personal background, your social status, medical history. 4. You must be 17-34 years of age, you must not have a criminal record, and you must be a US citizen or a legal resident alien, you must be in good physical condition, pass your practice ASVAB before your take the real ASVAB. 5. With the real ASVAB, you're going to be tested on your skills to obtain the job you want in the Army; it's not an IQ or Pass or Fail test, it's to test your ability, according to [www.military.com/asvab](http://www.military.com/asvab). The test will have math, science, English, mechanics and more. 6. While this is happening, you'll be attending MEPS (Military Entrance Processing Station); this is when your medical evaluation will happen. This will be when you will be asked the in-depth information about your background. 7. The final process is when you have to take an oath of enlistment; and keep in mind that once you take an oath you cannot back out because you're making a commitment to serve your country. Then, you'll be scheduled to go to basic training once you've talked to your job counselor. Basic training is approximately 12 weeks of intense training; after basic training you'll graduate from training and attend to your station no matter if your reserve (part-time) or active duty.

## Navy

If you want to sail the seas, then the Navy is definitely for you. The Navy is a

sea-based operation to maintain peace within the seas. There are many jobs in the navy as well. First make sure you're certain about the Navy; those of you students that are sure then find your local recruiter and ask them questions. Also make sure you're telling the truth because you're joining a government agency (so they will find out if you lied). To qualify, you must be 17-34 years old, you

must be a US citizen or a legal resident. Those of you students that have children, you need to talk to your recruiter for more information about enlisting as a single parent with children. You must not have a drug/criminal background because the Navy has zero tolerance for alcohol, drugs or criminal violations. Additionally you need to pass the ASVAB in order for you to get the job you want. The overall score is 36 for the Navy, but most recruiters will tell you 50 because the higher your score the better job opportunities. The Navy has job fields in engineering, technology, medical, nautical operations, and combat operations, among dozens of others. After being processed, you will be going to basic training in the Naval Training Center at the Great Lakes in Illinois for 7 or 9 weeks. After you've graduate from basic training, then you'll be going to your training school for the job that you've chosen. Benefits: The Navy has the post GI Bill tuition assistance program; after you graduate from college they have the loan repayment and so forth. They also have generalized programs and specialized programs for people who are majoring in certain fields; for example nursing, engineering, etc. They also have medical benefits, life insurance, housing, meal benefits, pay vacation, and after you get your degree you'll advance into a Navy officer.

## Air Force

The requirements of joining the air force are slightly different than other branches. The Air Force is an air or land based operation. You must find a local recruiter or go to [www.airforce.com](http://www.airforce.com) and request information and ask questions to your recruiter as well. The qualification for becoming an Airman/Airwoman is you must be 17-34, take a practice ASVAB test, be a



US citizen or a legal resident, have at least 15 college credits, be physically fit and not have a criminal background or a drug violation. The recruiter will do a basic background check before you go to MEPS to take the real ASVAB, which is called the Aptitude Battery Test in the Air Force. According to [www.airforce.com](http://www.airforce.com), "A 36 AFQT (overall score) is the minimum qualifying score for a high school senior or high school graduate, and a 65 is required for a GED to enlist in the Air Force." There are many job fields in the Air Force, such as in technology, engineering, electrical work, medicine and more. After the basic qualifications are done, the recruiter will take you to MEPS, and after MEPS you'll go through DEP (Delayed Entry Program). DEP is when you wait for a while to prepare for basic training; you must be exercising and you must be ready for the mind games that are going to test your survival skills. Its eight weeks of intense training, so be prepare to train.

## Marines

Those of you who have the strength and courage of a Marine, read on. I'm going to explain many jobs/benefits, but this time it's slightly different. The United States Marine Corps (USMC) is a branch of the United States Armed Forces responsible for providing power projection

from the sea. They work closely with the Navy. Think of the Navy and the Marines living under one roof, because the Marines travel with Navy the majority of the time and assist with naval operations as well. How to join? You must get in shape; you must do pushups and sit-ups and run for miles. Then research your MOS (Military Occupation Specialty) so you could tell your recruiter about the job you want. You also must be US citizen or a legal resident and be 17-28 years of age as enlistee. You will take the ASVAB to see your skill ability in the job field (MOS), Minimum ASVAB is 32, but higher scores mean better job opportunities. Next is drug testing, criminal background check, physical fitness test, etc. After you've taken care of the basic qualifications, then you'll go to 12 weeks of intense boot camp at Parris Island or San Diego. You should be in shape for any branch of service, but the Marine Corps is very strict on physical fitness.

Before you join any branch, you must do you research and think about why you want to join the military. Make sure you write your questions or expectations on paper before talking to a recruiter. But if you really want to serve the United States or have a job with an early retirement or other monetary security, then go for it, and good luck.



*Department of  
Defense photos.*

# Should you take a paid or unpaid internship?

John Tyczkowski  
Campus News

The fact of the matter is that these days, in order to get a job in many cases, an internship, or a slew of them, is what will help you get ahead. Students are constantly bombarded with propaganda from academic advisers, and peers, which suggest that these internships will magically make post-undergraduate job searching a thousand times easier.

These claims may or may not be true for anyone who's actually gotten an internship or two while in college. However, there's one painfully obvious question that lots of students tend to overlook.

Despite the good and the bad we hear about on a regular basis, do internships really work at their stated goal, which is to help graduates get the experience they need to land good jobs faster, and for higher pay, after graduating?

Yes, but with a rather large asterisk.

Only paid internships give students a leg up, while unpaid internships provide no help, according to a report from the National Association of Colleges and Employers (NACE) on the employment prospects of the class of 2013, which was released last fall.

The report's data came from a survey of nearly 38,000 college students from over 800 NACE member institutions, conducted from February 15 to April 30 of 2013, which included nearly 10,000 seniors who earned bachelor's degrees that year and who applied to at least one job before graduation.

The data discussed from this survey is from seniors only.

The most striking numbers include, according to the survey, while 61 percent of students who took paid internships received at least one job offer, only 37 percent of students who took unpaid internships received at least one job offer.

What's more striking is that 35 percent of students who didn't take any intern-

ships at all received at least one job offer.

The similarity between those last two numbers seems to be a strong argument against unpaid internships itself just by itself.

The NACE survey also notes that the 2013 survey was the third such year, and that every year, the above trend repeats itself.

Another notable conclusion of the survey is that paid intern students enjoyed the highest median starting salaries by far. The median starting salary for graduates with paid internship experience was \$51,190, compared to the \$35,721 for students with unpaid interning experience and \$37,087 for graduates with no internship experience.

So, perhaps to the chagrin of many college students, in terms of median starting salaries, it may be better to enjoy that summer off, or to take extra classes, instead of doing an unpaid internship.

Ouch again.

Other miscellaneous figures include that of those nearly 10,000 seniors surveyed, 63 percent had some sort of internship, and about half of those students had unpaid internships. According to previous NACE surveys, this figure has stayed more or less constant since those surveys began in 2007, with only slight variations of 3-4 percentage points annually.

Also, gender and ethnicity don't seem to have a significant impact on whether a student takes an internship or not, as nearly equal numbers with variations of only a percentage point or two of all groups had internships.

Majors have an appreciable impact on what internships are available for students. The traditionally more employable majors, such as accounting and engineering, lead to more interning opportunities than traditionally less employable majors, such as English and philosophy.

At the same time, out of all the majors sampled, having a paid internship made landing a job offer before gradua-

tion easier for accounting, business administration, engineering and political science majors.

However, there was no appreciable difference for pre-graduation hire rates between unpaid and paid internships for communications majors.

Also, pre-graduation employment rates were essentially equal for English majors, whether they had a paid or unpaid internship, or no internship at all.

Finally, and surprisingly, psychology majors were the only group to receive the most pre-graduation employment offers from having unpaid internships, rather than paid ones.

Regarding unpaid and paid internships, the NACE data from 2013 found that non-profit and government internships tended to be unpaid and private sector for-profit internships tended to be paid.

Of unpaid internships, 62 percent were non-profit and government, with the remainder filled by private sector company internships. According to NACE data beginning in 2011, when they started tracking this trend, that ratio has remained very stable.

So, as would be expected, for-profit companies are much more often than not the way to go when looking for a paid internship.

However, there's the fact that sometimes students don't have the choice of



taking a paid internship in the field they want to get some experience in, such as non-profit or government work. In those fields, it may be better for a student to intern where they want to, because paid alternatives are unlikely to exist.

Also, it's worth noting that the survey data specifically only refer to students who search for jobs before they graduate. The NACE survey does not tackle the subject of whether paid or unpaid internships are helpful or not for students applying to jobs after graduation.

Still, for most students, when it comes time to search for a summer enrichment activity or for something extra to boost your experience during the semester, it seems clear to look to paid internships or relevant employment over unpaid internships, any day.

*Check out the full summary of 2013 NACE survey results and data online.*

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**LISTEN NOW!**

# Forget the iWatch – give me the iRing!

Darren Johnson  
Campus News

While a lot of people are making fun of Apple's idea for an iWatch, I find the idea refreshing.

I'm getting sick of carrying a phone around, this bulky object whose main purpose is to give me alerts when someone made a move on virtual Scrabble or to inform me of Aunt Bee's new dog post on Facebook (Shasta the Beagle's wearing a birthday hat, BTW).

And phones are getting bigger and bigger. The latest iPhone is the size of an Ouija board.

It's a burden. I feel like a slave having to carry it around. Or like Moses with those stone tablets. So ... heavy ...

"Siri. How many calories did I burn carrying this gigantic phone up a flight of stairs?"

But, whoops, I stopped wearing watches around the time cell phones came out. I mean, there is a clock on the cell phone. Who needs a watch?

The watch also made me feel like a slave – to time ticking by...

But one of my favorite superheroes as a kid was Green Lantern. This was a guy ... who had a ring ... and the ring could do anything. I forget the exact

details, but it was pretty cool.

So I propose that Apple even go one smaller than the iWatch and come out with the iRing. Who wouldn't want one?

OK, the first generation may be a bit bulky, as first generations are. The iPad 1 can stop a .45 caliber bullet!

So maybe the first iRing can be made in collaboration with Jostens, and be shaped like one of those corny class rings. Where typically fake emeralds and rubies go could be a mini camera lens and a built-in microphone.

"Siri. How do I ask a date to prom?"

Along the side, engraved would be the school name and class year to prevent it from being stolen – especially if you went to DeVry Tech! Who would want that?!

People are becoming increasingly worse and worse spellers and grammarians, anyway, so this would function mostly through verbal commands. Hook a Bluetooth piece to your ear to privately hear what Aunt Bee has to say

about Shasta the Beagle's birthday.

If you really need to see more than what the tiny screen has to offer, it can

project its image on a wall, or convey it to a larger device through the airwaves.

I'm telling you, the iRing will be the



thing.

Eventually, it will evolve. For football players, the championship rings can have i-enhancements. You techies know what I mean. ...

You don't? OK, let me explain. For permanently concussed players, the screen will display a double image – on purpose – for those who always see double. To them, it will appear totally normal.

Imagine Dez Bryant catching a touchdown pass and giving us all a first-person Vine of his touchdown dance right then and there (as the Cowboys are losing 45-6, I might add).

The World Series version will have face recognition software, so Derek Jeter doesn't give his latest booty call the same gift basket twice in a row.

"Siri. Who is this hot blonde lying next to me?"

Eventually, the hardware will get even smaller. The iRing could come in wedding-ring format. This would be perfect for spouses, in this day and age, to GPS track each other. Talk about feeling like a slave!

"Siri. Please tell me the name of a really bad-ass divorce lawyer."

*The iRing is expected to MSRP at \$499 and be available in Apple Stores by Christmas 2015.*

*"It's New to You!" is (usually) a column that finds five-star movies on streaming services that you probably missed when they originally hit.*

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# Facts about Ebola, and how to stay safe

**Kristina Bostley**  
*Campus News*

America's ears are ringing as the threat of Ebola spreads across the country, the hysteria spreading faster than the disease itself. The disease first entered the country with Thomas Duncan, the American Patient Zero who succumbed to the disease in early October. There are a handful of other American patients being treated in the United States, while the number of infected patients has risen in countries such as Liberia, Guinea, Nigeria, among others. But what is Ebola, and why is the threat looming over the heads of millions? Most of all: why is the media fueling the frenzied fire, rather than helping the public understand the epidemic and ways it can be avoided?

Containing the chaos is almost as dire a situation as combating the disease itself; the key to doing so is increasing awareness of what the disease is, how it can spread, and how it can be both prevented and treated. According to the National Center for Biotechnology Information, the Ebola virus is an infection spread through bodily fluids (eg, blood, saliva, or semen) and takes anywhere from two to 21 days (with an average of 14 days) to exhibit symptoms.

Patients will likely first experience fever, fatigue, headache, sore throat, and muscle weakness or pain. Because these symptoms are so common in other types of infections, Ebola is often not the first presumed diagnosis; more and more hospitals throughout the

country are increasing precautions when patients report these symptoms, especially if their paths have crossed with diagnosed cases of Ebola. As the disease progresses, patients can develop a rash, gastrointestinal symptoms including diarrhea, nausea, vomiting, limited kidney and liver function, and less frequently, patients can ex-

perience bleeding both internally and externally. Ebola-positive patients are not considered infectious until after the onset of symptoms.

Ebola was named for the Ebola River close to where the disease was first identified. It is believed that the virus originated in a certain species of fruit bats, and can be spread to humans and other wild animals native to rainforests. It is no surprise, then, that the first known cases of Ebola were diagnosed in two villages close in proximity to rainforests, one in Sudan and the other in the Democratic Republic of Congo, both in 1976. There are five known strains of the Ebola virus, four of which can be contracted by humans and only three of them have caused major outbreaks. The 2014 outbreak that originated in west Africa and was brought to the US is of the Zaire strain.

According to the World Health Organization, the fatality rate among infected Ebola patients is 50%, and chances of survival significantly increase if the disease is diagnosed and symptoms are treated early. Currently, treatments for Ebola patients include rehydration and treatment of specific symptoms. There is no vaccine or treatment for Ebola itself, due in large part to the fact it has been hard to study the disease in such isolated areas of the world where outbreaks normally occur. There are currently two vaccines being evaluated and several drug therapies being developed, but as of now none of them have been approved. With the introduction of Ebola into the United States in

2014, the possibility of obtaining samples to analyze has been fully realized. Scientists can begin tracking the mechanism of action of the virus to understand how it affects the human body and how the virus can be prevented and cured.

The first man to test positive for Ebola in the United States in 2014 was the



now-deceased Thomas Duncan. The Liberian native is believed to have contracted the disease after aiding a pregnant woman and then traveling to the US. A major fact to note is that while Ebola is extremely infectious, it is not actually extremely contagious. It is not an airborne disease such as chicken pox or the measles, so the chances of catching Ebola simply by being in a public place such as a classroom are slim. Still, hospital personnel caring for Ebola-positive patients have taken great precautionary measures in order to contain the infection and prevent it from spreading to any other members of the population.

As of October 17, CNN reports that there are just eight confirmed cases of Ebola inside the United States. Of those, only one has died. Three of the cases have been treated and discharged from hospitals, and the rest are currently receiving treatment. There was one American who contracted the disease in Liberia and died in Nigeria after caring for an infected family member. There are over two hundred people who are undergoing a 21-day monitoring period after coming in contact with Ebola-positive patients. Recently, a Yale University student returning from a trip to Liberia was placed in isolation after exhibiting symptoms of Ebola, but so far

tests have come back negative for the infection.

Although this outbreak of Ebola has been called the worst outbreak in history, it is important to remember that there numerous other diseases, both communicable and noncommunicable, that cause the deaths of millions each year. WHO reports that noncommunicable diseases, or diseases that are not contagious, were responsible for a staggering 68% of deaths in 2012, in comparison with 16% of deaths attributed to communicable diseases. Cardiovascular disease is the number one health threat worldwide, responsible for 30% of deaths globally in 2012 reported by WHO.

It seems each day there are new reports of people being tested for the infection and new restrictions and regulations being passed as the worldwide Ebola threat rapidly spreads across the globe. Knowledge of what the infection is, how symptoms are presented, and how the disease can be contained and treated are the first steps to eradicating the disease in the US. There's also a dire need to contain the panic surrounding Ebola and educate people about it so they can become cautious without becoming hysterical if the disease should happen to spread locally.



## Has the White House done enough to combat Ebola?

**Lucas Daprile**  
*Scripts Howard Foundation Wire*

Health and military officials testified before a House committee on Friday, Oct. 24, detailing the scale of the Ebola virus' threat and outlining their response.

The hearing, held by the House Committee on Oversight and Government Reform, focused on the nuances of preventing contact with the virus after several Americans were confirmed to be infected and doubts were raised over the country's ability to keep the virus away from its borders.

"We need to know why there have been breakdowns," Rep. Darrell Issa, R-Calif., the committee chair, said. "I think we all know the system isn't refined to where it is working properly."

Craig Spencer, 33, a physician who worked with Ebola patients in Guinea, was confirmed to have the virus Thursday several days after returning to New York.

New York officials have said there is

no cause for alarm and encouraged residents to remain calm.

"Lately, when a government agency comes before this committee and tells me there's nothing to worry about, we get this, I start to worry," Rep. Stephen Lynch, D-Mass., said.

Though many committee members were skeptical about government processes, those treating Spencer in New York were not the target of that criticism.

"Based on what we know now, I believe they have responded and done everything right," Rep. Carolyn Maloney, D-N.Y., said.

"We cannot assume it will be the last," Rep. Elijah Cummings, D-Md., the committee's senior Democrat, said, referring to Ebola cases reaching the U.S. "If we do not take strong action now, it will cost much, much more in the long run."

The virus has spread at unprecedented levels throughout West Africa, infecting almost 10,000 people and killing almost 4,900. In the U.S., there have

been four confirmed cases, according to the Centers for Disease Control and Prevention. "We are extremely serious in our focus on protecting America's health security," Dr. Nicole Lurie, assistant secretary of preparedness and response at the Department of Health and Human Services, said. "The best way to do that is to support the response to the Ebola epidemic in West Africa."

The first nurse diagnosed in the U.S. with Ebola, Nina Pham, was declared "virus free" Friday morning. She and her mother and sister met with President Barack Obama and Dr. Anthony Fauci, the head of the National Institute of Allergy and Infectious Diseases, and others at the White House. Obama gave her a hug. Pham was treated at NIH after contracting the disease at the Dallas hospital where she worked. Her recovery "wasn't thanks to the protective gear and policies that were in place at her hospital," Rep. Gerald Conolly, D-Va., said.

At Texas Presbyterian Hospital in

Dallas, CDC protocols came under fire after a whistle blower pointed out vulnerabilities to health-care workers.

"Thanks to the whistleblowing efforts of Briana Aguirre, we know they were not properly equipped," Deborah Burger, co-president of National Nurses United, told the committee.

Though the U.S. is preparing for more Ebola cases - it has already restricted airline passengers coming from West Africa to five airports - the military has also been investing in fighting the virus at its source. By the end of the year, the Department of Defense will have 3,000 troops in West Africa, Maj. Gen. James M. Lariviere, said. The military will focus on building hospitals, constructing specialized treatment centers and training health-care workers. Military officials have maintained they are keeping those in uniform at a safe distance from the virus, but committee members were not convinced.

# Disney on a budget – but which park is better?

Darren Johnson  
Campus News

My daughter and wife love Disney parks, and I don't mind them so much either. It's pretty hard to be cynical in these places, everything is done so well.

But our secret has been going to California's Disneyland, not the Florida Disney World. For some reason, East Coasters swear the Florida one is better, but I doubt they have been to both parks. We have. We finally got to the Orlando park this past August after having gone to Disneyland in Anaheim about a dozen times.

Both have their pluses and minuses, but one shouldn't necessarily rule out Disneyland just because it's on the other coast. Here are the differences:

## The Rides

Some of the rides are clearly better in California, including: Buzz Lightyear, where the laser gun is actually removable from the car's dashboard for better shooting; Pirates of the Caribbean, which seems longer; Grizzly River Run, which also is longer than its Florida counterpart; and the excellent Indiana Jones ride, which doesn't even exist in Florida. Also, Disneyland has Toon Town, full of the

## The Anaheim park may actually be more affordable, even when considering travel from the East Coast.

costumed characters and their homes; great for the little kids. The Haunted Mansion is better in Florida, along with It's a Small World.

## Travel

There are two aspects of travel –



convenience and cost. If you are going with a lot of people, flying may be cost-prohibitive. Flying is more convenient to either location; the cost to go to Orlando may be about \$300 per person for a round-trip flight. Add \$100 for Los Angeles. We usually fly to Vegas at about \$350 per, spend some time there, and rent a car to go across the desert; a beautiful ride past mountains and ghost towns. The drive is about 3.5 hours and pretty direct.

For our recent Florida trip, we rented a small SUV. The drive is 20 hours and pretty grueling. You have to time it to avoid the rush hours in New York and D.C. With gas and tolls, not including the cost of the rental car, it's about \$250. The rental more than doubled that. Add in a hotel needed for some shut-eye, and driving isn't that much cheaper than flying. But driving you can see a lot of interesting things, eat at Chick Fil-A, buy fireworks at South of the Border and generally make fun of the way other people live whenever you venture off the highway. Just don't speed too much. The state of Georgia seems to make a lot of income off of I-95 speeders. Driving to California is impractical.

## Hotels

There are lots of affordable hotels, as low as \$50 per night, all around the Anaheim park. You can just walk right in to the park from them. Also, it is easy to leave the park to go to a McDonald's, as not to pay Disney park prices for basic fast food. In Orlando, it's more convenient to stay in the Disney hotels, which all are fine. The low-cost ones, such as All-Star Sports, are on par with a very clean Days Inn, with a giant pool. These are



about \$90 a night.

## Weather

We were melting in Orlando. It was near 100 every day, and those \$4 bottles of water really added up. Add to that that Disney World requires the use of buses – and a lot of waiting in the hot sun for buses – to get around, and it was easy to get miserable.

Anaheim can be hot, too, but it seems more temperate. Average highs in Anaheim range from 70 in the winter to 89 in the summer. In Orlando, it's 71 to 92. We must have caught a heat wave.

## Convenience

Anaheim has two parks adjacent to each other, and easily walkable for park hoppers: Disneyland and California Adventure. The latter has more rides for older kids, such as Tower of Terror. It also has a boardwalk full of games.

Disney World spreads out essentially the same rides over four parks which are only connected by jam-packed buses. Park hopping is tedious. Yes, Disney World has Epcot (which seems a bit dated nowadays) and a safari type experience with a smattering of animals (any major-city zoo is much better), but also longer lines and shorter rides.

Because Disneyland is in California, where there are other parks and things to do, it's generally more laid back. For kids, because it has Toon Town and easier access to the characters, it may be the better choice, though it also has the rides for older kids, as well.

## Breaking Down the Cost

Above, I mention some prices. Going to California, the flight, about 7 hours from New York, may cost a little more, but savings can be had by staying at a motel across the street and eat-

ing at chains like Spires, Pollo Loco or In-N-Out Burger, while in Orlando you pretty much are captive to using Disney hotels and eating Disney food. The ticket cost is a little less for the California park, as well. Also, look for deals online, which seem more prevalent for Disneyland than Disney World. For example, for Anaheim, you can get a three-day, one-park-per-day (no hopping) ticket for \$226 (\$76 per day) plus a Magic Morning, where you get to go in early and meet the characters. I'd suggest doing Disneyland on days 1 and 3 and California Adventure on the middle day. Orlando has a similar option, at \$276, but you'd probably want the Park Hopper option at \$336 because the three parks other than the Magic Kingdom are not worth being wholly confined to for a day. So you save about \$110 per ticket per person for a three-day visit to the California Park. Overall, for an East Coaster, going to California may be cheaper for the Disney experience.

Plus there are intangibles. Southern California is simply a lot better than Orlando, Florida. There are more attractions, the people are a bit more sophisticated, and there is a lot of natural beauty and famous places.

The difference between the two parks isn't enough either way to dismiss one or the other. Ultimately, it comes down to your travel preferences and the number of people in your party.

Just a note – Christmas is coming. But do not go to either at Christmas time! Instead, try early- to mid-January, before your college classes start up again. The high school and grade school kids will be back in class, so you can have the park to yourself!

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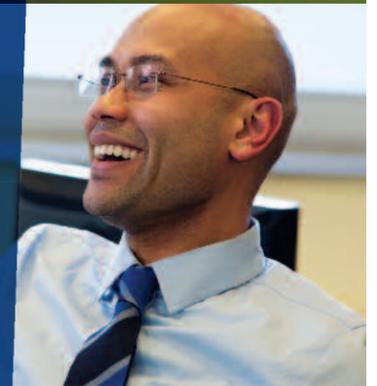


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# Court allows same-sex marriage in 5 states

Lucas Daprile  
Scripps Howard Foundation Wire

Like everyone else, Erika Turner and Jennifer Melsop were taken off guard by the Supreme Court's decision last month to effectively legalize gay marriage in five states.

Just hours later, the two 26-year-olds became the first same-sex couple in Arlington County, Va., to obtain a marriage license. They were married immediately, just outside the courthouse.

"She came up to me crying and said 'I think we can get married today,'" Turner, who has been with Melsop for four years, said. "We didn't know we were the first when we got here."

"We thought we would be in a long line, waiting for this moment," Melsop said, finishing her now-wife's sentence.

The Supreme Court decided not to hear seven cases from five states pertaining to same-sex marriage. It instead deferred to lower courts, which all

ruled in favor of same-sex couples.

The ruling allows same-sex couples to adopt children, join employment benefits, file joint tax returns and be granted the same rights as heterosexual couples.

Or as Arlington County Clerk of

Courts Paul Ferguson said, "Now same-sex couples will be treated just like everyone else."

The court's ruling allows same-sex marriage in five states: Indiana, Oklahoma, Utah, Virginia and Wisconsin.

Making sure Virginia residents could see this day has been a campaign promise of Virginia Attorney General Mark Herring.

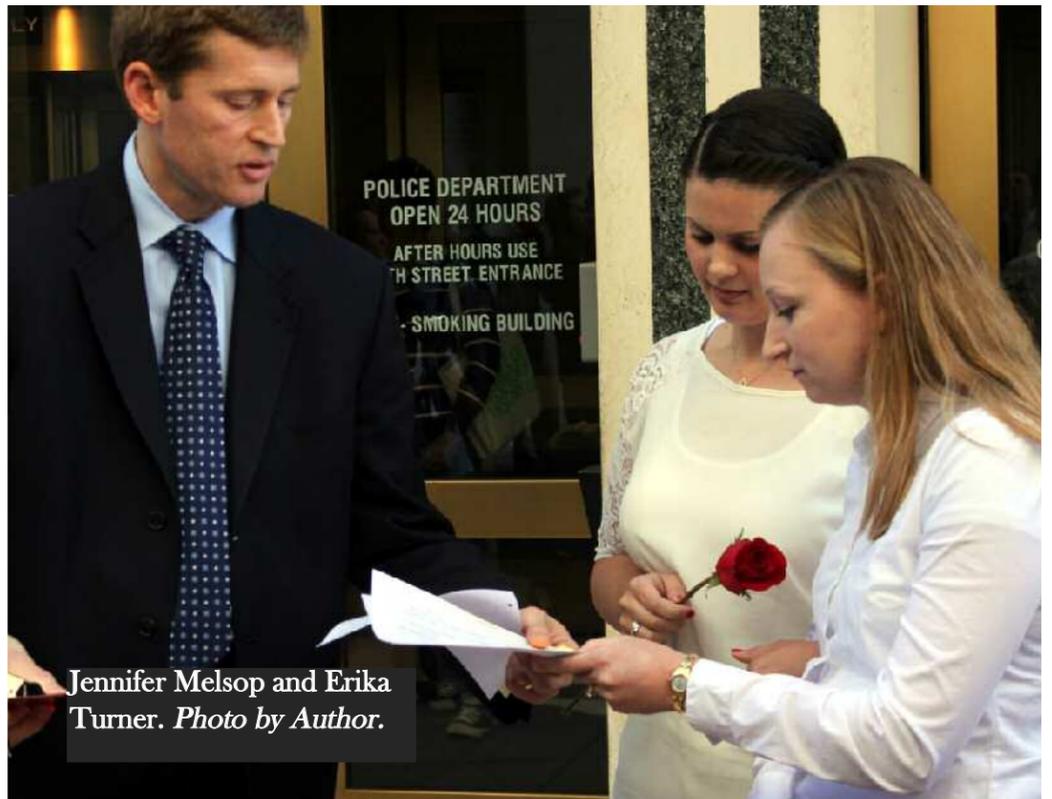
"I think the fact that the Supreme Court has let these rulings stand should be a strong message of the court's leanings," Herring said at a press conference outside the Arlington courthouse.

State Sen. Adam Ebbin, D-30, one of two members of the Virginia General Assembly who is openly gay, said it was an "exciting day

to see Virginia waking up from history with the rest of the country; whereas our commonwealth has not always been on the front-

lines of making civil rights strides. ...

It's kind of surreal how quickly this has



Jennifer Melsop and Erika Turner. Photo by Author.

happened, and it's wonderful."

The ruling, or lack thereof, was major win for same-sex marriage advocates, but full equality has a ways to go.

In Virginia, a person can still be fired for his or her sexual orientation or for being in a same-sex marriage, Ebbin said. Throughout the ceremony, anti-gay epithets and slurs bellowed from the windows of the jail next door.

Though Kate Kramer, 28, who identifies as bisexual, said she doesn't have a partner, she said she "would love to have the option. I would love

everyone to have the option."

The Rev. Linda Olsen Peebles, a minister of faith in action at the Unitarian Universalist Church of Arlington, showed up to the event just in case couples decided to get married after receiving their certificates. She officiated at Turner and Melsop's ceremony.

"My faith tells me that all of creation is blessed and that God created each individual to live their life fully," Peebles said. "And so every single person has the right ... to have all the same rights as every other individual."

## New states include: Indiana, Oklahoma, Utah, Virginia and Wisconsin.

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# The terror spree of the ‘Boston Strangler’

**Kristina Bostley**  
*Campus News*

It was not the streets of Boston that were dangerous for women of all ages in the early 1960s; it was their homes that were not safe. Between the years 1962 and 1964, 13 women were brutally beaten, molested, and murdered inside their own homes. Detectives determined that the same man committed at least 11 of the 13 murders, and thus the serial killer was dubbed “The Boston Strangler.”

A 55-year-old Latvian native, Anna Slesers, was the first victim, found in the bathroom of her third-story apartment in Boston. Her body had been deliberately rearranged and the belt of her bathrobe had been tied in a bow around her neck, and it was later determined she had been sexually assaulted. Though there were no signs of forced entry, Slesers’ apartment looked as though the intrusion had been an attempted robbery; however, nothing seemed to be missing.

A few weeks later, 68-year-old Nina Nichols was found dead in her apartment, and the details of the case very closely resembled the murder of Anna Slesers. But rather than a bathrobe belt, a pair of Nichols’ stockings had been tied around her neck. That same day, the body of 65-year-old Helen Drake was discovered strangled to death with her stockings.

Panic began to spread through the Boston area. Because the method of operation was similar for all three murders, police attributed them all to one man. A few weeks later, the body of 75-year-old Ida Irga was discovered, strangled with a pillowcase, beaten, and sexually assaulted. Not even a day later, Jane Sullivan, a 67-year-old nurse living in Boston, was strangled to death with her stockings. Sullivan’s body was not discovered until over a week later, and because the body had been decomposing, physical evidence was hard to come by. Her apartment hadn’t been ransacked, leaving no doubt that murder was the intent of the intruder as opposed to robbery.

Months later, the body of 21-year-old Sophie Clark was found in the apartment she shared with two roommates. Her body had been arranged much like the

others, and she had been strangled with her nylon stockings. Later that month, 23-year-old Patricia Bisette was discovered dead in bed, sexually assaulted with stockings and a blouse tied around her neck. A few more months passed without incident until the body of 67-year-old

## HISTORY'S MYSTERIES

Mary Brown was discovered in her apartment, raped and strangled.

Two months after that, 23-year-old Beverly Samans was discovered dead in her apartment. It was assumed that she had also been strangled, but in fact she had been stabbed 22 times, four times in the throat alone. Several months later, the bodies of 58-year-old Evelyn Corbin, 23-year-old Joann Graff, and 19-year-old Mary Sullivan were all found raped and strangled.

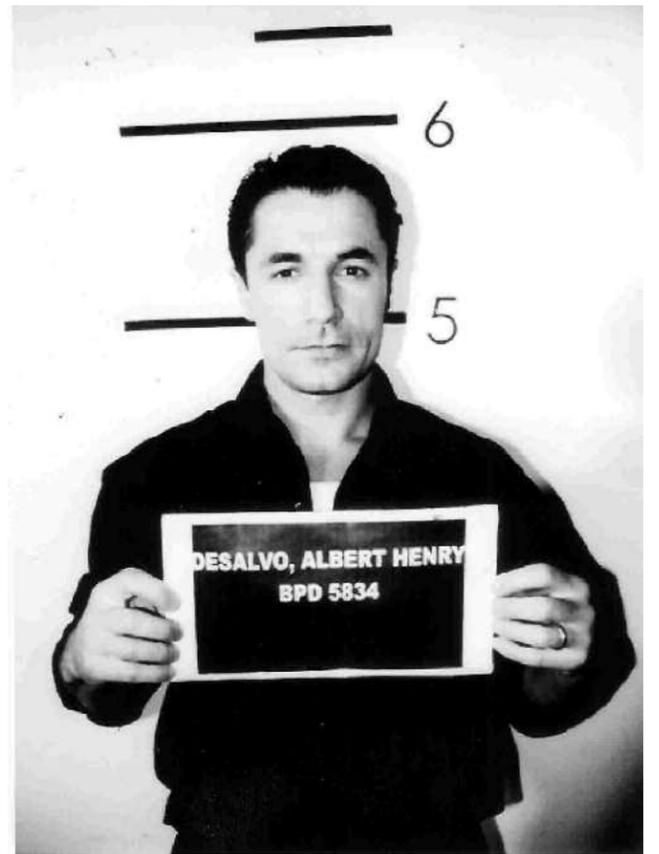
Albert DeSalvo was a 29-year-old man with a criminal record for breaking and entering and robbery. When he was arrested in November 1964, he confessed to breaking into hundreds of apartments and assaulting 300 women in four different states. He was placed in a state hospital for psychiatric observation. In March 1965, DeSalvo confessed to being the Boston Strangler. He confessed to the murders of the 11 women plus two additional women whose murders had not been previously attributed to the same killer as the others.

There were some fears that DeSalvo’s confession was fabricated and that he only wanted the fame associated with being the Boston Strangler. There was no physical evidence at that time connecting DeSalvo to the murders; his confession was the only link authorities had tying him to the case. Even some of the details

he provided did not match those of the murders he was confessing to. However, the panicked population of Boston was begging to place the blame for the gruesome murders, and DeSalvo had confessed.

DeSalvo and his lawyer pled guilty to the murders by reason of insanity. The jury found him not guilty and mentally sane. However, because of his other crimes which he was found guilty of, he was sentenced to life in prison. In 1973, he was found fatally stabbed in his jail cell.

For a long time, even though no evidence directly linked DeSalvo to the murders, it was assumed that he was the Boston Strangler. But as the years went on, families of the deceased began to doubt that DeSalvo was responsible for all of the murders. There was a book written by Gerold Frank about the murders, which was adapted into a movie that was released in 1968. Susan Kelly wrote another book in 2002 titled “The Boston Stranglers” in which she claimed that De-



shed any more light on the Boston Strangler. Physical evidence was needed to investigate further, so in 2001 the body of Mary Sullivan was exhumed for additional testing. DNA testing at that time led investigators to believe that DeSalvo was not responsible for Sullivan’s rape and murder.

But that’s not quite where the story ends. Additional DNA testing in 2013 revealed that DeSalvo had most likely been telling the truth. His DNA was almost identical to DNA evidence found in samples from Sullivan’s body. “We may have just solved one of the nation’s most notorious serial killings,” said Martha Coakley, the Massachusetts attorney general.

But is it really solved? A near-certain match is not the same thing as an exact match. And even if it had been, is it certain that all eleven Boston Strangler victims were killed by the same person? Mary Sullivan was the final victim of the Boston Strangler. What suddenly brought the nearly two-year strangling spree to a halt? Although it seems almost certain that DeSalvo raped and strangled Mary Sullivan, questions still surround the case as to whether DeSalvo was in fact responsible for all of the Boston Strangler murders.

## But families of the deceased began to doubt that DeSalvo committed all of the murders.

Salvo could not possibly have been responsible for all of the murders he confessed to.

Robert Ressler of the FBI claimed, “You’re putting together so many different patterns here that its inconceivable behaviorally that all these could fit one individual.” These doubts fueled the fire enough to reopen the investigation to determine whether modern advances could

# Lowest paid waitresses most sexually harassed

**Rocky Asutsa**  
*Scripps Howard Foundation Wire*

Restaurant workers in states with \$2.13 minimum wage reported higher rates of sexual harassment, according to a report released Oct. 7.

“What we found is that these issues are interconnected,” Saru Jayaraman, co-founder and co-director of the Restaurant Opportunities Centers United, said.

The federal law covers tipped employees who earn more than \$30 a month in tips. The provision, in a 48-year-old law, allows employers to pay tipped workers a sub-minimum wage. If an employee’s tips do not rise to the federal minimum wage, the employer must make up the difference.

The tipped minimum wage has been

stuck at \$2.13 since 1996.

“I was a waitress for nine years of my life. All these years later, nothing has changed,” Eve Ensler, founder of V-Day and One Billion Rising, said on a conference call when the report was released.

The report, “The Glass Floor: Sexual Harassment in the Restaurant Industry,” prepared by Restaurant Opportunities Centers United and Forward Together, indicates that women who have previously worked as tipped workers were 1.6 times as likely as those currently working as tipped workers to experience harassment in the workplace.

The workers – both men and women – were asked about such things as sexual teasing, remarks about gender or gender identity, requests from management to wear revealing clothing or to flirt with cus-

tomers, groping and other physical assaults, including rape.

Of the 688 respondents, 44 percent were surveyed in person in five cities, and 56 percent were surveyed online. The study included focus groups in four cities who termed sexual harassment in the workplace as an “accepted ... part of culture” in restaurant settings.

This survey came weeks after Equal Employment Opportunity Commission sued a Texas roadhouse where a manager allegedly sexually harassed female employees. According to the report, 37 percent of all sexual harassment claims filed with the Equal Employment Opportunity Commission come from the restaurant industry.

“In order to reduce the pressures that increase sexual harassment, we must eliminate the sub-minimum wage for tipped

workers while implementing and strengthening policies to educate workers on their rights and reduce rates of sexual harassment,” the report says.

Women reported twice the rate of sexual harassment in states with sub-minimum wages compared to states providing the same wage for tipped and non-tipped workers such as California.

A July poll report by American Sustainable Business Council found that 61 percent of small business owners favor raising the minimum wage.

“It will not completely eliminate sexual harassment, but our belief is that it will be a major step in the right direction; the more the nation’s restaurant industry values these women as professionals, the less and less sexual harassment will be an accepted part of restaurant culture” Jayaraman said.

# College awards for Hispanic outreach

Lorain Watters

*Scripps Howard Foundation Wire  
(for Campus News)*

Celebración de Excelencia held its eighth annual awards ceremony on September 30 in Washington, DC, to recognize college campuses that have improved higher education for their Latino students.

The universities and organizations given honorable mention, named as finalists or that received the Example of Excelencia award were from across the country, including Oklahoma, Michigan, Texas and Illinois.

The Colloquium Series Program in New York received honorable mention for its 1199SEIU Training and Upgrading Fund. The program offers students or potential students access to benefits, including tuition assistance, preparation classes for adults returning to school and skills enhancement.

David Ortiz, director and assistant professor at the University of the Incarnate Word in San Antonio, Texas, received the Graduate Level Example of Excelencia Award on behalf of the university.

The university received the Title V grant in 2010, which helps Hispanic-serving institutions with educational opportunities and to recruit more students from this demographic.

"We have a financial objective to get more students to graduate, but also as a Catholic university, we have a moral imperative to get these students to graduate," Ortiz said.

## 'We need to give Latino undergrads the same opportunities.'

He said that since receiving the grant more Hispanic students have graduated and more of the graduates have been recruited for master's degree programs.

"It was a double-win for us. In many ways, the graduate students were an invisible community. Our master's students are older, married, have families and active lifestyles. I'd argue that it may be even harder for them than an 18-year-old student coming to school," Ortiz said. "We know that the completion rates for Hispanics are low, so when we get these Hispanic master's students, there is still a chance that they may not graduate. Knowing that we are making a difference as a family

at UIW is rewarding."

Hugo Teruel, director of the Latin American Recruitment and Educational Services Program at the University of Illinois at Chicago, received the Baccalaureate Level Example of Excelencia Award for his university. He said that recruiting students is key to making connections at high schools and in the barrios.

"The recruiters are also the advisers, advising them financially, academically and personally – this is what makes our program unique," Teruel said.

Teruel said he was able to get one of his students an internship at Univision Radio. The student now has a job as director of marketing and sales for the company.

"We're facing economic crises, like in many states, and sometimes the first programs to be cut are the ones that serve underrepresented students," Teruel said. "We need to look at the markets for our Latino undergrads and give them the same opportunities."

Rachel Lopez, director of the Youth and Parent Services at the Hispanic Center of Western Michigan in Grand Rapids, Mich., is in charge of the Supporting Our Leaders Youth Program, a multi-year program that serves students ages 14 to 21. The students are followed through high school and are encouraged to participate in programs, such as civic engagement, leadership, community service and college preparation. Once the student is a senior, SOL helps the students enter college by finding scholarships or jobs that they can apply for.

Lopez said no other Latino youth programs cater to Hispanic families in the area, in particular to students who are first-generation. The graduation rates for the Grand Rapids area is about 42 percent, but the SOL program has a 93 percent graduation rate. Last fall, 80 percent entered college.

The program primarily serves Kent County, but Lopez wants to branch out to other counties. "The affirmation of running this program, evaluating, developing and getting national recognition for our work is rewarding and to possibly have our work



Justin Rodriguez. Below: Rachel Lopez and David Ortiz. —Photos by Author.

replicated across the nation is a great feeling," Lopez said.

Lopez said the program changed one student's life.

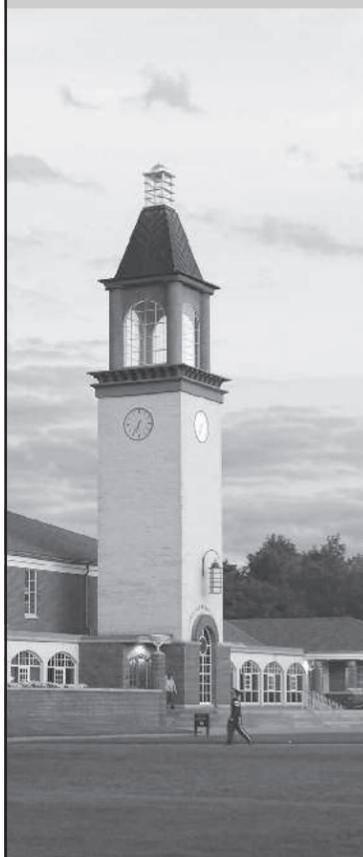
"She started with us was in eighth grade. She had six brothers and sisters, and no one in her family had graduated high school. When she came to us, she had a lot of suspensions and probably was going to get expelled. She was failing her classes and had no desire to go to college," she said.

The student graduated last spring

and entered a community college this fall.

"She was one of our best leaders, where she was involved in every single program that we offered, number one in community services, went above and beyond from what we asked and we counted on her the most," Lopez said. "We want to develop these students as leaders but also have them be proud of their heritage."

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November 25, 2014



# When professors get political in the classroom

Chloe Henson  
Campus News

During the school year, students regularly spend several hours each week listening to their professors. Professors are supposed to inform and educate students, as well as help them build skills that could last a lifetime. But whether they express them or not, all professors have their own beliefs about the subjects they teach. Given their responsibilities to students, is it appropriate for professors to express their political opinions during class?

Jeffery Anderson-Burgos, a student at Holyoke Community College, said professors have brought up topics in his classes before that he agrees with, but that he understands may have conflicted with other students' beliefs.

"While some of the professors that I've had I could say probably were speaking truth from my own perspective, I could imagine that there are students who have different political views from myself who might have been uncomfortable with topics that were brought up that seem to express what the professor's political views were," he said.

Shastri Akella, a graduate student at the University of Massachusetts Amherst studying migration literature, said he hasn't really encountered professors here who speak candidly about their political leanings.

"Not over here in the U.S. When I was studying in India there were some classes that were very explicitly political, but not over here," he said.

Another graduate student at UMass, Daniel Williams said he thinks it's pretty taboo for professors to discuss their personal politics.

"I think there are ways at kind of hinting at it just by the things they bring up in class or the literature they have you read or the way that they speak about certain topics. But definitely not whether they're Democrat or Republican, I don't think anyone would ever share those things," he said.

## Expressing political views could make it more difficult for students to share their points of views.

Professor Scott Blinder, who works in the political science department at the University of Massachusetts Amherst, said a professor's political

opinions aren't really relevant when it comes to educating students. Professors are there to teach subject matter and discuss issues, but not to discuss their own personal feelings.

As a professor, expressing your political views could also potentially influence a student's initial response to a topic, and make it more difficult for them to share their points of views.

"If you want to have an open exchange and open debate on whatever the topic is that you're dealing with, you don't want to come in too heavy-handed and you want students to express their own views," he said.

However, when asked what the pros of professors sharing their values were as well as the cons, Blinder said there could be some circumstances in which it might be good to know a professor's beliefs in the interests of disclosure. If the issue is a political one, as opposed to a social scientific issue, it may be useful for the professor to tell students about their beliefs, as long as it is not done in a very partisan sort of way.

"Not to be heavy-handed about it and say 'this is the way I think and it's how you should all think.' It's just so students have an idea of where the professor is coming from," he said.

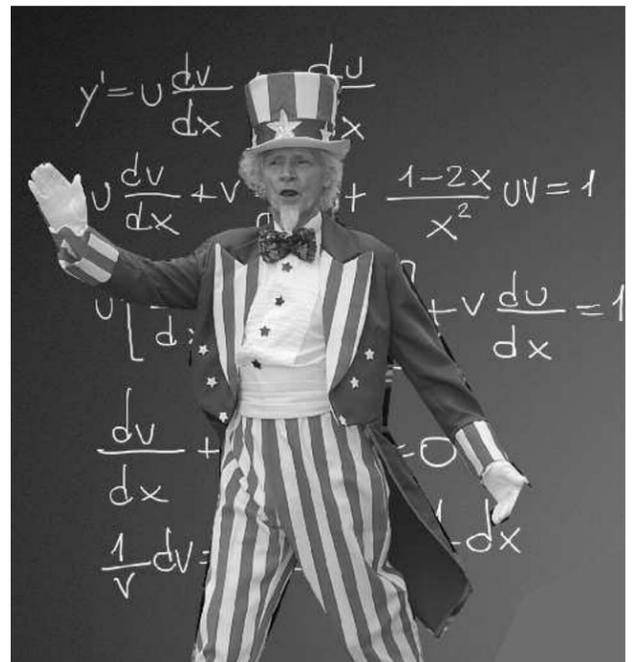
As a graduate student, Williams said he feels comfortable with discussing his politics in class, but this could be different for undergraduates, he said.

"I think a lot of times undergrad students tend to want to say or write what they think their professor wants to hear. In grad school, I think the dissenting opinion is really emphasized," he said.

"Politics" is also much broader than partisanship, Blinder said. When it does come to the social sciences, it is important for professors to present evidence in class that may not conform to some students' beliefs. This could also apply to subjects in the sciences that have been politicized, such as climate change or evolution.

"In these cases it would be a mistake to avoid teaching the material, or to avoid presenting an accurate picture of the accumulated scientific or social scientific knowledge in the area, for fear of being perceived as 'political,'" he said.

It can be difficult for



students to tell whether a professor is being "political," Anderson-Burgos said.

"It's kind of a subjective thing, I think. One person's political view is another person's truth," he said.

One study conducted by Professor Matthew Woessner of Penn State Harrisburg and April Kelly-Woessner of Elizabethtown College found that most of the 24 professors who responded to survey requests tried to appear neutral while they were educating students.

The study, titled "I Think My Professor is a Democrat: Considering Whether Students Recognize and React to Faculty Politics," concluded that students were able to discern how their professors identified politically. Most of the professors identified as either moderate or strong Democrats. But the study concluded that a professor's political affiliation had no real influence on students' party loyalties, even if they were able to discern which way their professor leaned.

While this is just one study and isn't conclusive, it does suggest that maybe students won't be too influenced if they can pick up on their professor's political party, given that their educators aren't too overt about their opinions.

Akella and Williams both said neither of them would mind if professors told students about their political beliefs,

"I guess within a certain context it's fine for a professor to share their political opinion," Akella said. "I think it depends on the occasion and how they're doing it. If it's not explicitly to say 'oh you should vote for this party,' anything else other than that I think is fine."

Anderson-Burgos said he believed hearing his professors express political opinions had actually furthered his education. Students live in a world where they will be exposed to perspectives that are not their own, and encountering topics that don't conform to your views is part of the educational experience, he said.

"Even if topics make somebody uncomfortable, or you disagree with what is being talked about, even then they're getting an education because they're getting a view into perspectives and world views that don't match their own. You don't really learn educationally, and you don't really learn as far as life skills, until you are exposed to things that are beyond what you know," he said.

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# College of St. Rose (cont. from cover)

working to make sure that more transfer students are able to have credits they've earned while attending other colleges (like community colleges and state universities). Most notably, St. Rose has expanded its transfer credits to SUNY Adirondack — if you have an Associate's Degree from SUNY Adirondack in business, most or all of your credits will transfer to St. Rose, if you are working towards earning a Bachelor's Degree in business. However, it is important to keep in mind that not all credits will transfer to St. Rose from all two- and four-year colleges, so the outcome of how many credits will transfer varies from student to student, major to major, previous college to previous college.

The cost of attending St. Rose is very important to keep in mind, especially when one is contemplating transferring from a two-year college to a four-year col-

lege. The cost of attendance at St. Rose ranges from \$25,000 to \$40,000 a year depending on how many credits one takes each semester, not factoring in the price of room and board and a meal plan which can easily rack up another \$15,000 for a year. Don't let the cost of attendance scare you, as there are many fees added in, and perks, that come with the St. Rose tuition. The fees that are included into the cost of tuition are a technology fee (use of the college's computer labs, printers for up to 100 free prints then you must purchase your own prints, wi-fi, etc.), a health services fee (use of the college's health services facilities, use of the college's health insurance if a student chooses to purchase health insurance from the college), and a building maintenance fee. Perks that come with the tuition price include being able to ride the CDTA buses for free (just scan your school ID card!),

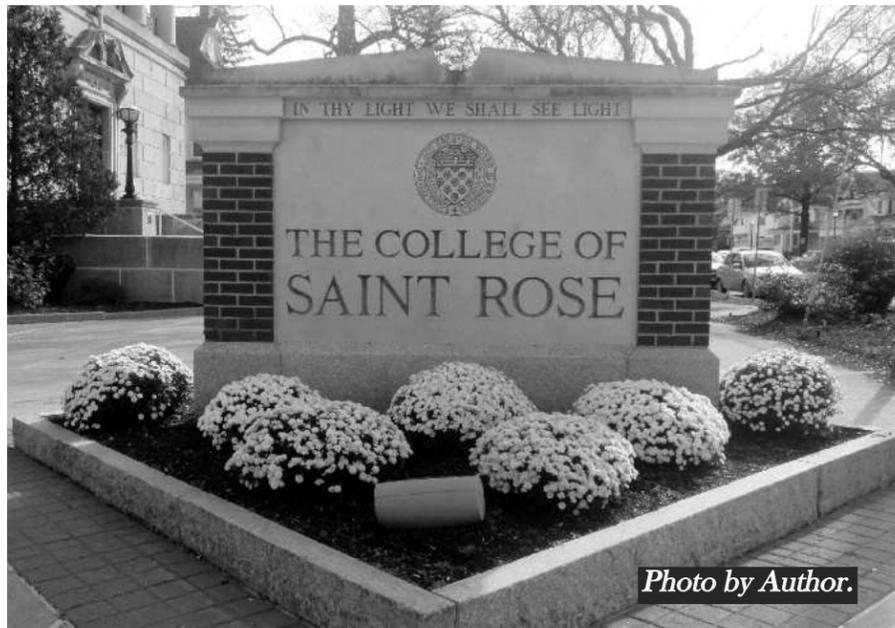


Photo by Author.

and some coffee shops around the city will also offer a small percentage of your total cost off for presenting a St. Rose ID. Also, despite the steep cost of tuition, many students receive some form of financial aid, grants, scholarships, etc., to help cover the cost of attendance.

Lauren Sears, a transfer student at the College of Saint Rose, talks about her experiences transferring to the college on the College of Saint Rose YouTube page. "I'm a communications major from Albany, NY. I transferred from St. John's University, and I will be graduating with the class of 2015. I transferred because I heard about the communications department here at St. Rose, and I've had such wonderful opportunities since transferring here. I write for the Chronicle, which is the student newspaper, and I was also elected president of Tau Sigma, the transfer honor society here at St. Rose. It's a great place, so come check it out!"

The transfer process can be very daunting at times, and it's very important that all steps are completed to the best of your ability. St. Rose's admissions office can help you to make sure all of your paperwork is correct and are available to help via phone, email, and in person (you can get their information by visiting

[www.strose.edu/admissions](http://www.strose.edu/admissions)).

Once a student has successfully transferred to St. Rose, there are many ways for him/her to get involved on campus and make it feel like home, such as joining clubs, playing sports, and other activities. For students who may be feeling lost and need someone to talk to, the college has free counselling services and can help make the transition from one situation to St. Rose more peaceful.

Overall, the College of Saint Rose is a college with an excellent reputation when it comes to academics, athletics, and extracurricular activities, as well as professor and staff helpfulness and friendliness. When the students get settled in to St. Rose and Albany, this little community definitely feels like home. St. Rose instills a passion for academics in their students, gives them the knowledge necessary to be successful in their chosen fields, and in turn gives them a purpose as they strive for academic and career achievements. These reasons, and more, are why students should consider transferring to the College of Saint Rose.

*Marie Frankson is a junior at the College of St. Rose.*

## CAMPUS NEWS

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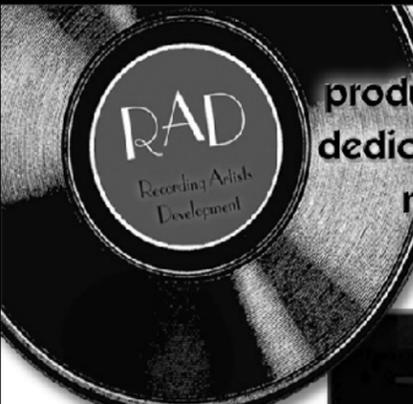
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# How people pick their news is partisan

Lucas Daprile  
Scripps Howard Foundation Wire

Partisanship does not end at the polls. Amid the white noise of countless media outlets screaming out tweets, headlines and sound bites, a recent Pew Research Center study shows Americans' choices and trust in media outlets reflects party preferences.

In a survey of 2,900 Americans, they called CNN their main source of news, followed by Fox News and then local stations.

On average, the more liberal a person's beliefs, the more news sources they said they relied on and trusted.

"One of the things that stand out are the stark ideological differences that exist in people's political information environments," Amy Mitchell, director of journalism research at the Pew Research Center and co-author of the study, said in an interview. "The findings, overall, paint a portrait of America that's divided along ideological lines."

Liberals relied on CNN, NPR, MSNBC and The New York Times as their main sources of government and political news, and they were also less reliant on one news source than conservatives.

Eileen Murphy, spokeswoman for The New York Times, said the organization had seen the study but wasn't prepared to comment on it.

"We have seen it and we're analyzing it," Murphy said.

Conservatives relied mostly on Fox News, with 47 percent of consistent conservatives saying it was their main source of news. Their other sources of news included local radio, followed by local TV.

Those in the middle of the political spectrum turned to CNN, followed by local TV and Fox News.

Though Americans tend to get their news from sources based on their partisan preferences, Mitchell said they still hear a variety of voices.

"Even with these differences in today's society...bubbles don't exist," Mitchell said. "Most people turn to an

array of media outlets and hear views that are different than their own."

CNN claims to be the most trusted name in news, and to a degree, the data show that. Fifty-four percent of respondents said they trust CNN for news about government and politics, the highest of any single organization.

But 20 percent of those polled said they distrust CNN, which is higher than ABC News, CBS News, NBC News, The New York Times, The Huffington Post and The Colbert Report.

Trust in an organization also varied by political views. Only one organization, The Wall Street Journal, was more trusted than distrusted by liberals, conservatives and moderates alike.

But some, such as Fox News, were more divisive. Those who identified as consistently liberal or mostly liberal said they distrusted Fox News, while conservatives and moderates were more likely to trust the organization than to distrust it.

Overall, 44 percent of those polled said they trusted Fox News. Thirty-seven percent said they distrusted the organization. The rest either said they neither trusted nor distrusted Fox News or said they had not heard of it.

Many of those polled responded somewhere in the middle for all news organizations, saying they had either not heard of many of them or that they neither trusted nor distrusted them.

Only 32 percent of those polled had heard of Politico and only 23 percent had heard of Mother Jones.

Younger organizations, such as Al Jazeera America or BuzzFeed, were not as likely to be trusted. Most respondents simply did not know about younger organizations or said they neither trusted nor distrusted them.

Buzzfeed was the only organization that was more distrusted than trusted by liberals, moderates and conservatives alike.

"Building up awareness and building up trust can take time," Mitchell said.



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# It is important for students to ‘think positive’

**David L. Podos**  
Mohawk Valley CC

Winter is coming! The year is winding down to its final months – thoughts of holidays will now be upon many of us, and of course before you know it final exams will be given. If you are anything like me (hey I don’t think that’s a bad thing), you are already experiencing the decrease in sunlight as the days grow shorter and the nights ever longer. There are real psychological as well as physiological changes we experience at this time of year, perhaps you find yourself a bit more exhausted at the end of the day and wanting to retire earlier. Your eating habits may have changed as now your body craves more comfort foods such as pasta and soups, or you may be eating more carbohydrates than you care to admit, as those extra pounds add up!

You may also be experiencing an increase in anxiety and/or depression. The holidays, while a time for celebration and cheerfulness, can be quite difficult for others. Society puts an awful lot on people and expects us to act in certain ways – holidays are fun and you need to have fun – you **MUST** have fun, right? Thank our parents for that or the marketing gurus, either way it is sometimes a bitter pill to swallow. If you’re dealing with any sickness be it yours or a loved one, if you are ending a relationship, if you are wondering what you are going to do after graduation (Will I find my dream job, or for that matter, any job?), all these things and so much more seem (for many) to carry a greater emotionality, an intensity which happens around this time of year. Add into that mix those final exams that I mentioned, and dealing with all the other “stuff” that is going on in the world is quite a witch’s brew.

The sad fact is this – depression and anxiety is growing in the midst of our college students. From an article titled “Depression and Anxiety Among College Students,” authored by Margarita Tartakovsky and Dr. Jerald Kay, Professor and Chair of the Department of Psychiatry at The Wright State School of Medicine, says, “There is no question that all of the national surveys we have at our fingertips show a distinct rise in the number of mental health problems.”

From the same article, Dr. Harrison Davis states, “If students do not feel adequate or prepared to cope with the new environment of a college campus, they could easily become susceptible to depression and anxiety.” Dr. Harrison is an Assistant Professor of Counseling and Coordinator of the Community Counseling Masters program at North Georgia College and State University.

Of course it is not just our college students feeling the stress of everyday life. The other day as I began my lecture I happened to notice some students were fidgeting more than usual and they didn’t seem “engaged” in the lecture. Being quite versed in the interpretation of body language (the silent language), I asked if everyone was ok. Most of my students complained that they were stressed, or were not feeling

well, or didn’t get enough sleep and so on. I told them I understood, and then I went and opened my classroom door, stopped, looked back at my students and said, “I have two bags out here that I left standing up against the side of the wall, let me make sure they are still there.”

“Oh, yes,” I said, “they are still here and they are waiting for me and man are they heavy.” I went back to my desk and before I began to pick up where I left off I told them that those bags were filled with a variety of my personal stresses, anxieties, and worries. What I was trying to convey was this; I’m not much different than you.

So if we really want to be truthful we are all dealing to some degree with the issues of anxiety, stress, depression, anxiousness, worry, etc. So what can we do to help ourselves in a world that at times seems helpless and out of control, and every bit of news we hear is negative?

Besides the standard therapies of psychological counseling, and/or pharmaceutical intervention, there are other ways we can manage our stresses, lower our levels of depression, increase our overall self-image in a positive way, and basically enhance and balance our mental, physical, emotional, and spiritual health and well-being. The old adage, think positive thoughts and positive things will happen, may have a lot more power and influence over our lives than we tend to believe.

Many ancient cultures already know and have for thousands of years the power of meditation, positive thinking, and so forth. In the west, modalities such as these are finally catching up and becoming a larger part of our daily routines, such as meditation, yoga, and deep breathing to lessen anxiety and depression. Lately, though, new research (particularly from the west) has surfaced about positive thinking and how it improves your physical health and emotional health; it is called neuroplasticity.

As Marie Pasinski, M.D., states, “Perhaps as a neurologist I am biased, but, what could be more important than

understanding the potential of your most precious gift, your brain. Regardless of age, your brain has the ability to make new neurons and construct new neural pathways throughout your life. Improving the tenor of your inner voice begins by listening to what it is saying. When you experience a distressing thought identify its true nature and give yourself the choice to think and feel differently.” She further says that “getting into the flow of things can happen through meditation, prayer, yoga, and/or tai chi.” So, anybody up for some positive thinking?

Isn’t it amazing that we can actually

change the physicality of our brains, which in turn affects our emotional barometer, just by doing, saying, or thinking something good and positive? So, again the old adage – think positive and positive things will happen to you – is now being proved through

the science of neuroplasticity.

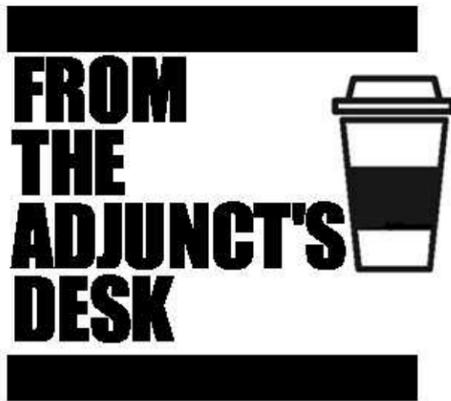
Of course it is not always easy to be a positive thinker. It takes work and a whole lot of it at that. Most of us have (since childhood) been indoctrinated

into feeling guilty for this or that, or shameful, or fearful or whatever – anything but positive. We easily slip into the negative mode seeing our world as less than loving, less than fair, and things become fear-based for us; and what’s really sad is this: Most of us are so accustomed to this way of thinking, we begin to think it is normal!

Yes, there is plenty negative “stuff” happening all around us each and every day. There are plenty of reasons to be stressed, mad, sad, depressed, but ... plenty of reasons to at least try and change that lens and see things a bit differently.

I know I am working extra hard to change my lens. Yes, change is often difficult and sometimes it takes a whole lot of courage to muster up. Perhaps (and I hope it is soon) I will enter my classroom, stop for a moment, go back and open the door, and tell my class I have several bags out here that I need to check – and when I go to lift them I will say, “Hey, they are not as heavy as I’d thought!”

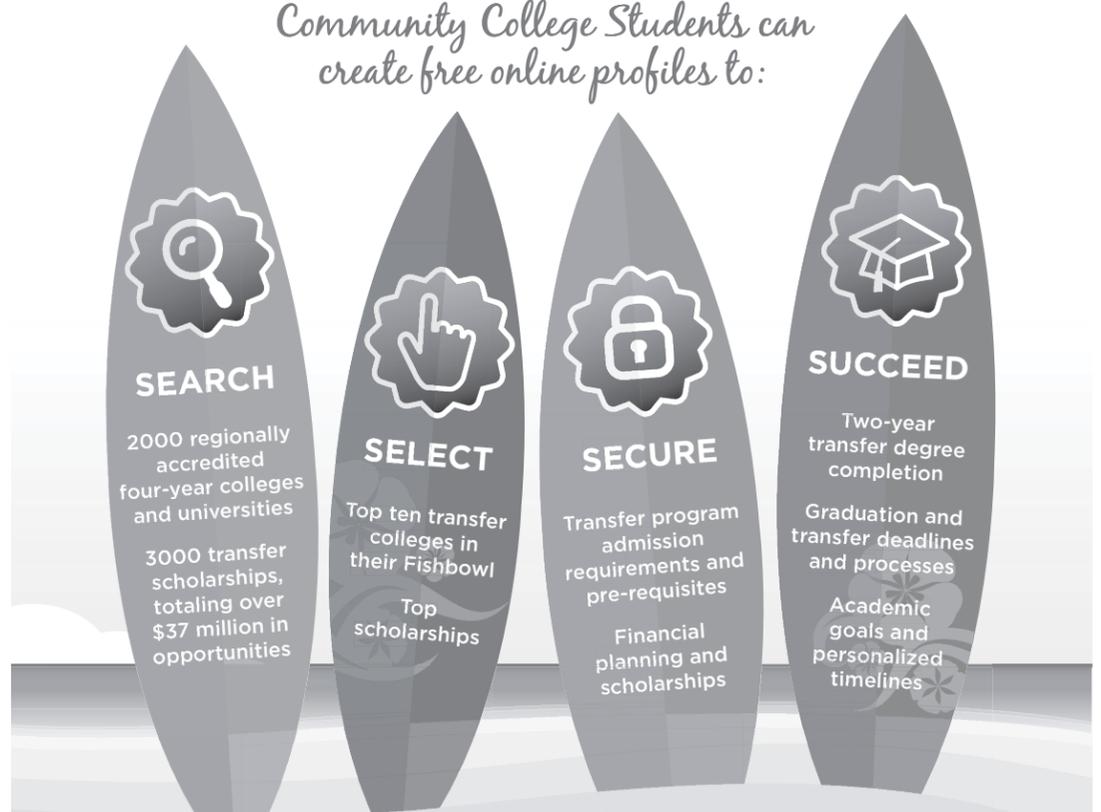
David L. Podos is an adjunct instructor for the Center for Social Sciences, Business and Information Sciences at MVCC.



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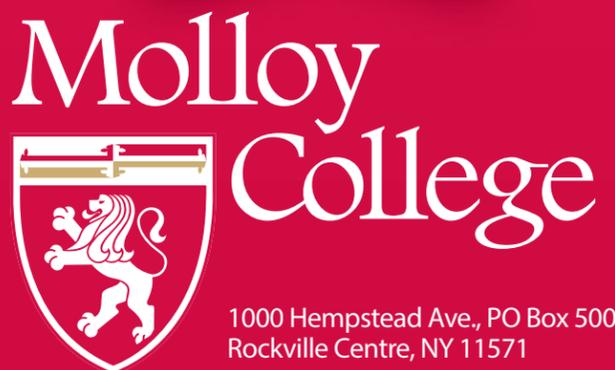
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