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NEWS 8



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Jobs where a 2-year degree is key

You might have been led to believe that success at the two-year community college level is defined by which four-year college eventually accepts you.

The community college ads tend to tout their success at four-year transfers. Each community college holds transfer fairs on campus. Practically all faculty and administration had attended four-year colleges, even if they'd gotten

their starts at two-year schools, so they are in that four-year mindset.

And there is nothing wrong with that being your goal. But there are two growing trends that may mean that you don't have to be in school for the next four or more years. You can instead just get a two-year degree, or even a one-year certificate.

The first is a trend called reverse-transfer. Students who already attended a four-year college are increasingly going to two-year colleges to learn practical skills.

The second trend is the growing number of employers that no longer require a fancy four-year degree and instead, pragmatically, are looking for



mid-level employees with a practical two-year degree or special certification. This change in thought comes as two-year colleges are seen as more respectable than in decades prior, and, because

they are governed by local boards, more responsive to regional needs.

We asked the experts which jobs no longer require a four-year degree.

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Lauren Sears '15, Communications
Concentration in Journalism, Minor in Business,
Producer, Time Warner Cable News

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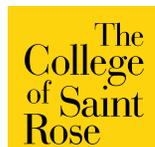
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Stay focused as a student

Laura LaVacca
Campus News

After a summer filled with sandy beach days and the top priority being getting a tan, going back to school can blindside any student — especially a college one. Papers, buying books, syllabi. It's enough to make students just pull the covers over their heads and go

back to sleep.

However, the key to a successful college school year isn't some mystery. Successful people consistently employ the same techniques. From organization to mindfulness, you too can have a successful semester.

"It's always hard getting back into school after a long summer but it was especially nerve-racking starting as a

freshman in a new school," Molloy College student Sara Miller explains. "Once I was given the syllabus for each class it made me feel better knowing that as long as I stay organized and pay attention to the syllabus I can be successful."

Miller brings up a key component — organization. And a key word — syllabus. Professors often provide

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College does not teach time management

Robert Cutrera
Campus News

There are many worthwhile reasons why you should work toward a college degree, the most practical reason being the pursuit of a career in your field of choice. The competitiveness of today's job market is obviously difficult. Having a college degree has become almost a mandatory condition for most young adults to obtain the job of their choice.

While colleges assist students in making their transition to the workplace through various opportunities of networking with professors and professionals and by providing challenging courses, there is one major aspect of life that is continually neglected by college curriculums across the country: college does not prepare students to acclimate themselves to the stubborn, monotonous day-to-day schedules of the "real" world.

Consider this: School, for most, begins in Kindergarten around the age of 4. From here, a student progresses through the ascending grades, one year at a time, until 12th grade is completed. The schedules for these grades generally accommodate the schedules of parents, for the convenience of dropping their children off at school, seeing them to the bus, or making sure someone is at home to greet them and make dinner. So from age 4 up until 17 or 18, students are forced to wake up between 6 and 7, depending upon the school, and must attend said school until 2 or 3 in the afternoon, not including extracurricular activities.

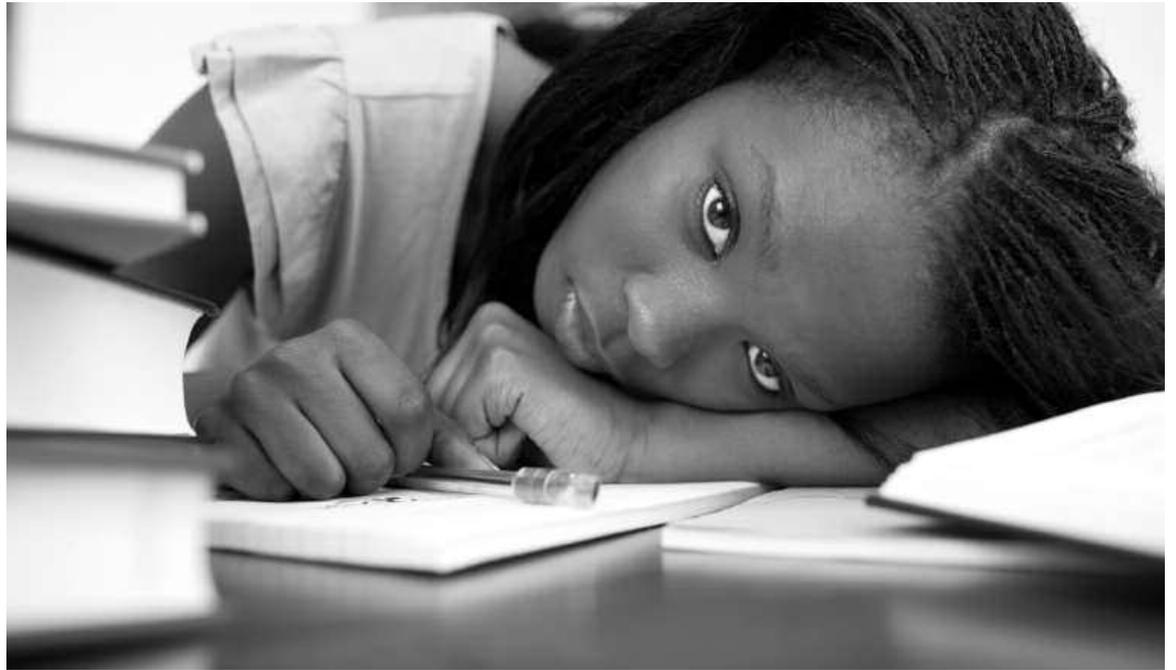
For the average worker in our society, the day usually begins somewhere between 5 and 7. Upon rising from bed, dressing, and eating breakfast, the American adult will drive or take public transportation to their job, where they spend, at least, 8

hours of their day, only to commute back home between 5 and 7. This, like pre-college schooling, is repetitious and humdrum, affording little time and room for an individual to do anything else.

College does not require anything remotely similar in terms of commitment.

Generally, college courses meet twice a week for about an hour and a half per session. Some courses will meet three times a week, but for a shorter duration, while other courses will meet once a week, but for a large block of time. Five classes a semester is the expected average course load, so students spend anywhere between 17 to 20 hours a week in an actual classroom, not including their schoolwork outside of class. The workload itself can be daunting. Juggling five different classes, especially for upperclassmen, who take upper division courses that assign a higher volume of work that is more challenging, really tests a student's ability to adapt to and meet deadlines and responsibilities. By all means, college introduces students to many quality aspects of life.

But when it comes to the quantity side of life, college tends to fall short. The major problem with this type of class schedule is that schools do not require students to take morning courses; in fact, the most popular time for courses to be offered at schools across the country is somewhere around 11. A good por-



tion of college students consider this to be early. For most full-time workers, 11 is close to lunch time.

How does such a lifestyle prepare college students for life post-college? It really is odd to realize how the younger grades are structured so to reflect general working day time constraints, yet college, the time period in a young adult's life that is arguably the most essential and influential in establishing a person's career and life decisions, should allow such lax time requirements.

This is not the only troubling factor hampering students' development: there are no general dress expectations for college students. Anyone who has spent even a day on a college campus knows the popularity of sweatpants and gym clothes among students. The main issue with this is that it gives off the wrong image to professors and fellow students. Such clothing is usually associated with comfort and relaxation, two things that do not come with the daily commute to a full-time job. Nor do such fashion statements represent the drive and determination of hard working students, so it's a good idea to dress work appropriately during college in order to prepare yourself for your future job.

If a student works an internship while they are attending classes, this helps bridge the gap, and working a part-time job while taking courses can also change perspective on both of these issues. But such situations, at best, only mimic the time constraint put upon full-time workers. It is worth noting that these two possible work situations materialize from beyond the campus grounds and generally have little to do with time spent on campus.

Parents are often heard telling their collegiate children that they should enjoy their time while they can, because, once they are handed their diploma, dramatic changes will be made to their daily routines. This sentiment is very true for a number of reasons, but it is enhanced because parents usually see their students wake up around 10:30 while home on school breaks, hanging around all day in sweatpants and a hoodie. Don't fall into these two college traps. By acclimating yourself to the knowledge that life after college will look almost nothing like life during college, you can adjust your approach to college in order to help ease the transition.

Don't fall into these two college traps!

Forging landscape architecture partnership

The State University of New York at Cobleskill has a new agreement with the State University of New York Environmental Science and Forestry (SUNY ESF) Master of Landscape Architecture program. It aims to facilitate the easy transition of qualified SUNY Cobleskill Bachelor of Technology in Landscape Contracting degree recipients into SUNY ESF's Master of Landscape Architecture degree program.

SUNY ESF's Master of Landscape Architecture program is a prestigious and well established program that is designed to educate students to contribute in varied ways to society and the wise stewardship of land and landscape with an emphasis on sustainability, community design planning, environmental and ecological planning, green infrastructure design and preservation of cultural landscape. ESF admits less than 20 students

annually into the program and provides excellent professional education, development and mentorship to prepare graduates for professional practice.

Lisa Lopez, Associate Director of the Student Success Center, says: "We

are very excited to add this newly established graduate agreement with ESF to our growing roster of guaranteed admission agreements, allowing our top students entry to this exceptional program."

Nassau selects interim president

Nassau Community College (NCC) announced that effective September 9 Dr. Thomas P. Dolan had assumed the position of Interim President of the College. The State University of New York's Board of Trustees last month approved the recommendation of SUNY Chancellor Nancy L. Zimpher to appoint Dr. Dolan as Interim President.

(He replaces Dr. Kenneth Saunders, who had served as acting president, and whom we'd written about previously. Saunders was not eligible for this interim role, as the college seeks a permanent president.)

"I am honored and humbled to be given this opportunity to serve as Interim President of Nassau Community College," said Dr. Dolan. "For the last four decades, I have sent students to NCC, confident that the education that they would receive would serve them well in a four-year institution, or in their career. I am eager to assist in delivering on that promise to students who are here now."

Most recently, Dr. Dolan was the Superintendent of the Great Neck School District. He has also previously served as Superintendent of the Franklin Square Elementary School District; Assistant Superintendent for Personnel of Manhasset Public Schools; principal of Cold Spring Harbor Junior-Senior High School; and principal of the H. Frank Carey Junior-Senior High School in Franklin Square. Dr. Dolan has also

taught at Hofstra University, LIU-C.W. Post and Queens College. He is a board member of the Harry Chapin Foundation and the Cradle of Aviation Museum.

SUNY Chancellor Nancy L. Zimpher said, "With career experience as a superintendent of schools and college professor, Dr. Dolan comes to SUNY with a valuable perspective on what it takes to prepare students for college and help them succeed. I commend the Board on his interim appointment and look forward to working with Dr. Dolan as SUNY advances a Completion Agenda to bring the opportunity of a SUNY degree to more students."

Dr. Jorge Gardyn, president of the NCC Board of Trustees, is excited at the prospect of working with Dr. Dolan. "Dr. Dolan's entire career has demonstrated his strong commitment

to education. The members of NCC's Board of Trustees look forward to working with him as we seek to advance the College's mission on behalf of our students and the communities in which they live," he said.

Dr. Dolan will remain as Interim President until a permanent president is selected.

Dr. Dolan received an Ed.D. from Hofstra University and an A.B. in History and Psychology from Hamilton College.

Dr. Dolan and his wife of 40 years, Karen, have five adult children.

The advertisement features a dark background with a glowing jar in the lower left corner. Inside the jar, a bright, swirling light trail spirals upwards. Above the jar, several horizontal, wavy light trails extend across the frame. The text is white and positioned to the right of the jar.

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Staying stress-free this semester

Julianne Mosher
Campus News

Ally Lashley didn't realize that Stony Brook University was going to be difficult when she signed up for courses she was passionate about.

She was taking all her favorite classes - writing ones - to further her degree in Communications and Journalism at Suffolk County Community College. Her English teachers were great and she was extremely happy... until she was told she still had to take classes that she was not necessarily interested in taking.

"I was only stressed when I was studying for math, bio and history," she said. "Those classes were harder than what my major was."

Ally handled her stress by surrounding herself with a support group of friends and family and eventually got through it when she graduated in May 2015. However, in the fall she transferred to Stony Brook University - where she was to study English excitedly - only to notice the stress will never go away when it comes to school.

"Now at SBU, I am so much more stressed not only because it is my first semester here but also because the work I get is in abundance with consistency," she said.

She added that the workloads could be overwhelming when she needs to "read and write for all my classes on so many unrelated and, most of the time, hard to understand subjects and topics."

Like Ally in SCCC and eventually in SBU, she had to study courses that were sometimes intimidating. In liberal arts colleges, students are usually required to take classes to complete their degree making them a better-rounded individual. However, in majors like English and Communications, the math classes and sciences may not come as easy to some

students compared to when they write.

With the overwhelming amount of stress students face - along with extra-curricular activities, personal responsibilities and most of the time work to help pay for bills and possibly even school, anxiety and depression become very common among young people.

According to the Suicide Prevention Resource Center, in 2012 between 7.1 percent and 7.7 percent of undergraduate and graduate students

seriously considered suicide due to college stresses and re-

lated causes. The American Psychological Association reports that 8.8 percent of students actually attempted suicide in a similar time frame.

With the number of students becoming diagnosed with anxiety disorder and depression related to college rising every year, universities and colleges are becoming more fluent in mental health to prevent students from making a decision that could ruin their lives.

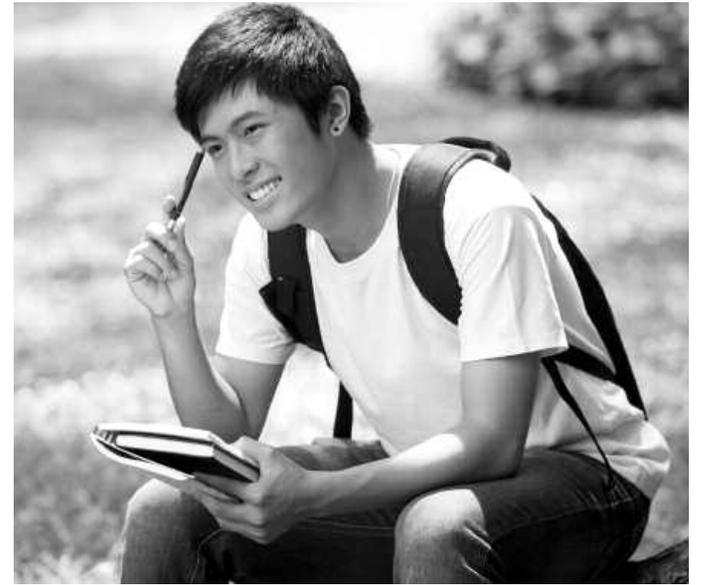
Stress does not need to effect students negatively because there is always going to be a solution. The first step is to talk.

According to www.ulifeline.org, there are dozens of hotlines that are open 24 hours a day where students can vent and talk out their problems if they seriously feel like there is no way out. Some hotlines even allow texting - if they are too afraid to use their voice - all anonymously. All colleges and universities also offer free counseling - either professionally or peer to peer - to help students when they are feeling down.

If therapy is something that students may feel uncomfortable with, one great stress relief to try is

practicing yoga. People do not have to be flexible to practice this art and can simply do deep breathing exercises, which have been known to alleviate stress along with exercising, running and listening to music.

Students who are in a stressful point in their lives do not have to let it affect their physical and mental health. Finding something that you enjoy can change your life and make you happier when school



seems to be too stressful to deal with.

In the end just remember that it will pass and once that degree is in your hand, everything will be better.

'Anxiety and depression become very common.'

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Cafeteria providers make college push

Tyler McNeil
Campus News

Dining on campus can seem as simple as reaching into your wallet and sitting down, with a textbook in one hand and curly fries in another. Far behind the counter are multinational corporations that impact millions of lives every day.

How does it work?

At a time, many community colleges were run in-house or without a contract to a dining service. Today, while some community colleges such as Schenectady County Community College still have such management in-house, many two-year schools across New York State and beyond are run by multinational dining giants (Chartwells, Sodexo and Aramark.)

For SUNY community colleges, dining services are contracted by Faculty Student Associations, 501(3)(c) nonprofit organizations that run auxiliary services on campus and help with construction projects for the college. Dining services gives the FSA commission on all sales.

Chartwells

History: The oldest of all dining service giants is Compass Group International which holds its subsidiary, Chartwells. Compass Group International was founded as Factory Canteens Limited in 1941 in England. The company became “Compass Group International” less than 30 years later.

Chartwells Higher Education Dining Services is newer to community college kitchens, starting in 1998. Before the semester started this year, Chartwells rebranded itself from “Eat.Learn.Live.” to “Where Hungry Minds Gather.”

Facts and figures: According to the Compass International’s annual report in 2012, the conglomerate serves about four billion customers

every year in over 50 nations. As of last year, the Compass Group was worth \$17 billion in revenue. Including Chartwells, the Compass group owns over 15 other brands and businesses from vending to security.

Environmental Sustainability:

This year, in the company’s 2015 environmental platform, based on 2014 volumes, Compass Group North America hopes to reduce the purchase of red meat by 30 percent as of 2020. By the same year, the corporation aims to double the amount of proteins that are considered “humane.”

We look at the pros and cons of the various campus food services.

The Compass Group hopes to only have seafood contracted by “environmentally responsible sources” by 2017.

Controversy: After an FDA tortilla recall in 2006, Chartwells failed to notify officials of tortilla contamination resulting in over 100 children becoming ill in the Racine, Wis. school district.

In 2012, the Compass Group paid the New York State Government \$18 million in a settlement after it was found they were overcharging school districts across the state.

In 2013, the Compass Group was exposed for distributing horsemeat in products sold as beef. More than 1,000 compass meat products, which turned out to contain traces of horse DNA after United Kingdom’s Food Standards Agency published DNA testing results.

Sodexo

History: Nearly 20 years of Sodexo’s history was

across the pond. It wasn’t until the mid-’80s that Sodexo travelled overseas to the Americas. The company, founded in 1966 by Pierre Bellon of Marseille, France, expanded to Africa and the Middle East within 10 years and today, over a quarter of the company’s revenue comes from the Americas.

Facts and figures: In 2014, Sodexo generated revenues of \$22 billion with its nearly 32,000 locations and serves nearly 75 million customers per day. The company has over a quarter the amount of employees (419,000) and operates in almost four times more countries than Aramark (80 countries) according to key figures over a year ago.

Environmental Sustainability: In an effort with the Humane Society, this February, Sodexo announced that it will eliminate the use of veal crates from its supply chain by 2017 and plans to only use cage-free hens for its eggs in five years.

Earlier this summer, Sodexo announced an initiative hoping to cut 34 percent of the corporation’s carbon emissions by 2020. By that same year, the company also hopes to “source and promote sustainable equipment and supplies in all the countries where we operate.”

Controversy: Controversies with the company have hit closer to home

within the last 15 years. At SUNY New Paltz in April 2012, a Sodexo regional manager tore up protestors signs during a protest aimed at the company’s treatment of workers and problems with sustainability.

At another SUNY school, in the 2000-01 academic year, under Sodexo-Marriott management, an outbreak of E.Coli sent six students to the hospital. Although, the school later switched to Chartwells, UAlbany came to back to Sodexo in 2013.

Like the Compass Group, traces of horsemeat DNA were also found in minced beef the same year as the Compass Group’s scandal.

Aramark History: Originally based out of Philadelphia in 1959, Aramark has since reached 21 countries across the globe, catering to customers from Germany to Japan. Aramark has occasionally appeared on the back pages of history, supplying food to trapped Chilean miners four years ago, food service to Hurricane Katrina victims in the Houston Astrodome a decade ago and catering the Olympic Games in Mexico City nearly a half-century ago.

Facts and figures: Aramark has left a mark worldwide. The \$15 billion food catering force with about 270,000 employees serves about two billion meals per year for 150 sports

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UAlbany. Photo by Nate Villano

Pope challenges Americans to do better

Jessica Pereda
and Kelvin Suddason
Scripps Howard Foundation Wire

Pope Francis used the lives and work of four Americans as theme of his historic speech last month to a joint meeting of Congress.

He spoke at length about Abraham Lincoln, Martin Luther King Jr., Dorothy Day and Thomas Merton to challenge Americans to heal the “open wounds” of polarized and politicized issues.

The pope didn't shy away from policy pronouncements that many members of Congress would disagree with, including opposition to the death penalty, the need to curb climate change, to slow the widespread sale of guns, and to deal with immigration and poverty.

Although the gathering resembled a State of the Union speech – Vice President Joe Biden and House Speaker John Boehner sat in chairs behind the pope and four Supreme Court Justices and the Cabinet sat in the front row – members of Congress were advised to limit their reactions. But they stood and gave a long ovation when he entered, applauded at several points during the speech and stood to applaud as he left.

After the pope thanked Congress and praised “the land of the free and the home of the brave,” the room erupted in a lengthy applause.

From that remark on, he issued a call to action in his gentle manner.

He confronted the issue of immigration with Martin Luther King's premise that a dream is the “deepest and truest in the life of a people.”

“We, the people of this continent, are not fearful of foreigners, because most of us were once foreigners,” said the Argentinian-born pope, calling himself a son of this continent.

He pleaded that an open and understanding mentality toward the struggles of immigrants is needed to deal with the hotly debated issue.

He linked the refugee crisis in Europe with Syrians and Iraqis fleeing violence to immigration in the U.S.

“Our world is facing a refugee crisis of a magnitude not seen since the Second World War,” he said.

The faces and stories of the people, not their numbers, should be the focus of the crisis, he said.

Keeping with the focus on the individual, Pope Francis maintained that “much more still needs to be done” in lifting people out of poverty. To that effect, a modern, inclusive and sustainable economic model should be established.

Continuing with his plea for sustainability, he cited his encyclical, “Laudato Si,” when he spoke about global climate change and the challenges it presents, calling it an essential part to the “common good.”

“We need a conversation which includes everyone, since the environmental challenge we are undergoing, and its human roots, concern and



SHFWire photo by Heather Khalifa

affect us all,” he said.

He called on everyone to “redirect our steps” to stop the most pressing side effects of the environment's deterioration.

The pope didn't shy away from policy pronouncements that many members of Congress would disagree with, including opposition to the death penalty.

“The Golden Rule also reminds us of our responsibility to protect and defend human life at every stage of development,” the pope said, reminding the audience of his advocacy for the abolition of death penalty worldwide since the beginning of his ministry.

In addition, the pope criticized violence perpetrated in the name of an economic system, which by excluding the poor, is in effect being unjust and unworthy of human morals.

He called Dorothy Day, who founded the Catholic Worker Movement, an example in the fight for social justice. Day fought to end inequality. He said her “social activism, her passion for justice and for the cause of the oppressed were inspired by the Gospel, her faith.”

“If politics must truly be at the service of the human person, it follows that it cannot be a slave to the economy and finance,” he said.

He also touched on a physical threat – the arms trade. He blamed the mentality of profit at any price, thriving in the capitalist free-market system, for arms trade deals.

“Why are deadly weapons being sold to those who plan to inflict untold sufferings on individuals and society?” the pope asked. By referencing current world conflicts, he reminded his congressional audience that hope, peace and justice should prevail over responses of force and brutality.

The pope said he used the guidance of Thomas Merton, an influential Catholic writer and crusader for peace and civil rights, who died in 1968. Merton was a Cistercian monk who lived in Kentucky.

“We must move forward together, as one, in a renewed spirit of fraternity and solidarity, cooperating generously for the common good,” Pope Francis said.

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Honors for trio who thwarted Paris attack

Heather Khalifa

Scripps Howard Foundation Wire

Under a bright sun and a cloudless sky in the center courtyard of the Pentagon was the stage where the three young friends who stopped a gunman on a Paris-bound train Aug. 21 stood for their awards ceremony.

Airman 1st class Spencer Stone received the Airman's Medal and the Purple Heart. Specialist Alek Skarlatos received the Soldier's Medal, and Anthony Sadler received the Defense Department Medal for Valor, the highest award the Defense Department gives to civilians.

Defense Secretary Ashton Carter and Vice Chairman of the Joint Chiefs of Staff Gen. Paul Selva accompanied the trio who were being honored on stage, and both gave remarks citing the heroic actions of the three men.

"We are here to honor their bravery and their willingness to act," Selva said.

Carter said what they did on the train was "right out of a movie."

"After they knocked out the gunman, they tended to others injured on board before paramedics and police arrived," Carter said. "They have been widely celebrated on both sides of the Atlantic."

Carter focused on the moment when the gunshot went off, and the three men looked at each other and said, "Let's go."

"The words 'let's go' are as American as these three friends are," Carter said. "Time and again, challenge after challenge, the sound of gunshots and danger, the world has turned to the United States and its military for help. And generation after generation, we've answered."



Photo by author.

The three men met with President Barack Obama earlier in the Oval Office at the White House. Obama said they "represent the very best of America."

"Because of their courage, because of their quick thinking, because of their teamwork, it's fair to say that a lot of people were saved and a real calamity was

averted," Obama said.

Both Obama and Carter concluded their statements with optimism for the future.

"It's these kinds of young people who make me extraordinarily optimistic and hopeful about our future," Obama said.



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Iowa community college study eyes default

The Association of Community College Trustees (ACCT) released a new report on Sept. 28, "A Closer Look at the Trillion: Borrowing, Repayment and Default at Iowa's Community Colleges," which takes an unprecedented look at community college student borrowing and repayment behavior. The report uses data from all 16 community colleges in Iowa to examine the characteristics of borrowers and defaulters to help colleges and policymakers better understand and prevent default.

"Our institutions are more focused on persistence and completion now than ever before," said ACCT President and CEO J. Noah Brown, "and this report emphasizes just how important those factors are to post-enrollment success."

In "A Closer Look at the Trillion," authors Colleen Campbell and Nicholas Hillman, Ph.D. merged administrative data with institutional data to describe what students are most likely to default. Campbell serves as senior policy analyst at ACCT; Hillman is assistant professor in Department of Education Leadership and Policy Analysis at the University of Wisconsin-Madison.

This report comes at an important time, with the concurrent release of FY2012 cohort default rates. A Closer Look at the Trillion identifies ways through which colleges and policymakers can improve the outcomes of borrowers while preserving access to federal financial aid, and suggests ways institutions and the federal government can do more for our nation's students.

The data reveal a number of factors that contribute to student loan defaults — some surprising:

- Students who borrow the least are the most likely to default.
- Many defaulters take no action on their debt—suggesting the complexity of the repayment system and a lack

of information may be stymying students.

- A large number of borrowers — especially defaulters — are earning few credits and not completing a credential.

- Institutions lack access to complete information and a user-friendly way to analyze loan data, making default management unnecessarily difficult.

"As institutional policymakers, Iowa's Community College Trustees recognize the value of using data to drive our decision-making process."

said Cheryl Langston, Des Moines Area Community College trustee and Iowa Association of Community College Trustees

board chair. "This report demonstrates how community colleges can be more reflective and forward-looking by understanding where we are doing a good job and where we need to improve to help our students be as successful as possible."

"ACCT has provided incredible insight into Iowa's Community Colleges through this Report. We encourage community college leaders across the nation to invest the time and resources to conduct similar analyses to arrive at conclusions that will ultimately lead to better outcomes for their students," said Valerie Newhouse, Iowa Lakes Community College president and Iowa Association of Community College Presidents chair. "We are proud to serve the students who enroll in Iowa's Community Colleges across Iowa, and the insights in this report help us serve them better."

"For borrowers with less than \$5,000 in debt, there are almost as many borrowers in default as those who are actively repaying their loan debt," said Jee Hang Lee, ACCT's vice president for public policy and external relations. "The solutions that we have for struggling borrowers, like public service loan forgiveness and in-

come-based repayment, are geared toward middle-income earners with high debts. We need a policy solution for the students who borrow a little but still struggle to make the minimum monthly payment."

College and Federal Policy Reform Needed

Campbell and Hillman's analysis provides invaluable insight into how policies can be shaped to promote better repayment outcomes for all students. The report includes policy reform recommendations for colleges, for U.S. Congress to incorporate into Higher Education Act reauthorization, and for the Department of Education and Federal Student Aid programs.

The data show that some loan servicers had very high default rates, which could be attributed to the policy changes.

"It's imperative that policy decisions are made with implementation in mind," said Lee.

The authors provide several rec-

ommendations for colleges and federal policymakers. They suggest institutions consider campus-wide reforms, such as implementing data-driven interventions to help students stay enrolled; conducting frequent, on-going loan counseling; and strategically managing cohort default rates and default management activities.

For federal policymakers, the authors recommend:

- Simplifying the federal loan system and repayment options.
- Considering innovative policies for borrowers with low debt balances.
- Designing a cohort default rate formula weighted for the proportion of students who borrow.
- Creating a single student portal for loan information and payments.
- Improving data availability in NSLDS, especially related to servicing and repayment.
- Providing NSLDS data to states, systems, and researchers.

To download the report, go to www.acct.org/reports-white-papers.

'Students who borrowed the least defaulted most.'

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Abilify™ \$2,936.61 <small>Typical US Brand Price for 15mg x 90</small>	VS	Aripiprazole* \$75.90 <small>Generic Price for 15mg x 90</small>	Lipitor™ \$920.43 <small>Typical US Brand Price for 20mg x 100</small>	VS	Atorvastatin* \$67.00 <small>Generic Price for 20mg x 100</small>
Flomax™ \$1,007.14 <small>Typical US Brand Price for 4mg x 90</small>	VS	Tamsulosin* \$141.00 <small>Generic Price for 4mg x 90</small>	Prevacid™ \$322.58 <small>Typical US Brand Price for 30mg x 84</small>	VS	Lansoprazole* \$100.00 <small>Generic Price for 30mg x 84</small>



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Cafeteria companies make college play (cont.)

teams, 2,000 hospitals and 2,200 schools. Currently the food catering service is the Fortune 500's 23rd largest employer.

Environmental Sustainability: Since 2011, Sodexo made an effort to eliminate the purchase of all foie gras, the Humane Society has mentioned as "the product of extreme animal cruelty."

The Humane Society has argued that factory farms have force fed ducks so much that their livers become diseased and enlarged.

Controversy: In 2008, the Florida Department of Corrections fined Aramark more than \$240,000 for "slow meal delivery, insufficient staffing and other contract violations."

Aramark's cleaning services were blamed by the Service Employees International Union when a C. difficile outbreak moved through Ontario hospitals, resulting in more than a

dozen deaths. SEIU blamed the incident for Aramark cutting costs on cleaning supplies.

In 2014, the Chicago Teachers Union also blamed the company's cost-cutting measures to put a heavier load on custodial staff, leaving classrooms often uncleaned. The company, which was contacted by the district in February 2014, has also been questioned about irresponsible custodial layoffs.

American Dining Creations and AVI Fresh

American Dining Creations: The American Food & Vending Corporation which operates American Dining Creations was founded less than 25 years ago in New York State.

Although the company is the youngest of catering services and not in competition range for the big three food service giants, American Dining Creations already has a foothold on one sixth of SUNY community college campuses, mainly in Western New York including Genesee Com-

'Slow delivery, insufficient staffing and other violations.'

munity College and Corning Community College. American Dining Creations currently serves about 35 cities across 15 states.

Along with goals aimed at reducing food waste, the corporation has supported sustainability initiatives such as using energy efficient vending equipment and carrying brands such as Flavia that reportedly have packets made from 90 percent of recycled plastic.

AVI Fresh: AVI Foodsystems was founded in 1960 by John Payiavlas as "AVI Vendors." By 1988, the company had expanded to five states and renamed itself "AVI Food Systems." It wasn't until 2002 that the company started their own campuswide dining program.

Despite few SUNY locations, AVI Food Systems is in 44 states and operates in campuses such as Ohio State University and Alfred University. The company itself has grown to have about 8,000 employees nationwide.

Environmental Sustainability: The Ohio-based company has eliminated 20 percent of packaging from entrée platters and soups. Other sustainability efforts include initiatives such as using ENERGYSTAR products, converting fresh food machines to LED lighting and sparing waste by converting old machines into storage cabinets and condiment stations.

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'Dear Jules,' our advice column

Dear Jules,

This is my first semester living on campus and I have a roommate. She is kind of a slob and stays up to all hours. I am starting to wonder if I should set boundaries even though we are a month into the semester and how to do that. **-The Girl From Room 128B.**

Dear 128B,

The sooner you start creating boundaries, the better. If you sit this messy roommate down nicely and tell her what's on your mind, chances are she'll understand. Put it into a perspective that she will get.

If you put it in a point of view that's relatable to her, it makes it easier on her part to change because she would feel uncomfortable if confronted directly. Tell her that you do not want to come off annoying or as a bad person but you think that having a mutual understanding of rules would be fair. Just clean up your messes (blame yourself too for having them even if you're clean) and try to be considerate of each other when someone's asleep.

If you just talk to her and maintain an honest relationship, things will surely get better. If it gets bad, and it really does bother you, there is always an RA that you can confide in whose duty it is to make your college experience more comfortable.

Dear Jules,

I am a commuter student who goes to a college where most of the students live on campus. I don't feel

that I am getting invited to cool events and feel a bit left out. How do I get into the loop and get accepted by the fun crowd? **-Left Out at SUNY**

Dear Left Out,

Jump in and don't be afraid! There are plenty of opportunities for you to get involved on campus, which will lead you to friends and even more events to go to! Every semester, an activities fair is offered on campus that will showcase what clubs, teams, organizations, fraternities or sororities that you can sign up for.

If that passed, just check out your school's website because everything is listed there, along with the contact info that you can use to get in touch with people.

The sooner you get involved the better it will be for you. Joining extracurriculars will give you amazing memories and the connections you need to meet like-minded people.

You'll be happy you did, trust me.

Dear Jules,

I am a freshman attending a college about an hour away from my hometown and have a boyfriend there (let's call him Todd) who is still in high school. We have dated steadily for three years. At the same time, I met a guy at college (Barry)

who has similar interests to me and we seem to hit it off. They both don't know about each other, and Todd is under the impression that he and I are exclusive. Barry is less

committal, which makes me more attracted to him.

What are the odds either would even find out about the other, anyway, and is it implied anyway that I am supposed to be "faithful?"

-Out of Sight

Dear Sight,

This one is tough. I think the first thing you need to do before you choose one over the other, or neither of them at all, is figure out exactly what you want. The most important person in this triangle is you and deciphering what you think will be best for you in the long run is what really matters.

"Todd" seems like a sweet guy but the long distance relationship - and the fact that he's a little bit younger - may get hard (I've been there, I know how it is). Of course there are exceptions to everything but it's definitely something to keep in mind. He's not around and he's not at the same level as you anymore. College is different than high school and a lot harder, especially if you're not home anymore.

Then there's this

"Barry..." We've all had a Barry in our lives and that's what's going to happen especially in college. My advice to you is if you pursue him because he's around you at school, you need to be careful and forewarned. Barry could only be after one thing and commitment may not be on his agenda. You need to decide if someone like that is what you want in your life. Emotions can be strong when you least expect them to be, and it's very easy to get hurt in college when both parties aren't on the same page romantically.

Take these things into consideration but like I said, find happiness in you first and then figure out what can be done to further that feeling.

It'll work out in the end.

"Dear Jules" is a new advice column exclusively for college students, written by student

Julianne Mosher of Campus News fame. Have a burning question you'd like answered? Send it confidentially to askjules@ccc.us!



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Careers that prefer a 2-year degree (cont. from cover)

“With the cost of education continuing to rise, many people are starting to question the common belief that a 4-year college education is a prerequisite for a well-paying job,” said Joe Weinlick, the Senior Vice President of Marketing at Beyond. “The reality is that you can learn many skills that can help you succeed in less time if you want or need to start working sooner, and there are excellent career options that can be both financially and personally rewarding.”

Weinlick listed several positions to that end (see sidebar), for example, “Radiation Therapists provide quality treatment to patients with cancer or cancerous tumors. Radiation Therapy, like many areas of healthcare, exists nationally and job candidates are sought out every day,” he said. “In addition to an Associate’s degree in Radiation Therapy, Radiation Therapists must be certified by the American Registry of

‘Use technology to build your network.’

Radiologic Technologists.”

The salary? The median annual wage for radiation therapists was \$77,560 in May 2012. The median wage is the wage at which half the workers in an occupation earned more than that amount and half earned less. The lowest 10 percent earned less than \$51,720, and the top 10 percent earned more than \$113,810.

Another company, CareerCast, recently Identified the “Top Jobs For Those Without a Four-Year College Degree,” which included Dental Hygienist, Paralegal, Personal Trainer and Web Developer as among the best professions.

Their study said a four-year degree isn’t everything:

“Americans have a combined \$1.2 trillion in student loan debt - only home loan debt is higher. However, the rule of the workforce clearly states that the alternative to accruing that

debt typically is worse: workers with a college degree will make 84% more in her or his lifetime than their counterparts without a degree, reports a Georgetown University study.”

But...

“Starting a career without a degree may be unconventional, but succeeding in the workplace without one is far from impossible,” said Tony Lee, CareerCast publisher. “An entrepreneurial spirit and specialized training can help overcome the lack of a four-year degree.”

CareerCast suggests:

- Working pro bono and taking on contract work are good ways to build a portfolio and compensate for not having a degree. A willingness to get outside of their comfort zone is definitely an asset for those seeking a great job without a college degree.

- Technological advances make building a network easier than just a decade ago. Tapping into social media and targeted job sites, such as the CareerCast Part-Time Network, offer contract opportunities to connect with potential clients.

As IT grows in importance worldwide, not only are more programmers and other related personnel needed, but the culture is all about performance, not pedigree. It doesn’t matter where you’ve gotten your degree - even if it’s a two-year degree - as long as you can do the job.

Donavan Thomas, a Senior PR Analyst with Arlington, Va., based CEB, added: “CEB, in partnership with the White House and its Tech-

Hire initiative, recently uncovered the reality that demand for IT jobs is outpacing supply - by 2020, there will be 1 million more IT jobs than computer science students in the US. One way of solving this problem is for companies to forget conventional wisdom for recruiting technology employees (including the belief that all IT jobs require a 4-year degree) and begin hiring from nontraditional sources. In fact, our analysis shows that more than 40% of IT jobs can be done without a 4-year degree.”

So it’s not where you’ve studied, necessarily, but what you’ve learned. If you can’t picture yourself spending many more years in school by transferring to a four-year university, maybe you can learn what you need right here, right now in community college.

Perhaps knowing a well-paying job may soon be attainable could bring the finish line in focus - a two-year degree may be all you need.

CareerCast’s top jobs

These growing fields only require a two-year degree or less:

ADMINISTRATIVE ASSISTANT

Annual Median Salary: \$35,330
Projected Hiring Outlook by 2022: 12%

APPLIANCE REPAIRER

Annual Median Salary: \$43,640
Projected Hiring Outlook: 21%

BOOKKEEPER

Annual Median Salary: \$35,170
Projected Hiring Outlook: 11%

CARPENTER

Annual Median Salary: \$39,940
Projected Hiring Outlook: 24%

COMPUTER SERVICE TECH

Annual Median Salary: \$48,900
Projected Hiring Outlook: 17%

DENTAL HYGIENIST

Annual Median Salary: \$70,210
Projected Hiring Outlook: 33%

ELECTRICIAN

Annual Median Salary: \$49,840
Projected Hiring Outlook: 20%

MEDICAL RECORDS TECH

Annual Median Salary: \$34,160
Projected Hiring Outlook: 22%

MULTIMEDIA ARTIST

Annual Median Salary: \$61,370
Projected Hiring Outlook: 6%

PARALEGAL ASSISTANT

Annual Median Salary: \$46,990
Projected Hiring Outlook: 17%

PERSONAL TRAINER

Annual Median Salary: \$31,720
Projected Hiring Outlook: 13%

REGISTERED NURSE

Annual Median Salary: \$65,470
Projected Hiring Outlook: 19%

RESPIRATORY THERAPIST

Annual Median Salary: \$55,870
Projected Hiring Outlook: 19%

SKINCARE SPECIALIST

Annual Median Salary: \$28,640
Projected Hiring Outlook: 40%

WEB DEVELOPER

Annual Median Salary: \$62,500
Projected Hiring Outlook: 20%

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The first-ever negative review of 1915's 'The Birth of a Nation' (now on Netflix)

Darren Johnson
Campus News

It's hard for me to fathom why "The Birth of a Nation," the exactly 100-year-old epic silent film, has a 100% positive rating by professional reviewers on Rotten Tomatoes.

It must be a "film nerd" kind of thing, but regular viewers only give it about a 50% positive rating. This is a very rare ocean of disparity on the site, such a disconnect between critic and consumer. Even the otherwise liberal Roger Ebert, who did not view the film until 2003 (he had avoided it, like me), gave the film — a brazen racist manifesto — a positive review.

Perhaps the kind folks at Rotten Tomatoes will consider me a professional reviewer — I have been the first Netflix reviewer for a popular newspa-

per can not give this movie a positive score.

I chose to finally watch this film because of its 100th anniversary (it's hard to imagine a movie so old), and considering the recent controversy over the confederate flag.

This movie — well over three hours, which makes viewing laborious because it is a silent film and requires full visual attention — is available on YouTube and Netflix.

And, yes, I did watch the movie considering the context of the era. In fact, the movie, having come about while Civil War veterans were still alive and

their lore still common in 1915, can also be viewed as more of a historical work because of its closeness to the era.

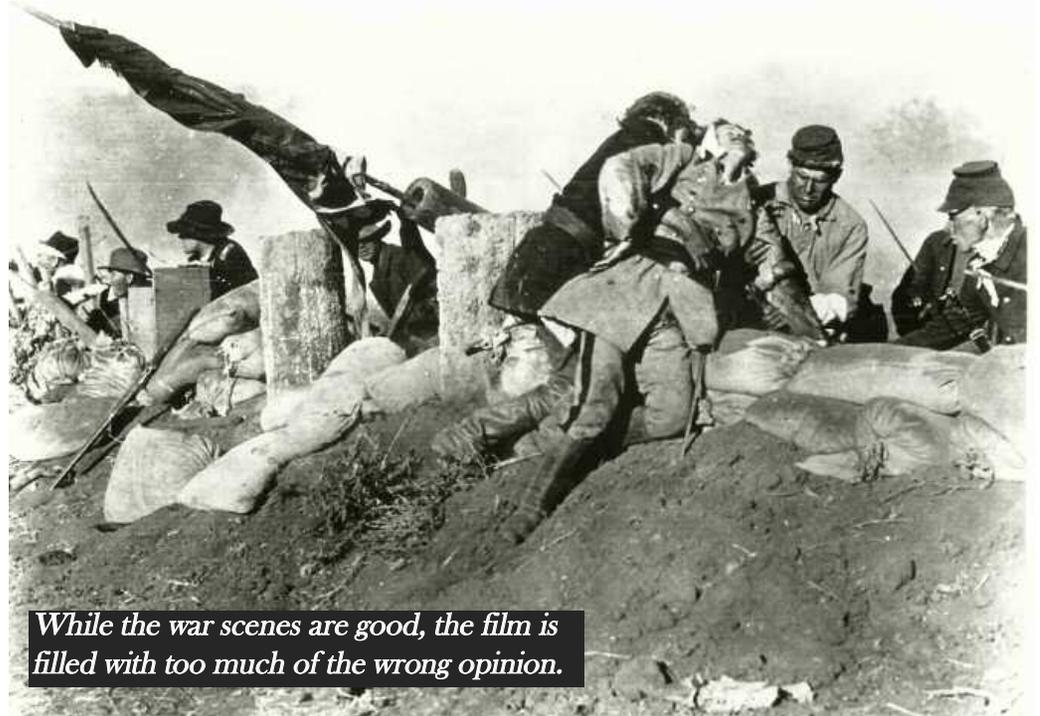
It is not "historical" in that it is accurate factually, but

expresses a viewpoint that is no longer commonly held. Some people did think that way back then. (Some still do, but they mainly are relegated as kooks today.)

In short, "The Birth of a Nation" is basically two parts — it shows the Civil War, and the detail, considering how new the genre of movie making was, is impressive, and the Reconstruction after the death of Lincoln.

Overall, the movie is sympathetic to the South and does not respect blacks or "mulattoes" as worthy of being in the same conversation as whites. Minorities are treated as if they are a separate species, really.

Even director DW Griffith uses white actors in black face in scenes that require storytelling — even though ac-



While the war scenes are good, the film is filled with too much of the wrong opinion.

tual black people are used as extras throughout the film. At the time, he had said black actors were not available. BS, as the genre was so new, how could he know this? As well, how hard is it to act (or over-act, which was common) in a silent movie? Seriously.

"Mulattoes" are viewed as even more dangerous than blacks. The movie treats with indignation that they and blacks were given greater rights, and celebrates the KKK and the suppression of black voting rights. It views non-whites as rapists and unable to control their urges. One scene shows black legislators eating fried chicken, dancing and drinking during a legislative session.

How can one give this movie a positive review?

The film-nerds have over-thought all of this. Yes, the war scenes are spectacular — the scope is amazing. Such big scenes, with union (not Union) actors would be so hard to pull off today on the shoestring budget Griffith had.

And, yes, Griffith was one of the first to add gravitas to a brand-new genre that mostly was silly before that.

But other filmmakers surely would have figured out such filming techniques in short order. The shoot-

'But with a 100% positive Rotten Tomatoes score, even Ebert liked it.'

ing actually seems quite common sense. His framing was similar to still photography of the late 1800s. Let's not give him too much artistic credit.

Now, critics may argue that the racism is in context, but Griffith was behind the times even for 1915. By then, the KKK was almost fizzled out — then his irresponsible movie was used as a recruiting tool by the organization, and they were able to rise again, ushering in more racism in the 1920s and 1930s. Shame.

The whole movie has the tone of a

continued on page 23



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per in the country, writing such critiques since 2010, which does pay me money — and knock down that perfect 100% score by adding my negative review to the 38 official, positive ones.

I have to agree with audiences and



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College looks to streamline English 1

The United States has the highest college dropout rates in the industrialized world, and studies have shown that too many prerequisites contribute to the problem – especially for underrepresented students. The new English Academy at Santa Monica College is one of many ways the college is experimenting with removing roadblocks and moving students towards transfer or a career, faster.

The program – which debuted this summer – compresses up to two semesters' worth of fundamental college writing instruction into a rigorous, two-week boot camp for students who otherwise would have to enroll in at least one pre-college level class before progressing to college-level English 1, the research-oriented reading and writing course that satisfies the English requirement for an Associate degree. It is also transferable to a University of California or California State University campus.

Of the 164 students in the inaugural English Academy, held in August, 150 – or 91 percent – passed directly into English 1.

“Most students who place into my basic skills, or pre-college level English class, have to overcome difficult circumstances to persist – far more than the typical college student,” says SMC English professor Eleni Hioureas. “A lot of things can

happen in one semester to keep them from coming back – financial and health setbacks, things that may confirm a wrong impression that they cannot succeed. The English Academy is a big deal because it challenges them towards success, saves time and money, and fast tracks them to transfer.”

SMC student and English Academy participant Stephanie Santos-Cruz agrees.

“The program definitely helps keep you from falling into the equity gap,” says Santos-Cruz, in reference to the disparity that exists in academic achievement between traditionally underrepresented students and their peers. Time is precious for Santos-Cruz, who plans to study child cognitive psychology. Riding the Big Blue Bus from her Koreatown home to class alone takes up to 90 minutes per trip.

The English Academy enabled her to confront the equity gap that faces many traditionally underrepresented students in another way. For her research paper, she focused on high school college counseling and its role in the equity gap. The program also gave her the confidence and experience to write research papers. “If I was able to do a research paper in two weeks, without a full semester of instruction, I know I can definitely do it now that I’m in English 1.”



An ‘English Academy’ grad.



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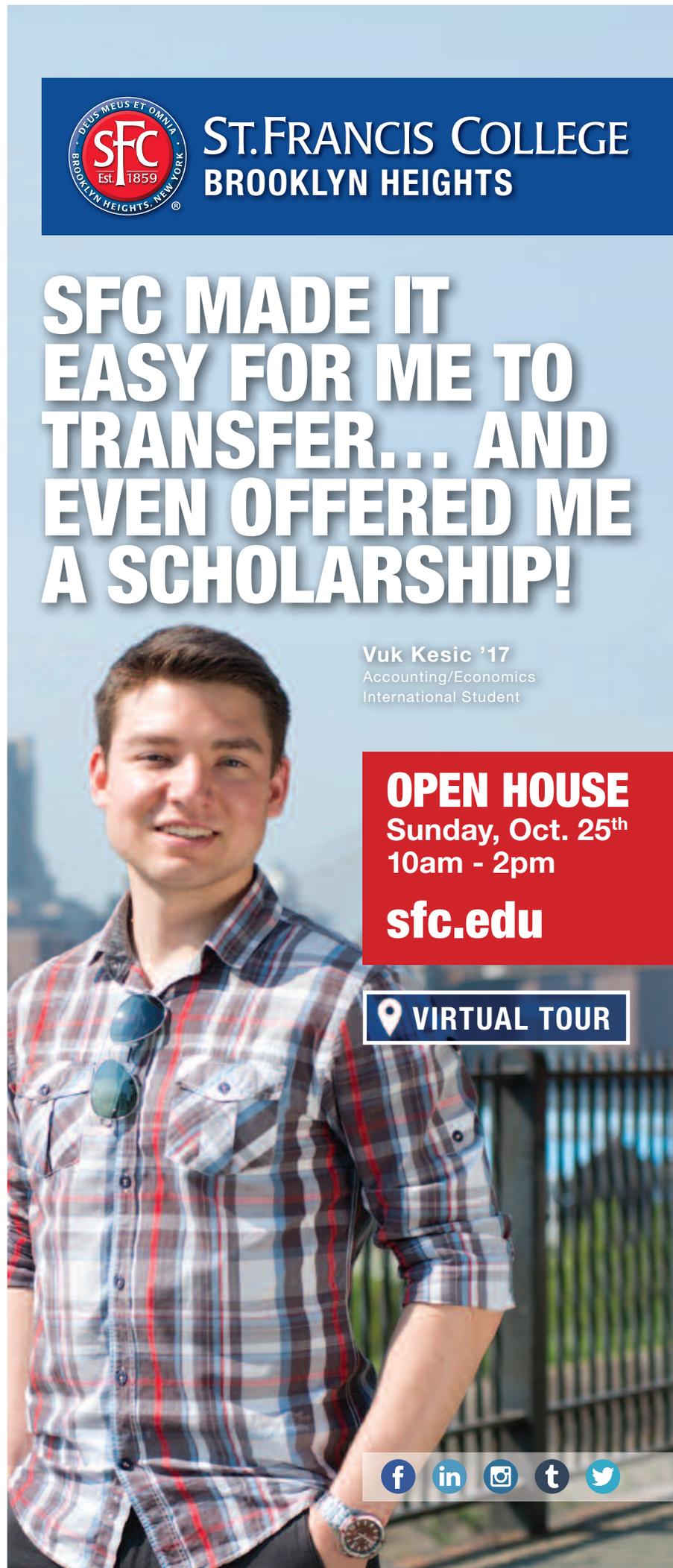
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Ethical testing suit hits Johns Hopkins

Alicia Alvarez

Scripps Howard Foundation Wire

Johns Hopkins University has been served with a billion-dollar lawsuit accusing the university's medical center for playing a key role in experiments with sexually transmitted diseases conducted in Guatemala in the 1940s.

The legal process seeks to hold Hopkins responsible for the experiment because its doctors held pivotal roles on the review panels that approved federal spending for the experiments. The suit was filed in the Baltimore City Circuit Court. The suit also names the Rockefeller Foundation and pharmaceutical company Bristol-Myers Squibb as defendants.

The claim is being made by 774 victims and relatives of the 124 people who died.

They say these corporations were the driving force behind human experiments in which vulnerable populations of Guatemalans were intentionally exposed to syphilis, gonorrhea and other sexually transmitted diseases without prior consent as part of an experiment to test several forms of penicillin.

Paul Bekman, one of the lawyers for the victims, said one reason for getting the story out is so it can never happen again. The other reason, he said, is to compensate the victims and their families because some of them have "been through hell."

This is the challenger's latest effort to seek compensation for the experiments. In 2012, a federal judge dismissed the claims against top U.S. officials based on a legal technicality that prevents the United States government from being held accountable for actions committed in other countries.

U.S. District Judge Reggie B. Walton said in his ruling that the study was "deeply troubling," and encouraged victims to seek help from the govern-

ment.

Both Johns Hopkins and the Rockefeller Foundation denied involvement in the experiments. Johns Hopkins said in a statement it did not "initiate, pay for, direct or conduct the study in Guatemala" and reiterated that the study had been funded and executed by the U.S. government.

The statement from the medical institution said that the lawsuit is an opportunity by the challengers' lawyers to "exploit a historic tragedy for monetary gain."

Bristol-Myers Squibb declined to comment.

The lawsuit seeks at least \$75,000 in damages for each of nine counts, including negligence and \$1 billion in punitive damages.

Professor Susan M. Reverby from Wellesley College, who wrote the report that made the experiments public, said she believes the institutions involved in the new lawsuit are not responsible. It was the U.S. government along with Guatemalan authorities who approved the experiment.

Reverby published her report on the subject, "Normal exposure" and Inoculation Syphilis: A PHS 'Tuskegee' Doctor in Guatemala" in 2011. A draft of her report became

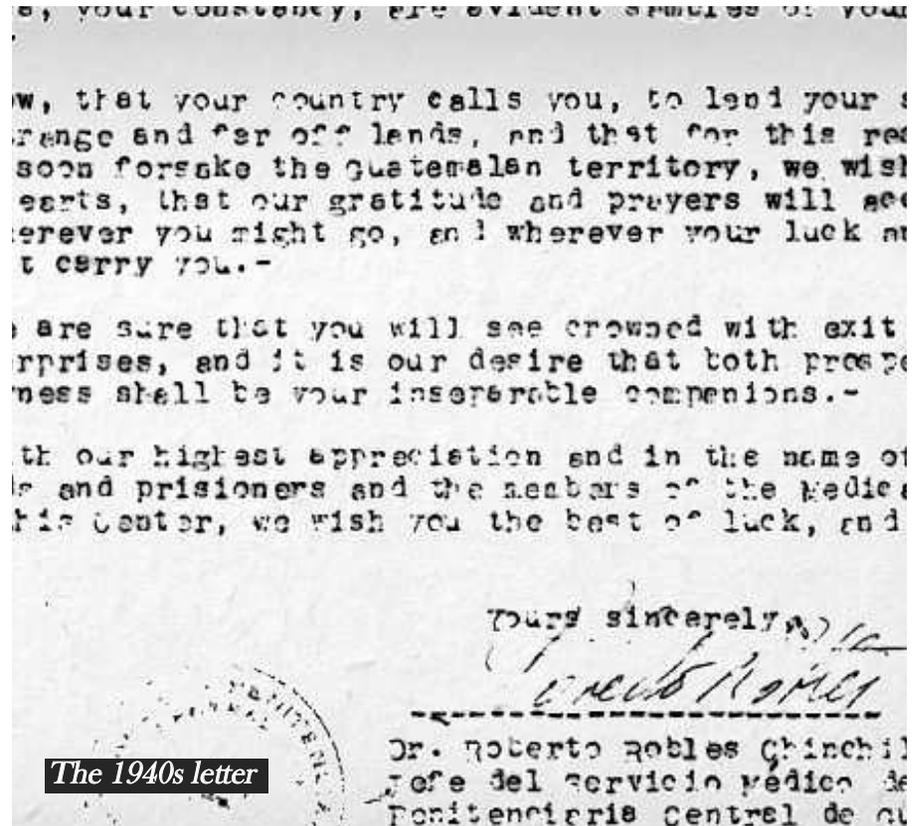
public in 2010, causing officials to acknowledge the experiments.

Reverby stumbled on documents at the University of Pittsburgh by researcher Dr. John Cutler. She was looking for docu-

ments about similar experiments conducted at the Tuskegee Institute. The U.S. Public Health Service studied the progress of syphilis in black men in rural Alabama. Researchers were faulted for failing to treat the men, even after penicillin was discovered as a treatment for the sexually transmitted disease.

The Tuskegee experiment ran for 40 years. It started in 1932 and ended in 1972 due to a whistleblower, who leaked a study to the press.

The Tuskegee victims and their



families were compensated with life-time medical benefits and \$10 million.

Reverby said that, while the Guatemalan victims and their families deserve compensation, it should come from the United States government, not the institutions.

The Guatemalan experiments took place from 1946 to 1948. Researchers deliberately infected subjects with syphilis, gonorrhea and other sexually transmitted diseases.

The form of transmission was of "normal exposure," which meant male subjects had sex with prostitutes who were infected with the disease. If a male subject did not become infected after having sex, the person was exposed to the bacteria to wounds.

The participants were mostly prison inmates and psychological patients. Orphans and children who attended public schools were also included, but not intentionally exposed.

The lawsuit seeks to connect Hopkins to the study by linking it to the panel that was responsible for reviewing the studies' designs and approving them for federal funding.

According to the 2011 report on

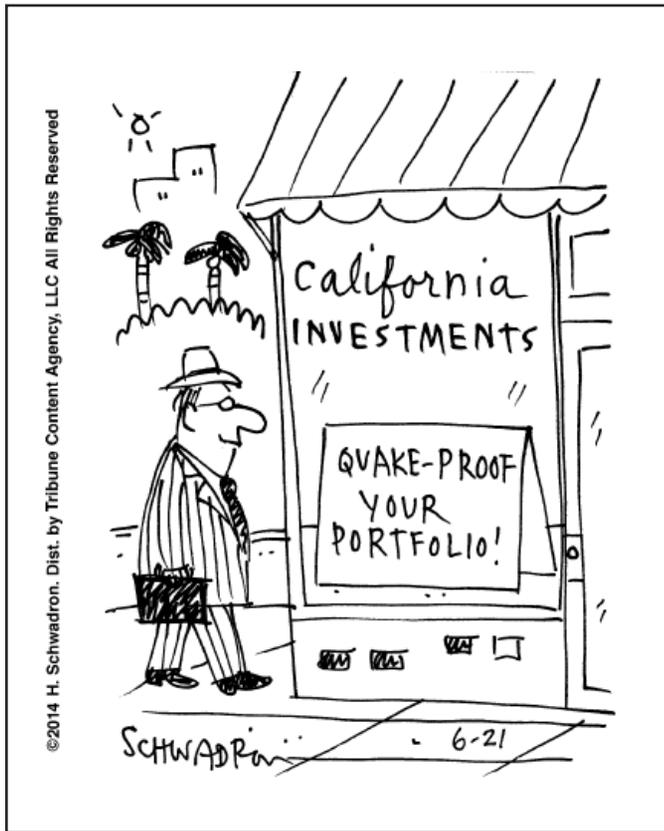
the Guatemalan experiments by the Presidential Commission for the Study of Bioethical Issues, a Johns Hopkins doctor was chair of the panel, and three others with ties to the institution were members in 1946 when it reviewed the proposal for the research in Guatemala.

The lawsuit says the experiments were conducted with the "support, knowledge, and approval of agents, servants and employees of Hopkins and the Rockefeller Foundation."

Bristol-Myers Squibb supplied the penicillin necessary for the Guatemalan experiments.

The challengers are being represented by three law firms - Meridian 361 International Law Group, PLLC of Portland, Maine; Escritorio Juridico Rodriguez Fajardo y Asociados of Caracas, of Venezuela, and Salsbury, Clements, Bekman, Marder & Adkins of Baltimore.

In 2010, President Barack Obama apologized to the Guatemalan government. Secretary of State Hilary Rodham Clinton and Secretary of Health and Human Services Kathleen Sebelius also apologized.



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By David L. Hoyt and Jeff Knurek



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PAR SCORE 115-125
BEST SCORE 167

FIVE RACK TOTAL
TIME LIMIT: 25 MIN

DIRECTIONS: Make a 2- to 7-letter word from the letters in each row. Add points of each word, using scoring directions at right. Finally, 7-letter words get 50-point bonus. "Blanks" used as any letter have no point value. All the words are in the Official SCRABBLE® Players Dictionary, 5th Edition. SOLUTION TOMORROW
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HVCC gets \$1M for manufacturing program

Hudson Valley Community College recently received a leadership challenge gift of \$1 million from the Gene Haas Foundation for the expansion of the college's Advanced Manufacturing Technology program and Lang Hall, the building which houses the program's labs and classrooms.

The college's Foundation accepted and recognized the gift during a ceremony on September 23 on the Troy campus, while kicking off fundraising activities to secure matching federal, state and private funding to meet the Haas challenge.

In honor of the gift, one of the largest Hudson Valley's Foundation has ever received, the expansion to be made to the Lang Building will be named the Gene Haas Technology Center.

As founder and president of Haas Automation, Inc., which builds CNC Machine Tools for manufacturing, Gene Haas began the Gene Haas Foundation in 1999 to provide support for schools that offer manufacturing and machine technology programs. Haas Automation is a longtime partner of Hudson Valley and provider of the equipment used in student training.

Manufacturing in the U.S., and particularly in the Capital Region, remains strong with nearly 220,000 positions for machinists and industrial maintenance technicians expected to open by 2020. There is, however, a shortage of skilled workers to fill these jobs, leaving manufacturing firms struggling to expand business and create new

jobs.

Funding from the Gene Haas Foundation will enable the college to double the number of Advanced Manufacturing Technology students at Hudson Valley. The Associate in Occupational Studies program currently serves a maximum of 40 students through day and evening coursework and hands-on training. Plans call for a two-story addition to the college's existing training facility, Lang Hall, including the latest machine tools, equipment and software in labs for metrology, CAD/CAM, metallurgy, electronic controls, machining, assembly and grinding.

The Advanced Manufacturing Technology program prepares graduates for immediate employment with many local and regional high-tech manufacturing companies performing advanced machining processes that produce tooling and components used to make everything from electronics and defense equipment, to power generators and aerospace apparatus. The program's coursework satisfies educational requirements for New York State Machinist, Toolmaker, CNC Machinist and CNC Programmer apprenticeships.

An important aspect of the program is the partnerships shared with manufacturers. A number of companies in the region provide scholarships for books, tuition and fees, and hire students for part-time jobs that lead to full-time employment upon graduation. In fact, the program has a 100% job placement rate for graduates, with nearly all students (95%) securing jobs ahead of graduation.

Stay focused (cont.)

these detailed calendars at the beginning of the semester so students know exactly what to expect in the course.

Students may have the tendency to stuff them in a folder and pull them out the night before to see what is due, but this is a pitfall.

"Knowing assignments ahead of time and being vigilant about completing them not only eases anxiety but often results in higher grades," Counselor Lisa DeMarco notes, "Students who complete assignments in a timely fashion avoid the midnight cramming sessions that often produce poor work filled with a multitude of mistakes."

Being ahead of assignment due dates also gives students ample time to head to the resource labs on campus for help — whether it be the writing center or math lab. Colleges such as Nassau Community even have more specialized subjects such as reading labs on campus to help students analyze texts and extract meaning.

Being ahead of the game is also a chance to chat with professors about any assignments students are confused about or to ask for feedback on drafts. College campuses want students to succeed, as do faculty, hence the ample resources students are offered.

"My experience at college thus far has been great; however getting adjusted to the lifestyle of being away from home and getting use to the workload has been troubling," Sam Lanza, a freshman at Marist College explains. "Through planning, I am becoming aware of managing my time spent on assignments versus time spent with friends."

With the ample amount of time students have in college in relation to the time they are in class, students can sometimes choose too much socialization over using their time wisely. Hey, no one wants to begrudge a college student of the time they have to meet friends for lunch or enjoy a good book under a tree—but these activities shouldn't outweigh the time spent on completing work. Planning accordingly, purchasing a planner or using the

calendar feature many phones have, are all ways to keep students on track.

Perhaps the most useful notion to keep in mind comes from Ellen Langer, a social psychologist, who has been labeled "the mother of mindfulness." Her books include "Mindfulness" and "Counterclockwise: Mindful Health and the Power of Possibility." Langer is a professor in the Psychology Department at Harvard University.

She defines mindfulness as "the simple act of actively noticing things — with a result of increased health, competence, and happiness." She is quick to call herself an "anticrastinator," asking, "Why get things done later when they can be done now?"

Langer urges all people to keep in mind the big picture, to question why they are doing the things they do and understand that the choices they are making affect their overall goals. "Being mindful allows us to be joyfully engaged in what we are doing," she asserts.

When applied to the college population, students can focus on the reasons why they are completing a paper, taking a test or arriving to class on time. These small tasks can frustrate students but they must keep in mind the bigger picture. Professors don't give ten-page papers for the heck of it. Students who complain about length, hard-tests or finals need to take a step back. Self-reflection is a major part of the college process — or any process in life. Being in the moment and enjoying it is another.

Students are in college for a career goal, to complete a degree and come out hoping to attain a job, open a business or whatever it is they set their eyes on. It is this goal that students should not lose sight of. They should be mindful, as they make decisions that move them further toward that goal and not away from it. As the old adage states, hard work pays off — but as the new one goes, "understand that hard work pays off."

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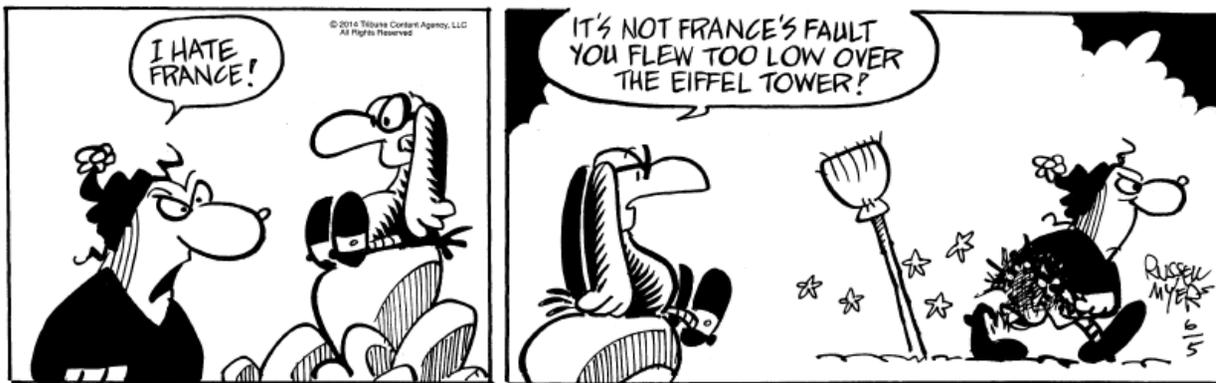
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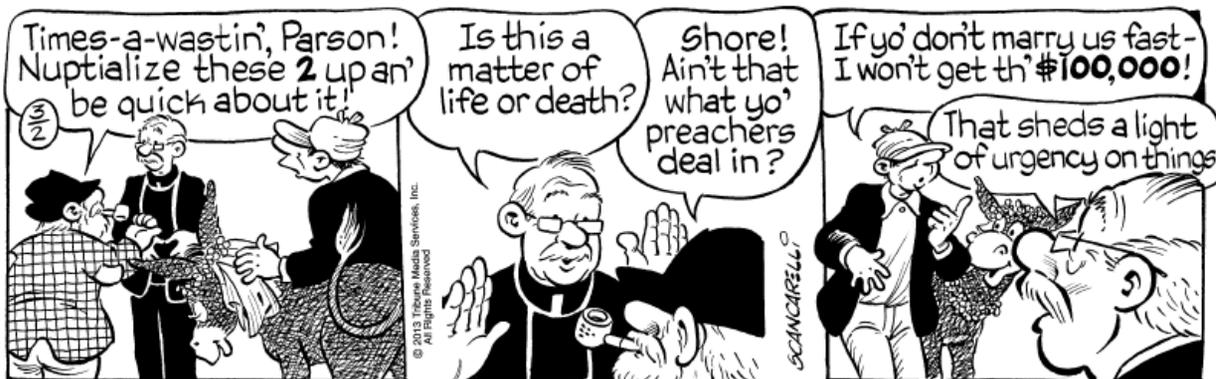
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College student tips

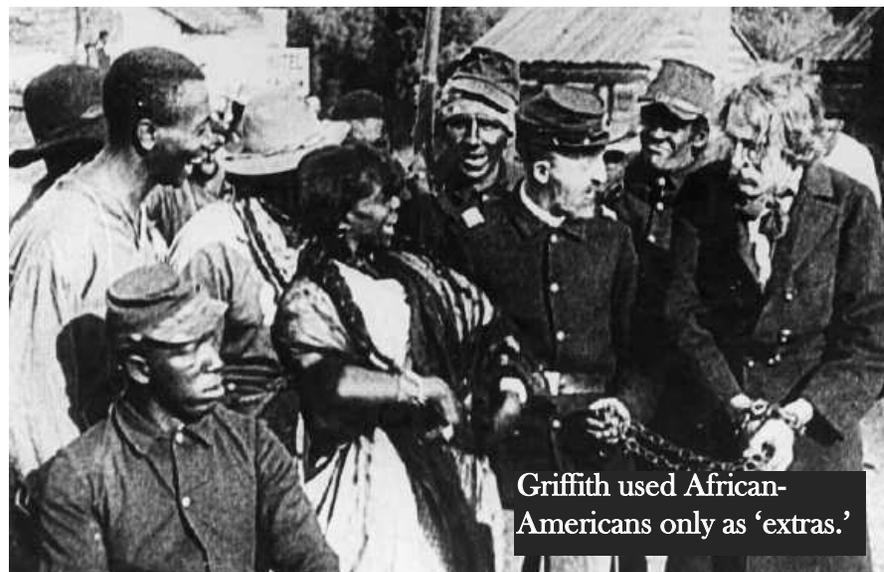
Two advice pieces courtesy of StatePoint:

Course material costs are lower

College course materials can be cheaper than most college students think. Book and supplies only account for four percent of the cost of attending college among the top 10 most populous colleges and universities (using population rankings from “Forbes”). Books themselves are just a fraction of that four percent. However, during a time when many institutions are raising tuition and other fees, students are finding new ways to cut spending on these materials. Student spending on course materials this past year was an estimated 20 percent less than the 2007 to 2008 school year, according to statistics from Student Watch, developed by the National Association of College Stores. This decline can be attributed to innovative offerings from educational publishing companies, such as adaptive learning platforms, eBooks, looseleaf editions, black-and-white editions and print-it-yourself editions. New platforms are not only helping reduce textbook prices, they are increasing student success, say experts. Digital learning presents content in more engaging and interactive ways than traditional counterparts. For more information, visit the Association of American Publishers Back to Campus website at aap-backtocampus.org. Students seeking ways to reduce the price tag associated with their degrees should think beyond scholarships and take advantage of less costly course material options.

New technologies helping students

New digital platforms are making a difference for students who have access to them. Students using a digital learning platform increased their grades by one full letter, with more B students getting As, and more C students getting Bs, during an independent study of more than 700 students at six institutions, which was conducted by a member organization of the Association of American Publishers (AAP). Community college students participating in the study saw their graduation rates improve by 12.5 percent. A different independent study of another learning platform by another AAP member found that students using only the textbook improved 51 percent, while students who used both the textbook and the digital learning platform improved 79 percent. Indeed, a digital learning revolution is well underway in colleges across America. Though the cost of college tuition has been steadily rising, the student cost of coursework has stayed flat. The money saved by shifting from print to interactive digital platforms in the classroom can be as much as 60 percent. “For more than 10 years, publishers have been redefining the concept of textbooks and course materials through content and technology innovations,” says David E. Anderson, Executive Director of Higher Education with the AAP. “Interactive materials can now be used on virtually any device, including a laptop, tablet or smartphone, making it easy for students to study whenever and wherever they like.”



Griffith used African-Americans only as ‘extras.’

‘Birth’ overrated (cont.)

conspiracy theory movie. It tries to defend itself by presenting some facts in amazing detail — the theater scene where Lincoln is assassinated is riveting — but then outright lies, hoping that trust had been built with the viewer and the lies will be accepted as fact. For example, the movie greatly exaggerates how many blacks were elected to Southern legislatures during Reconstruction; and there surely are no records of them drinking, etc., during such sessions.

In it, Griffith, aware he was making a racist movie, tries to counteract that with titling to suggest otherwise, including a pro-KKK quote by then-current President Woodrow Wilson (which he later denied making), but the director’s self-awareness of his ill intent makes this even more problematic. We can’t simply say he was naive or “a product of his era.” He knew what he was doing.

This is pure garbage.

Really, it’s an embarrassment that “The Birth of a Nation” is America’s first major film.

Thankfully, once “talkies” started hitting the screen, American filmmakers got redemption and took over the world. But it’s scary that “The Birth of a Nation” had carried so much weight at one time.

Watch it, for historical purposes — though not for historical accuracy —

‘Critics try to view this 100-year-old film “in context,” but it was backwards even for its era.’

but you surely won’t like the message.

“It’s New to You!” is a regular column that helps you find cool new movies in the hidden recesses of Netflix. Find more reviews on www.nu2u.info.

Letter to ‘It’s New to You!’

Hello,

I was surprised to see your September 2015 “It’s New to You!” article on adaptations of H. G. Wells’s “Island of Doctor Moreau” go without a mention of the well known 1932 version, “Island of Lost Souls,” starring Charles Laughton and featuring Bela Lugosi.

Is it not on Netflix? This version comes from the classic horror period and includes Lugosi posing the famous question, “Are we not men?” (Later adapted by the American postpunk band Devo.) Certainly worth your readers’ time, and if it’s new to you, it’ll likely be new to them.

Cornelius Collins, Ph.D.
Department of English
Westchester Community College

Writer’s Response:

Thank you, Dr. Collins. I was aware of the original but it was not on Netflix as of the writing. That said, I am sure it is on YouTube, as lots of much older films are, and I should have taken a gander and at least added a parenthetical to the review. I will do that on the Internet version on nu2u.info. -DJ

LIU's new fashion program gets major boost

LIU Post is launching the first Fashion Merchandising Bachelor of Science program on Long Island. The four-year degree program is designed to meet the demands of the trillion-dollar global fashion industry by offering college students real-world knowledge.

"LIU Post's location provides unparalleled access to the fashion capital of the world, New York City, making Fashion Merchandising a natural addition to LIU's 500 academic programs," said LIU President Dr. Kimberly R. Cline. "Students will benefit from the expertise of seasoned fashion professionals augmented through engaged learning putting their education into practice."

The fashion industry employs more than 4.2 million Americans, providing a vibrant job market for

young college graduates in an industry with domestic revenues of \$250 billion. LIU Post's Fashion Merchandising program positions students to thrive in a job market that places a premium on multiple talents by emphasizing hands-on learning and the benefit of knowledge provided by industry experts.

Students will learn how to identify the needs of consumers, track trends, communicate effectively with consumers through online and in-store advertising and promotions, and apply the necessary buying and selling skills for sustainable business practices. A minor in Fashion Merchandising is also available for students in other majors who would like to expand their career options into this competitive industry.

"LIU Post Fashion Merchandising students are entering an innova-



Student Monica Peralta

and lucrative industry," shares Deirdre Costa Major, president, Americana Manhasset, a high-end shopping destination center located less than five miles from the LIU Post campus. "Through our existing partnership, LIU Post students will expand their knowledge of the fashion industry through exposure to more than 60 luxury and contemporary retail brands."

Fashion merchandising students at LIU may also engage in experiential learning at the on-campus fashion boutique The Student Body, one of the six student-run businesses at LIU Post. The Student Body offers students from the Fashion Merchandising program, and across the University, an outlet to apply classroom skills by purchasing, merchandising, promoting, and selling inventory.

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JUMBLE

THAT SCRAMBLED WORD GAME
by Mike Argirion and Jeff Knurek

Unscramble these four Jumbles, one letter to each square, to form four ordinary words.

MOPET



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ASAIL



MASHNO



YEWARL



Now arrange the circled letters to form the surprise answer, as suggested by the above cartoon.

A: " "

Jumbles: TEMPO ALIAS HANSOM LAWYER
Answer: When he didn't fix the leak, his wife said it was a --- SHOWER "STALL"

Travel: Dolphin Quest Bermuda is the real deal

Kaylee Johnson
Campus News

Dolphin Quest Bermuda is nestled in Royal Naval Dockyard in Bermuda's National Museum. Although there are so many mesmerizing things to see and do in Bermuda, this by far is the best. For cruisers it's easy to spot since it's only a five-minute walk away. The museum itself does not have a lot to do; most people go purely to swim with the dolphins. Anybody can go in and see the dolphins during their encounters but if one chooses to actually get in with them it can get pricey. Cruise lines charge an arm and a leg since this excursion is in such high demand; it is cheaper to buy it through Dolphin Quest's website.

You are forced to wear a life jacket and water shoes, provided to you by your trainer. Groups of 5 will be composed and right after a group photo is taken groups will start splashing. There are many different options to choose from when booking the experience; our group did the Dolphin

Dip, which was 30 minutes in the water with a variety of different dolphins.

The trainers will guide you through how to kiss, pet, and turn with these majestic animals. Each person will have the opportunity to feed the dolphin; our dolphin was named Sirrus, and she was a very old, retired army dolphin. She has spent years at Dolphin Quest and gave birth to her daughter, Bailey, there; and now since Bailey recently had a baby, Sirrus is a grandma. The trainers used a buzzer under the water to get her attention since she was deaf. The environment was perfect for the dolphins; the water was actually bay water, which means there were tropical fish in the water.

There are also lots of opportunities to watch the dolphins glide underwater with the goggles given to you. There were also two adorable babies who we had the pleasure to interact with; they

did not know all their tricks yet but they were quite hilarious. The dolphins that were not having any interactions were playing with balls

and making noise, and it is evident that they are happy where they are.

Unfortunately all good things do



Sirrus

have to come to an end though, but you never have to forget the experience with the amazing photo packages Dolphin Quest offers. This wonderful place isn't only in Bermuda though; they have locations in Hawaii's Big Island and

Oahu also! Overall this is a once in a lifetime experience that should be on everybody's bucket list, as dolphin kisses are the best kisses! If you want to book your unforgettable experience, you can visit dolphinquest.com.

'Our dolphin was a very old, retired army dolphin.'



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CC Sports: Region XV's solid starts

Peter Briguglio

Campus News

We enter the month of October with a month's worth of Region XV athletics in the books. Eleven teams have earned recognition by their respective sports' NJCAA Coaches Polls, and some of those teams appear poised to make a run at a National Title this fall. Take a look at some news and notes from the first half of the fall season below.

Cross Country

Suffolk and FIT are ranked 2nd and 3rd respectively in the first Women's Cross Country DIII National poll of the season.

Football

Nassau's football began the season 4-0, outscoring their opponents 246-66 in those games and scoring no fewer than 51 points in any of those contests. The Lions maintained a top 5 national ranking all season long, including spending three straight weeks at #2 to open the year. ASA also received national votes in the September 22nd poll.

Soccer

Monroe College opened their men's soccer season with a 5-0-1 record to earn the Division I #1 ranking in the nation. The Monroe women, who won last year's national Championship, ranked 12th after beginning the 2015 campaign 3-1-0.

In Division III soccer action, both Suffolk and Nassau got off to 5-1-2 starts, earning them the 4th and 5th rank in the nation as of September 22. Nassau's women's team also earned national recognition as the #10 team in the country in the September 23 poll.

Borough of Manhattan CC is dominating CUNYAC men's soccer so far this year, opening with a 6-0 record and beating last year's confer-



Nassau's title team

Some teams have sprinted out of the gate in the 2-year division.

ence champion Queensborough 5-2 to kick off their season. In the first 6 games the team has outscored opponents 36-4 and appears poised to go undefeated this year. Ryo Koiso and Serigne Kasse each registered a hat trick this year, and Kasse leads the team with 8 goals and 7 assists through six contests.

Tennis

In the first ever Division III National Tennis poll, which was released on September 15, Fashion Institute of Technology garnered the #2 rank in the nation. This honor came before the team even completed any games on their 2015 schedule. Additionally, Suffolk checked in at #9 despite dropping their first match of the year.

2015 Region XV Fall Championship Schedule

A number of Region XV Championship dates are scheduled for the month of October. In most sports, teams that advance out of regional play will earn a bid to their respective NJCAA National Tournament where they'll compete for a National Championship. Below is a list of upcoming events.

DI & DIII Men's & Women's Cross Country - 10/17 @ Sunken Meadow

DI Men's & Women's Soccer - 10/31 @ Higher Seeds

DIII Men's Soccer - 10/24, 10/28 & 10/31 @ Higher Seeds

DIII Women's Soccer - 10/21 & 10/24 @ Higher Seeds

DIII Women's Tennis - 10/9-10/11 @ Suffolk CC



FIT's Shannen Gallardo

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LaGuardia player is as 'big' as it gets

Brian Goldstein
LCC Director of Athletics
Special to Campus News

There are some moments in life that are too sweet to let go. Recently, amidst the flow of work, professional relationships, and planning, I was visited by Aluceny Berete. "Big Al" as he's known by the LaGuardia community graduated last spring after being a two-year member of the Red Hawks men's basketball team.

I first met Big Al in the men's locker room one year before LaGuardia began recruiting for its first intercollegiate basketball teams. I was making my inspection rounds in the recreation department facilities and had just walked into the locker area to notice a 6'9" young man.

On that day, I was getting used to the idea that LaGuardia would be offering basketball at the college level and challenged myself to connect with a potential recruit.

"Excuse me," I said to the towering figure. "Do you play basketball?"

I know that some tall guys can be annoyed by folks asking them that question as a conversation starter. My brother is 6'5" and was a hockey player, never a basketball fan, and always belligerent when anyone asked if he played.

Berete quietly and with a matter-of-fact air said yes. I then asked if he would be a student the following year in October. He replied saying he was planning to transfer to City Tech. But the question piqued his curiosity.

"Why are you asking?" said Berete.

"I'm going to need a power forward," I responded.

He was interested now, and said he'd heard a rumor that LaGuardia would be fielding a team but didn't think it was true. It was then that I introduced myself, for the 1st time ever, as the LaGuardia Community College Athletic Director. He smiled, we ex-

changed further small talk and then parted company. I enjoyed the brief dialogue and continued about my business.

One year later, during the men's team tryouts, I noticed him sitting on the portable bleachers catching his breath and sweating like he'd just stepped out of the shower. I enjoyed seeing him there; Big Al had decided to stay at LaGuardia to try out for the team.

The next time I saw him was during the first men's team practice that October. He had made the team. I can't say enough about how thrilled I was for him and for myself, considering he was the first player I had ever recruited.

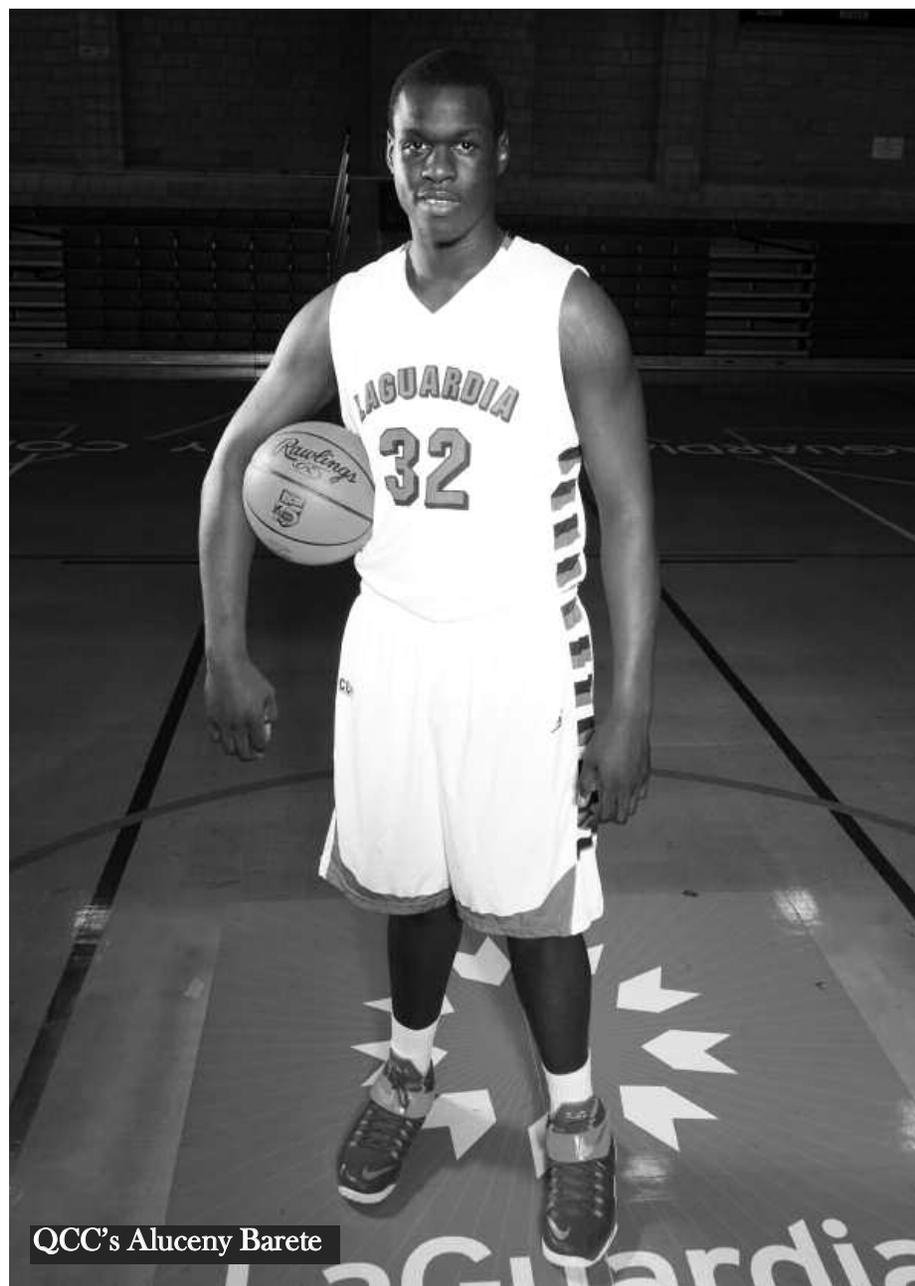
After a year, through punishing workouts, full course loads, and challenging schedules, he had lost 50 pounds and was getting more playing time, confidence, and consideration from 4-year college coaches. He had also become a fan favorite whenever

Nurturing a 6-9 diamond in the rough.

he had the ball.

Fast forward to Friday, August 21, 2015 when Berete came to visit me. It was just days before traveling to SUNY Potsdam, where he had been awarded a full-ride on both athletic and academic scholarships.

We talked about the past two years, his growth, the fact that he had not played organized ball in high school, and what the other Red Hawks were up to. I told him how proud I was of him several times. If he were my son, I would be a very proud father. He shared his gratitude for everything LaGuardia had provided for him.



QCC's Aluceny Berete

Big Al stopped by the student-athlete orientation training held by LaGuardia the following week to share his experiences and inspire the new recruits. I sensed that neither of us wanted that meeting to end.

Moments like those are outstanding and can only be experienced

through collegiate sports. Seeing the fruits of your labor through watching a young student-athlete develop into a mature adult and moving on while earning a full scholarship is outstanding. This young man, the moments we shared, and this life are all outstanding.

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Less stress and changing your mindset

David L. Podos
Campus News

Stress – who doesn't have it? We deal with it every day of our lives. Some days our stress levels are high, other days they are low, and most of us seem to be somewhere in the middle each and every day. So, what's happening with our college students? How is stress affecting them? The UCLA Higher Education Research Institute found that nationwide first year college student's sense of emotional well being is at its lowest since 1985, when they first began the research. FIU students said that stress, anxiety, work and sleep difficulties were top factors affecting their academic performance.

Cheryl Nowell, Assistant Vice President of Student Affairs at UCLA, explains that "knowing where your stress is coming from, learning mindfulness meditation and deep breathing techniques can reduce stress" - more on this later. Stress then certainly seems to have a major impact on college students, and sometimes it doesn't take a whole lot to trigger a stressful situation.

For example, take something as simple (and oftentimes quite complicated) like parking at a college campus. Just the other day while lecturing on the non-money costs of attending college, I asked my students in my economics class to list some of those non-money costs; interestingly a rather large percentage of the class said time and many correlated this with trying to find a parking place. Any student knows how stressful it can be as they drive up and

down the college parking lot eyeballing for an empty spot, the clock ticks away, class time gets closer, but you are no nearer to that empty space. Not the best way to start off your day.

While stress is the by-product of "living," and as long you are "living" there is always going to be stress in one form or another, we can however utilize a number of modalities available to us to help deal with stress in a constructive and healthier manner.

If you are inclined to "drop out," shave your head, and enter a Buddhist monastery, that's quite alright, just inform your professors that you plan on being gone for an indeterminate period of time. You will learn (after a while) to quiet your mind and open your heart, that all life really is an illusion, while also learning that everything is perfect (one of the many paradox's of Buddhism) all the while working towards entering into a state grace and peace. Sounds pretty good doesn't it? And it is! However, for most of us we will never enter into a Buddhist temple, Hindu temple, or into a Judeo-Christian environment of silent monkhood for years or months or weeks, never the less renouncing all material things. So, what to do?

Like quantum physics has turned the "usual and expected" laws of

physics on its head and begs us to question everything, so is the science of neuroplasticity. This science also known as brain plasticity is showing (what the ancient cultures have already known for thousands of years) that by manipulating our environment we can actually change the physical structure of our brain including our brain chemistry. So, for an example, there are people who have had traumatic brain injuries which affected their cognitive thinking, etc. ... by manipulating that person's environ-

ment scientist can see that parts of the brain that were injured (and thought not able to recover) actually recovering. There is much to this science that is not possible for me to articulate much further with this Op-Ed, so I encourage you to take a few minutes and do some of your own re-

search. That said, how can this be applied to help reduce stress in students and increase cognitive thinking and retention? One of the simplest, yet one of the most affective techniques that can be done by virtually anyone, is deep breathing. In deep breathing we are (as the yogis say) following the breath, or watching the breath. In this exercise researched extensively by scientists who are studying neuroplasticity, we calm the mind, slow our respiration, and enter into the moment. This state of being increases our "good" or desirable neurotransmitters, such as dopamine, serotonin, oxytocin, and endorphins. Practiced over time, one becomes more proficient in deep breathing, and becomes calmer increasing all those desirable

neurotransmitters.

So, while deep breathing may not get you that coveted parking place at school, or for that matter, any parking place, it should however decrease your stress levels as you keep circling the parking plot waiting for your chance for an open spot. Research shows that reduced stress levels have a major positive impact on our cognitive thinking and retention levels, something you certainly will need as you continue your studies. So, start that deep breathing everyone – and if you should pass another fellow student whose hair is on fire, their face a crimson red, swearing at the top of their lungs as their eyeballs bulge out of their sockets looking for that elusive parking space, just keep breathing and smile.

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



9 to 5 by Harley Schwadron



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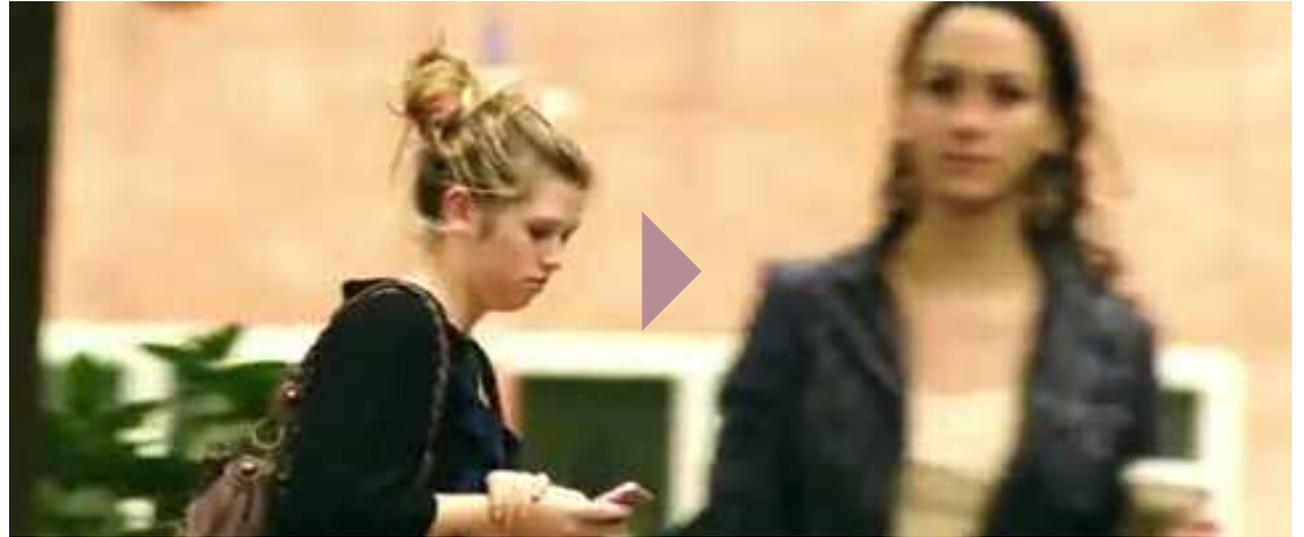


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