

Community College

CAMPUS NEWS

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Does degree = job?

Christine Barton
Campus News

Career preparedness consists of a variety of skill sets, many of these are learned in college while others have nothing at all to do with a degree program. The truth is that being considered “prepared” or “qualified” for a job is often in the eye of the person doing the hiring. There has been more attention given most recently to the topic of our educational system as a whole and if the United States is doing the best we can in high school and college to prepare students for the job market. The question becomes what does it really mean to be prepared for a job?

Does college prepare students for their job or does the job assume the responsibility of training and teaching the essentials? In many cases a new employer expects that after hiring an employee there will be a close observation period that includes orientation and training to acclimate new employees to the tasks and specifics of their job responsibilities. Jessica Kiernan is a recent graduate of the Nursing program at Maria College in Albany. Jessica earned her first degree in Criminal Justice from Schenectady Community College before she returned to school for nursing. She has been employed as a Registered Nurse (RN) for just about a month now. Jessica states that while her formal schooling at Maria gave her the fundamentals of nursing, her life experience and prior work history aided in her preparedness for her new job as an RN. The first weeks on the job

as an RN consisted of orientation and observation while the more focused training actually occurs on the job with the supervision and mentorship of a seasoned RN. Learning the everyday skills of her nursing position is a “gradual process of on the job training”, states Jessica. When asked about how her formal schooling could have better prepared her for her current job, she stated that increased clinical experience and internship time would have allowed her to get more hands on training in the nursing field.

What Does Job-Ready Really Mean?
Most employers value the ability to think critically, evaluate situations and lead



teams, especially in non-entry level positions. Job seekers have to prove they have these skills in an interview more often than they are asked to produce test scores or grade point averages. These traits are looked at by employers as be more of a sought after skill than having a Regents diploma or getting in the

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Our ‘new student survival guide’

Marie Frankson
Campus News

Hello fellow college students. Welcome to another school year. This year will be filled with new opportunities for everyone, but with new opportunities comes new stresses. This article will explore tips to beat back-to-school stress and ways to have a great new year.

The first thing that should be done when starting a new school year is to set your goals for the academic year. Setting goals is like having a road map — you know where you want to go and you have to follow a path to get there; those goals are your path. Corey Wayne, a

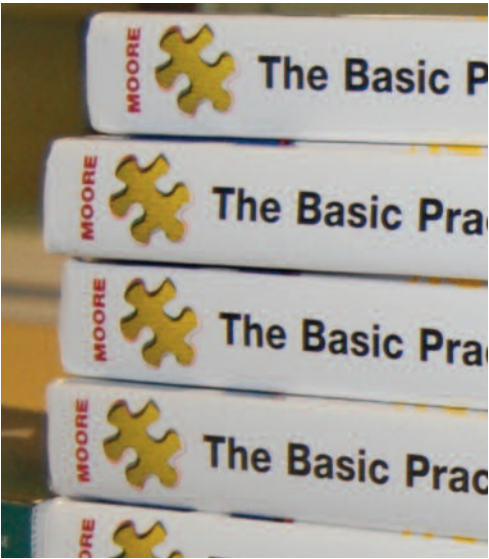
life and peak performance coach in Delray Beach, Florida, had this to say about making and keeping your goals for the academic year: “You MUST choose a career or major that your heart has a burning desire for you to become. If you want to be successful and good at anything in life, you MUST choose something you really love. Otherwise you are wasting your time and money on a major you will

just discard shortly after graduating. If you don’t know what you want to do, only take general education classes that will be required for any major until you figure out what you really want to do. Otherwise you will be taking and paying for classes you can’t [receive] any credit towards your degree for. **WRITE YOUR GOALS DOWN AND REVIEW THEM DAILY. Persist WITHOUT EXCEPTION. Find a way... not a way out.”**

Explore the riches of diversity. Whether you attend a two-year or four-year college, whether it’s your first year or your last, you should always explore all the different things in and around your campus. When you open yourself up to new experiences, amazing things can happen to you.

Enjoy creativity. After exploring all of the different things in and around campus, you can enjoy creativity by joining a club you’re interested in. By becoming involved with something on campus, you can explore different interests you may have and meet people you otherwise wouldn’t have an opportunity to meet and get to know.

Discover your learning, and studying, style. Jeffrey Kellert, a professor at the College of Saint Rose in Albany, New York, had this



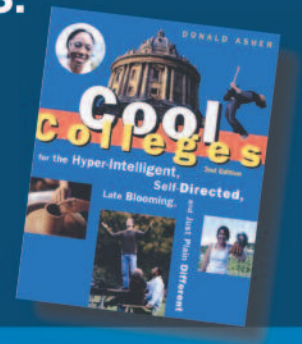
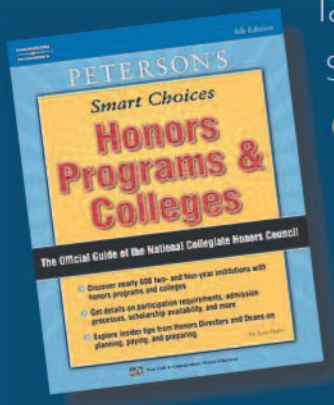
to say about learning styles: “Everybody has a preferred learning style. Knowing and understanding our learning style helps us to learn more effectively. Through identifying your learning style, you will be able to capitalize on your strengths and improve your self-advocacy skills.” There are many different learning and studying styles. There are three main types of learning styles: visual, auditory, and kinesthetic learning. Visual learners tend to sit in the front of the classroom or lecture hall, take detailed notes, are usually very organ-

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MERCY COLLEGE

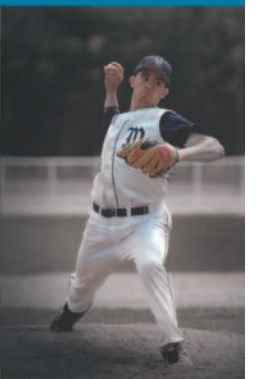
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Disaster? Send in the drones!

Kevin Heim
Scripps Howard Foundation Wire

When the going gets tough, the drones get going. That's the role that unmanned vehicles, popularly known as drones, are expected to play in the decades to come.

At an event last month at the National Press Club, representatives from the Air Force, U.S. Customs and Border Protection and drone manufacturers discussed the use of drones during disasters.

"First responders around the world are using robots to increase the distance between their operators and the dangerous environments," said retired Army Lt. Col. Charlie Dean, director of business development for the unmanned systems group at QinetiQ North America.

Unlike their armed counterparts, these drones are usually outfitted with cameras and sensors to provide pictures and data to first responders.

Robots were used to track oil slicks in the Gulf after the Deepwater Horizon spill in 2010, kept watch on the rising floodwaters in Minot, N.D., and helped in the cleanup efforts at the Fukushima Dai-

front-end loaders to be used in the cleanup of the radioactive site.

QinetiQ used controllers from Microsoft's Xbox video game console to make it easier for operators to control the Bobcats.

iRobot, famous for its Roomba robotic vacuum cleaners, sent four robots to the Fukushima plant and trained Tokyo Electric Power Co. employees to use them in less than a day. TEPCO used the robots to open the inner door to the Unit 1 reactor and give officials their first glimpse of the melted core.

Robots were instrumental in the cleanup and inspection process because, according to retired Marine Maj. Gen.

David Heinz, vice president of iRobot's maritime division, the radiation inside the reactor was at 4,000 microsieverts, enough to kill a person in 90 minutes.

To reduce radiation at the plant, TEPCO outfitted one of iRobot's War-



done this, they've seen 20 to 30 percent reduction in radiation levels," Heinz said. That reduction, he said, made it safe for workers to enter parts of the plant.

It wasn't just private companies that sent robots and drones to Japan.

The Air Force deployed one of its Global Hawk spy drones to help evaluate damage to roads, airports and other infrastructure for the Japanese government, said Air Force Lt. Col. Ricky Thomas, functional manager of the Global Hawk program.

The Air Force

also used the Global Hawk to help the Navy avoid radiation from the Fukushima plant when ships were deployed to assist in the recovery efforts.

The consensus from representatives was that the use of robots and drones will increase because they represent a cheaper, better way of responding to disasters.

"Robots are better in places that are hard to get access to ... and they're better for people when you don't want to put them at risk," Heinz said.

A drone told Japanese officials it was safe to return to the nuclear plant.

ichi nuclear power plant in Japan

After the magnitude 9 earthquake and subsequent tsunami hit the nuclear power plant, QinetiQ sent robotic Bobcat

rior robots with a vacuum cleaner to remove radioactive dust from inside the reactor buildings.

"Since the time that they've actually

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College=job? (cont. from cover)

top percentile on a standardized test. Robert Frederick is the Coordinator of Career and Employment Services at Schenectady County Community College (SCCC) in upstate New York. According to Frederick “those students who are intentional about what they want to learn and do are more prepared for the job market.” Students who enter college with an idea about a career path are the students who tend to get employed quicker following graduation.

Admissions and recruitment in colleges should focus on helping students to quickly become intentional about their career plan, says Frederick. Colleges are getting better about teaching certain skills that employers are looking for. The current financial burdens that colleges are facing such as lack of funding and reductions in staff make circumstances more difficult. Parents and guardians of incoming college students can partner with colleges, especially during difficult financial times to help guide students towards a career path.

Hard and Soft Skills

Many of the skills learned in college are considered “soft” skills that are typically those that relate to human relation-

ships and interactions. Communication, negotiating, relating to others, and team building are a few examples of soft skills that provide students with personal growth and development; all of which are necessary in any career path. Learning these skills does not necessarily mean that the student will leave school with the ability to perform a job related task. A hard skill consists of a specific task that can be taught and learned and generally produces a tangible outcome such as building a bookshelf or fixing a car.

Recent Trends

The most recent U.S. Census Bureau data offers that 19 percent of Americans hold a bachelor’s degree and about 31 percent have only a high school diploma. The mean income for a college graduate is about \$59,000 while a high school graduate is approximately \$31,000. This suggests that there is value in the degree but does that mean that the candidate with the degree is more job-ready than the candidate without it? The current state of the job market increases the competition between those applicants who have degrees and those who don’t but still may be qualified for the job. Applicants with and without higher education are often competing for the same jobs. Employers are sometimes forced to make the least expensive choice.

In many career fields employers do

value hands-on experience over a college degree. Many careers that do not require a degree but pay well often have risks or highly specialized tasks that are associated with the trade. Construction, carpentry, heating and electrical work and some supervisory positions in the trade industry are among the examples of careers that traditionally value years of experience over a degree.

CareerBuilder.com, which obtained their salary statistics from CBSalary.com in 2011, discussed a few of the up and coming employment trends. Here are a few of the recent high salary jobs in the United States that do not come with degree requirements:

- * Construction Equipment Operator-Average salary – \$53,543
- * Cable Supervisor – Average salary-\$76,739
- * Electrical Repair Technician-Average salary – \$58,960
- * Real Estate Broker-Average salary – \$79,494
- * Home Health Aid Supervisor-Average salary – \$69,601

College is expensive, this goes without saying. The increased unemployment rate and ever inflating cost of education may be the reason for some of the new employment trends. When demand exceeds supply it changes the profile of the workforce. While a degree may get you in the door quicker and may inflate your salary in an organization, in some industries it may not take a front seat to the demand for workers, prior experience and specialized training.

According to recent statistics there are some industries that can be expected to grow in the near future. The field of technology and web design is a fast growing industry. This growth is based on projected demand and need for qualified workers in certain fields in the country. Some do require college degrees while

New students (cont. from cover)

ized, benefit from illustrations or presentations that utilize a lot of color, and find passive surroundings ideal for learning. Auditory learners tend to sit where they can hear best, hum or talk to themselves or others when they are bored, acquire knowledge by reading aloud, and remember by verbalizing lessons to themselves so they can read maps and diagrams and conceptualize things like mathematical equations more easily. Kinesthetic learners tend to talk with their hands and are very expressive when it comes to body language; this kind of learner learns more efficiently by being active in the class and using their hands and bodies, they usually strive in the fine arts, physical education, and even home economics and shop classes. When it comes to studying styles, there are many and they all speak to what kind of person you may be. Some students like to study alone, others like to work with a partner or in groups; some like to use just their notes, and some like to use their notes along with textbooks, websites, and other such sources. No matter what your studying style is, you should always take notes that are neat and organized so you can study more effectively.

Get to know the area. Almost the same as exploring the riches of diversity, you should get to know the area in which your campus is located. Maybe go to a library and read up on some local history, visit some shops or cafes or see a movie. Whether you’re living close to home or far from home, getting to know the area where your campus is located is very important. When you venture out into your community, you not only get to know the area but you can even get to know some of the people who live in your community. Get to

know your neighbors, get to know the regular customers in your favorite coffee shop, maybe travel a different way home from school or work one day just to see another part of town.

Make a difference. You may not think that you can make a difference in your college or in your community, but you can. Join a community outreach program where you’re involved in the beautification process of your community (planting trees or flowers) or maybe join Big Brother, Big Sister and be a mentor to a child. There are so many things you can do in your community and around your campus where you can help make a difference.

Take responsibility for your education. It may sound like a no-brainer, but people often blame their low grades on their professors. “The professor didn’t like me,” “The professor wasn’t a fair grader,” etc. The truth is, you get what you put into your work. If you were out partying all night before a huge exam and then got a bad grade on said exam, you have no one to blame but yourself. Your professor wasn’t the one who told you to go out and party all night, so he or she shouldn’t be blamed for your poor grade. Prioritizing is key in college and your education should always come first. After all, if not you, then your parents or someone else is spending money for you to get an education and they want to see their hard-earned money at work and, most importantly, they want to see you succeed.

Have fun. Don’t take life and everything that comes with it too seriously. Drama passes, count your blessings, and remember that a regret is merely a lesson you didn’t learn from.

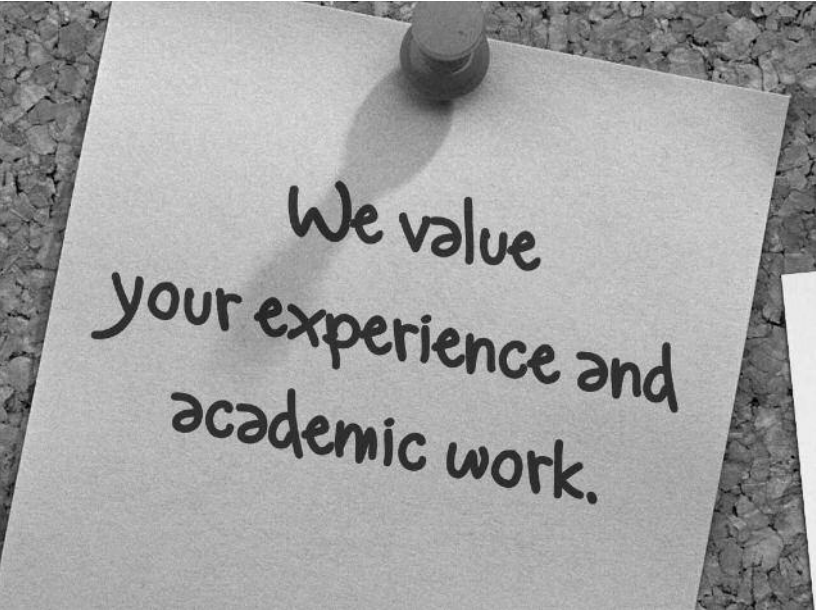
Students who enter college with a career path tend to get hired.

ships and interactions. Communication, negotiating, relating to others, and team building are a few examples of soft skills that provide students with personal growth and development; all of which are necessary in any career path. Learning these skills does not necessarily mean that the student will leave school with the ability to perform a job related task. A hard skill consists of a specific task that can be taught and learned and generally produces a tangible outcome such as building a bookshelf or fixing a car.

Hard and soft skills are important and aid in the development of a student but for purposes of working into a successful career after college, which skill sets are more attractive to an employer and beneficial to a college graduate when it comes to getting a job? The answer to that may depend on a variety of factors. If your profession is School Counseling, the soft skills such as listening and interpreting may be largely important for your profession and therefore specifically prepare you for your career. If you are going into Computer Programming, employers may value a student’s ability to work a spreadsheet, design a software program or collect statistics in an unbiased way. “Students need to think beyond their major and become an expert at their fields of study, and then learn to apply these skills broadly,” states Frederick. “Students can’t pigeonhole themselves just because they focus on a major,” rather they should be open to the endless possibilities of various careers by being innovative and creating their own opportunities.

Realistically, college cannot prepare every student for the challenges that a job will bring, nor can college prepare a student for the organizational culture that every new employee must learn when they begin working. Students who can come out of college with a balance of hard and soft skills can consider themselves as having a good foundation for

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Kendra Connelly, 16, a worker at Bigg Riggs Organic.

‘Go organic’ movement goes local

Kevin Heim
Scripps Howard Foundation Wire

Michael James has been farming since he was 10 years old, and his stand overflowed in August with cherry tomatoes, onions and greens grown with the

expertise that comes from years of experience.

James, 34, is the owner of Blueberry Hill Farm in Clear Spring, Md., and has been coming to the Freshfarm Market by the White House since Michelle Obama attended the ceremonial opening in 2009.

In the beginning, James said, some people weren’t keen on the idea of a shopping at farmers market.

“Some people were a little skeptical of a farmers market ... and didn’t see the point in a farmers market over a grocery store,” James said.

Now that farmers markets have been around for a while, James said that some of those same people now come every week to buy produce from him and the other farmers.

Around the country, the number of farmers markets has risen 17 percent since 2010, to a total of 7,175, according to new statistics released Friday by the U.S. Department of Agriculture.

“There is a yearning in this country to reconnect and to know your food,” said Deputy Agriculture Secretary Kathleen Merrigan.

Merrigan said farmers markets have grown quickly because they provide consumers with fresh produce that they sometimes can’t get at a supermarket.

She also attributed the growth in farmers markets to the increased number of markets that accept payment through the Supplemental Nutrition Assistance Program, formerly known as food stamps. The USDA provides grants to farmers markets to help them accept SNAP payments.

According to Freshfarm Markets, a non-profit that runs markets in the D.C. area, 315,000 people shop at its 11 farmers markets in Maryland, Virginia and D.C. every year. Freshfarm has added three new farmers markets since 2010.

The growth in farmers markets can also be attributed to higher numbers of farmers taking part.

Calvin Riggelman started selling produce at farmers markets in 2005 after prodding from his fellow Marines during his tour of duty in Iraq.

“I didn’t even know what a farmers market was,” Riggelman said, “I had never been to D.C. or anything before.”

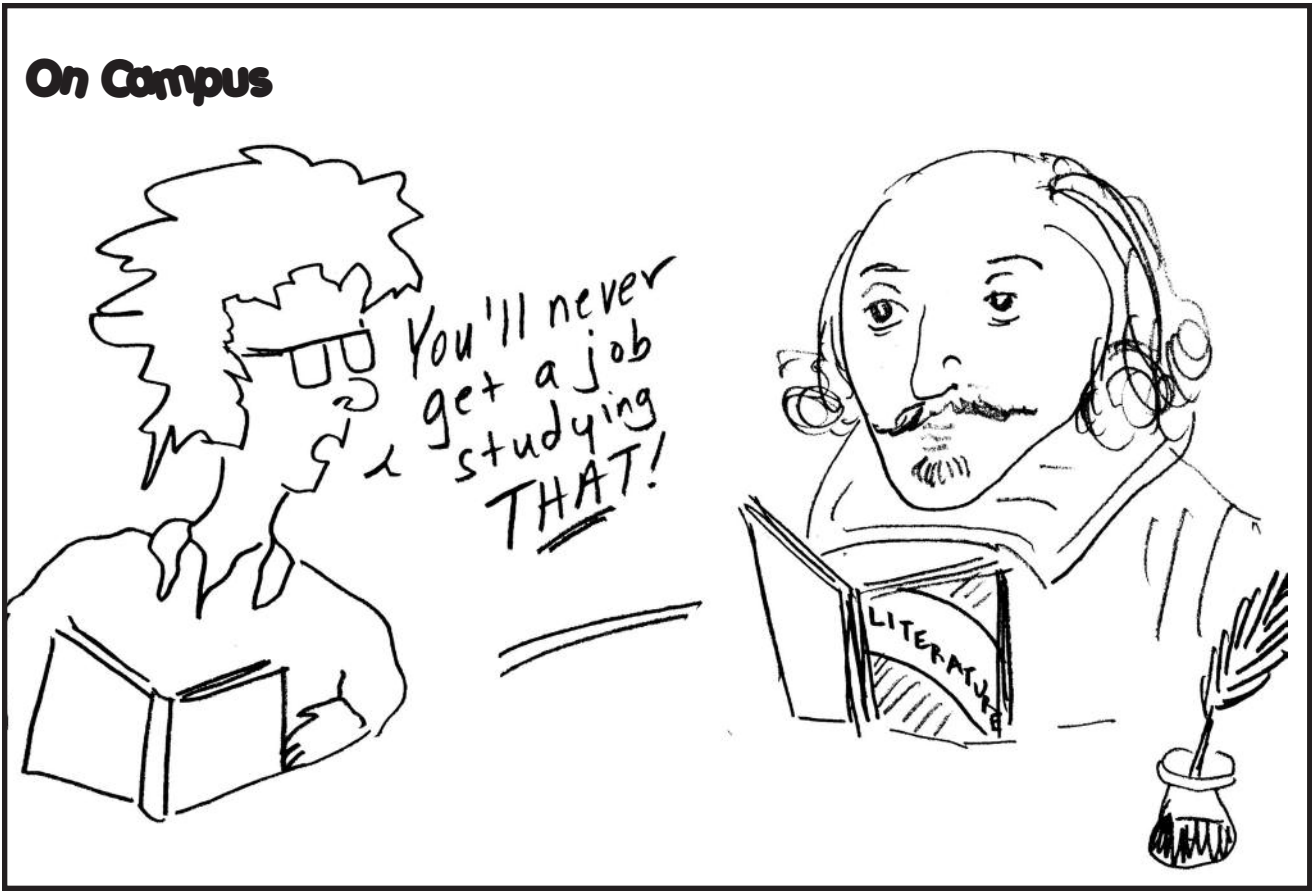
This year is his first at the White House market, but his family runs a fruit stand at their Bigg Riggs Farm in Loom, W.Va.

Riggelman said coming to D.C. has allowed him to earn more money than he would make otherwise.

“I got by, but there was no room to grow,” Riggelman said, “We only sell so much at our fruit stand.”

Judging by the steady stream of customers at his tent last month, coming to D.C. was a smart business move.

‘There’s a yearning in this country to reconnect and to know your food,’



How to avoid the ‘freshman 15’

Christine Barton
Campus News

Pizza, nachos with cheese, chicken wings and beer might sound like a super bowl spread but it is also what many students consider the major food groups during their college years. This is not to say that all college students dine on these convenient high fat, low nutrition meals, some actually opt to eat healthier than they did before college. Students who make a habit of these high fat, greasy meals may fall victim to the customary “freshman fifteen.”

According to Wikipedia, “The Freshman fifteen refers to an amount (somewhat arbitrarily set at fifteen pounds) of weight often gained during a student’s first year at a college or university.” The definition further discusses that it is a common expression that has surpassed the boundaries of just the United States. It is also regularly used in Canada, Australia and New Zealand. The coined term “freshman fifteen” is also referred to as First Year Fatties, Fresher Spread or Fresher Five. Regardless of how it is phrased the term is widespread enough to have a formal definition attached to it.

A Lack of Evidence

Interestingly enough, there is little hard evidence to support the theory of the freshman fifteen. While some students do gain weight during the first year in college it isn’t necessarily because of college but a change in lifestyle, eating habits and the emotional drain of adapting to the loss associated with college life. Weight gain can occur because of many factors. The lack of statistical evidence to support that student weight gain is linked to being a freshman leads us to consider that this may just be a coincidence. Nevertheless the theory around the freshman fifteen is something that is so embedded in our culture it may as well be fact.

Many students gain weight just from the empty calories of alcohol consumption.

While the term is coined “freshman fifteen,” that number has few statistics to back it up. Research shows that while freshman are more likely to gain weight, fifteen pounds is just an arbitrary number. While the term “freshman fifteen” sounds catchy, it does not accurately describe most circumstances. Reports indicated that this is only an average number. Many students do gain weight; some much more than fifteen pounds, while others actually lose weight during their first semester. There are many reasons for weight loss and gain during college.

Jack Wilson is a Fitness and Dietary Consultant who blogs about healthy living. His blog can be referenced at RunEat-Blog.net. Wilson concurs with the number fifteen being arbitrary. He states; “Most of the research I have looked at indicates that the impending “freshman fifteen” is more like the freshman five to ten. From my personal experience I have seen friends go off to school and gain anywhere from 5 up to the neighborhood of

40 pounds.”

Common Reasons for Weight Gain

There are several reasonable explanations for weight gain during freshman year. Some are very obvious and others may be a little more indirect. Traditional aged college students in their late teens and early twenties may be leaving home for the first time. Freedom to eat what you want and when you want sometimes is not all it’s cracked up to be. Even if students have been raised with good eating habits they may lack the time and/or the know how to continue to eat the balanced meals provided in their parents’ home. It is much easier to eat what is put in front of you when it is already prepared than to have to learn how to cook. Some students opt to grab the fast food or frozen dinners to avoid having to cook, or simply because of the convenience of these items.

Emotions play a large part in increased eating and weight gain, as does lack of sleep. Students who are missing home and having difficulty transitioning to college life may have a tendency to overeat or use food to fill an emotional void that often comes with transitioning from high school to college.

Eating is also a social event in many cultures, most definitely in the United States. We use food as a part of most celebrations. Being away from home for the first time, away from friends and family is difficult for many students. Eating is one way that students socialize. Gathering at a coffee shop, eating lunch or dinner together as a group in the dining hall or meeting up for a late night snack is typical college behavior. Students who are not naturally social may find that social events that involve eating are not only very available on campus but an easy way to get involved with others. When food becomes more of an activity than a necessity it can lead to weight gain.

College dining halls and cafeterias are another reason why students may gain weight. Dining halls tend to be loaded with so many choices of foods and desserts that choosing the healthy stuff like salad or vegetables takes a back seat over the macaroni and cheese and chocolate cake. Additionally, dorm food is cooked in bulk quantities so the nutritional value takes a back seat to ensuring that there is enough quantity to feed not only the on-campus students but the employees and the commuters. Often times the bulk foods are processed and contain a great deal of fat, carbohydrates and preservatives, all of which contribute to weight gain if consumed in large quantities. The buffet style dining also offers the all-you-can eat option that does give way to making portion control top on the priority list.

The lack of physical activity also contributes to student weight gain. Typically students are busy studying and taking classes so they are less active than in the



past by design. Even commuters or returning students not living in the typical dorm situation tend to spend more time in the car driving to and from class and studying. In addition working in a sedentary job during the day and taking classes in the evening leaves little time for even routine physical activity. In general students are more prone to weight gain simply because of the overall decrease in physical activity. College tends to be a more sedentary than physical process so it makes sense that weight gain may become an issue for some students.

Alcohol is another leading cause of weight gain, especially in underclassmen. It is no surprise that many college students consume alcohol during the college years, some for the first time. Alcohol is much harder to obtain now given the laws surrounding underage drinking, especially in New York, but despite this, college students, even those who are underage do consume alcohol, some to excess. While partying is a favorite past time for many college students, it is also a leading cause of the empty calories that contribute to increased weight. Alcohol coupled with greasy take out food can be a recipe for disaster if students do not pay attention to moderation.

Wilson offers some of his thoughts on why students gain weight when they start school. “Blaming it all on a slowing metabolism is hardly the truth. What I have not only read, but observed first hand as a college student is the overall lack of inactivity of new and continuing college students. I believe that this is the No. 1 contributor to college weight gain by far. The weight problem is further compounded by irregular sleeping schedules, late night fast food runs, high calorie quick-fix meals, and of course alcohol consumption.” Wilson claims that these things not only make your body less effi-

cient at burning calories by throwing off hormone regulation, but also add copious amounts of calories that sedentary students can not handle.

Fighting the Fifteen

Gaining weight is a lot easier than losing it, at least for most people. Those fifteen pounds that seem to develop overnight can take weeks if not months to shed. The key to not falling victim to the dreaded freshman fifteen is prevention. It sounds simple; diet, exercise, eat right, pay attention to portion control and avoid fatty foods. Most people know what they should do to avoid weight gain but doing it is a whole lot harder. The truth is that preventing the weight gain is much easier than trying to shed it after the fact.

One recent Rutgers study has attempted to put some facts to the freshman fifteen theories. The bottom line of the study found that not every college freshman gains weight. The study did show that the average weight gain was seven pounds. Health care professionals who contributed insight to the study found that freshman who put on weight in their first semester may be more likely to continue to put it on during the length of their college career and into adulthood. This finding suggests that falling into a lifestyle that contributes to weight gain that may continue well beyond college. The key is developing a healthy balance between food and physical fitness to maintain a stable weight.

Most college students are made aware of the drastic changes that they will face during their first semester in college. Many are probably aware of the increased likelihood of weight gain. Being armed with the information is half the battle. There are many temptations during the

continued on next page

Frosh 15 (cont.)

college years, food and developing bad habits are just two of them. College students who are well prepared for what they are walking into are less likely to fall victim to the temptations of the college years.

There are ways to avoid the freshman fifteen by being proactive and developing good habits that will create a balance rather than bad habits that will affect you emotionally, physically and socially. Even for students who can stand to gain a few pounds, doing it the correct way and not falling prey to bad habits will help develop good healthy practices. Not only is weight a concern for students but good nutrition helps students to sleep better, study more effectively and have better general health. Poor nutrition can easily lead to failing grades.

Most colleges have a free gym and workout equipment that students can use at their leisure. Students who make a habit of working out or getting some type of physical exercise into their college routine will be better equipped to fight

the potential freshman fifteen. Simple things such as walking to class, taking the stairs or going the long route around campus can make a big difference. Students are also generally required to take some electives in their freshman year. Considering a nutrition or physical education class once or twice a week can add that little bit of extra movement into the weekly routine.

Avoid getting into bad habits like eating nachos at midnight, skipping breakfast or pulling all nighters is another way to fight the freshman fifteen. Sleep deprivation, skipping breakfast and then binging late at night can leads to increased hunger. This is a trap that is a

fast track to weight gain. An occasional all nighter or late night snack is not the end of the world but making a habit of these things can find you a few pounds heavier a few weeks into freshman year.

Make social outings less about food and more about fun. Yes, eating can be a social event and is a necessary means for survival but rather than socializing around eating try going to a movie or taking an exercise class or walking to the bookstore. Students who keep a diverse schedule of varied events tend to rely less on food as their main form of socializa-

tion. Keep the food in the cafeteria rather than stashing unhealthy snack foods in your dorm room. Less access to snack type foods helps students to keep a more reasonable and regimented eating schedule. Many students do keep a stash of snacks for late night study groups but rather than chips and frozen pizza; things like granola bars, fruit, almonds and a few low calorie drinks can help take the edge off while avoiding the fat and calories late at night.

Keeping the Balance

College is as much about fun, meeting friends and socializing as it is about classes, studying and academia. Let’s face it; the idea of going to college is to learn about life as well as to set the foundation for a career path. Keeping a healthy balance between all of these things is the key to getting the most out of college and avoiding the famous freshman fifteen that we hear so much about.

It is a fact that many students get through college without gaining weight, getting into trouble or failing classes. These same students who are successful in their college career do not altogether avoid partying, eating out or the occasional extra cheese pizza at midnight. The key is balance not overindulgence in all areas of college life, including managing weight.

Daphne Oz is the author of the book “The Dorm Room Diet.” Her experiences as a college student and an

overweight child led her to the inspiration for her book. She speaks in a recent interview about being 30 pounds overweight and being able to lose this weight after realizing that she was looking to food to fill an emotional void rather than providing food for her body.

Oz discusses the vast change from home to college and how that often contributes to student weight gain. Her book provides insight and tips for college students about keeping food in perspective and maintaining a healthy lifestyle despite all of those college habits that often lead to weight gain. The book provides tips on diet, exercise and getting enough rest and even how to make the right and healthy food choices late at night and when eating in the cafeteria.

It probably goes without saying that most college students do not make it a goal to gain fifteen pounds in their first semester at school so those who take steps to avoid weight gain can be successful.

The freshman fifteen is just a theory, not a requirement for new college students. Keeping in mind the reasons why students gain weight, what might be a trigger and taking steps to stay happy healthy and safe is the best advice for anyone entering their college years.

College=job (cont.)

others do not. Based on recent statistics taken from polls done by Careerpath.com, here are just a few of these up and coming career paths.

- * Medical Records Specialists
- * Organic Food Farmer
- * Genetic Counselor
- * Social Media Security and Management
- * Mobile Web Application Developer

Being “prepared” for your job really seems to boil down to many subjective factors. The factors may include: formal education, how a person interviews, past experience, credentials of the applicant, the state or federal regulations that govern the field and the ability and willingness of the applicant to start at the bottom or learn the specifics of the job for which he is applying. While a college graduate may feel prepared for the job because of his degree, an employer may think quite the opposite. Students have to get out there and do rather waiting around for an opportunity, says Frederick. A student who majors in one field may find himself heading down a very different career path than he had originally planned. Keeping a mindset for growth allows students to “learn as they go,” states Frederick.

College Initiatives

The expense and risk of rising unemployment rates has not appeared to stifle college enrollment. According to their website statistics, Hudson Valley Community College (HVCC) in Troy, New York, had 12,278 students enrolled as of the spring semester. Schenectady County

Community College (SCCC) in Schenectady New York had a total of 4,663 enrolled as of spring 2011. Enrollment in both colleges has gone up from previous years.

The increase in enrollment leads to an improved focus on the part of the colleges to meet the needs of a bigger, more diverse student population. HVCC and SCCC among the many other community colleges through the country are working towards developing innovative hands-on opportunities to help all students develop real life skills. Internships, campus clubs and organizations are just a few of the out of the classroom ways for students to develop leadership, organizational and listening skills; all of which are essential in any chosen profession.

SCCC offers a new innovative idea called the Opportunity Zone that is a space formed within the college to help students develop skills such as public speaking. This new concept at SCCC is designed to help students to move towards their career goals. The purpose is to provide one more way to allow students to develop tangible skills that the classroom may not provide but that employers may value.

Collaboration with the community and development of hands on skills offer real learning opportunities for students that extend beyond the classroom. Establishing a balance between academia and involvement on campus and in the community helps to develop the student as a whole person.

A Circular Question

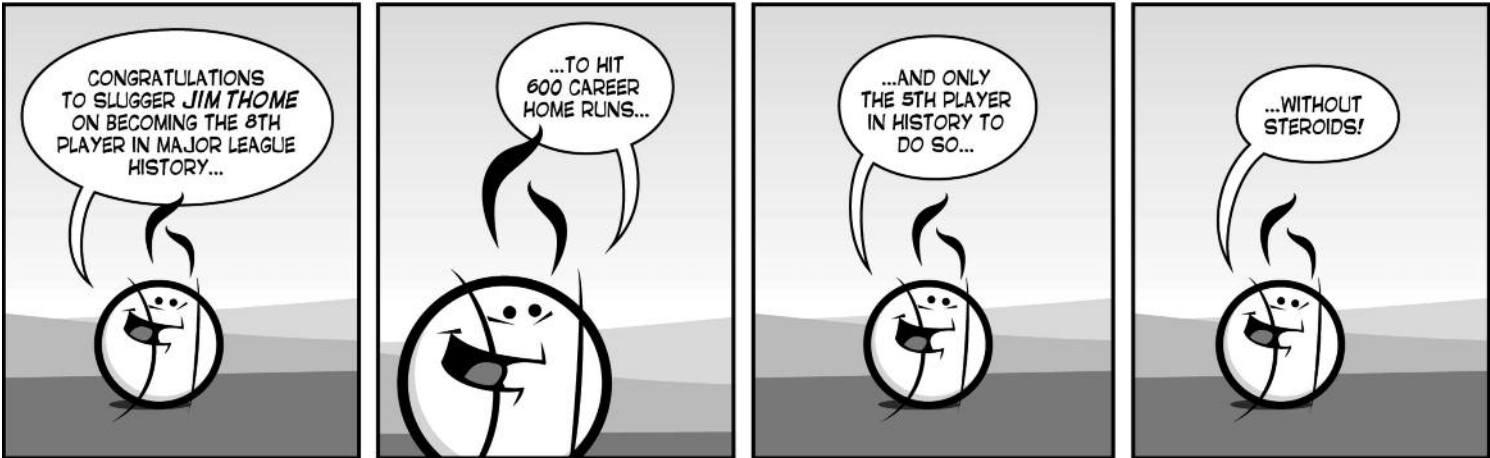
In some fields a college degree is a foot in the door and other employers hire knowing that they will have to train any new employee; college degree or no college de-

gree. There is a value placed on college that may not be at all about the job readiness but more about what a college degree actually stands for. A degree is almost a badge of honor and shows that a student made the choice to spend time and money in an effort to prepare for a career path. Along the way, job skills aside, the student who graduated with that degree without a doubt learned some valuable skills that can contribute to a potential career, whatever that career may be.

The bottom line is that there is no concrete answer about career preparedness. The evaluation of what is considered “prepared for a job” is very subjective. The debate about college readiness and career readiness will probably continue as long as the educational system exists as we know it. The fact is that the educational system continues to change and evolve, which means the expectations and evaluation of preparedness will also change. The financial crisis that faces the nation may very well cause some new trends in how we view formal education in the future and the emphasis that is placed on it.

College provides students with the opportunity to develop a foundation to groom those leadership qualities that most employers are looking for. Even if college does not prepare a student for every job, it certainly does provide a foundation for the basic skill building that most hiring managers consider appealing. Students can take as much or as little as they want from their college experience, which can make all the difference in the opportunities that face them after graduation. “Intention and a driven sense of purpose as well as the confidence to learn as you go allow a person to be more employable,” states Frederick.

SMALL MARKET SPORTS by Bill Charbonneau



‘Dear Nicole’ – a new advice column

Nicole Mendez
Campus News Advice Columnist
E-mail: nicole@campus-news.org

It’s September again and that means school is back in session. For those of you beginning school, it’s a time of questions, confusion, excitement, and maybe a little bit of frustration. Campus News is here to help! With that being said here’s a little advice to help make it through Freshman Semester 2011.

Community College 101: Get There Early and Patience is a Virtue.

There are a few basics about beginning college that everyone should know. First, get there early! Oftentimes community colleges have a high enrollment with less space than a four year campus. For this reason it is imperative to arrive early...for everything! First day of class? Get there early. Meeting with a counselor? Get there early. Stopping at the bookstore? Get there early. September is often what separates the successful from the drop outs. After all, you must be dying to get an education if you’re willing to wait on a line for two hours only to be told you’re on the wrong line and must wait another hour. Don’t let it discourage you! Those unwilling to put in the time will drop out by January, making lines shorter and parking spaces plentiful.

Don’t Shy Away From New People.

Beginning college is a new step in many people’s lives and with it comes new experiences. For those of us who have opted for a local community college the new

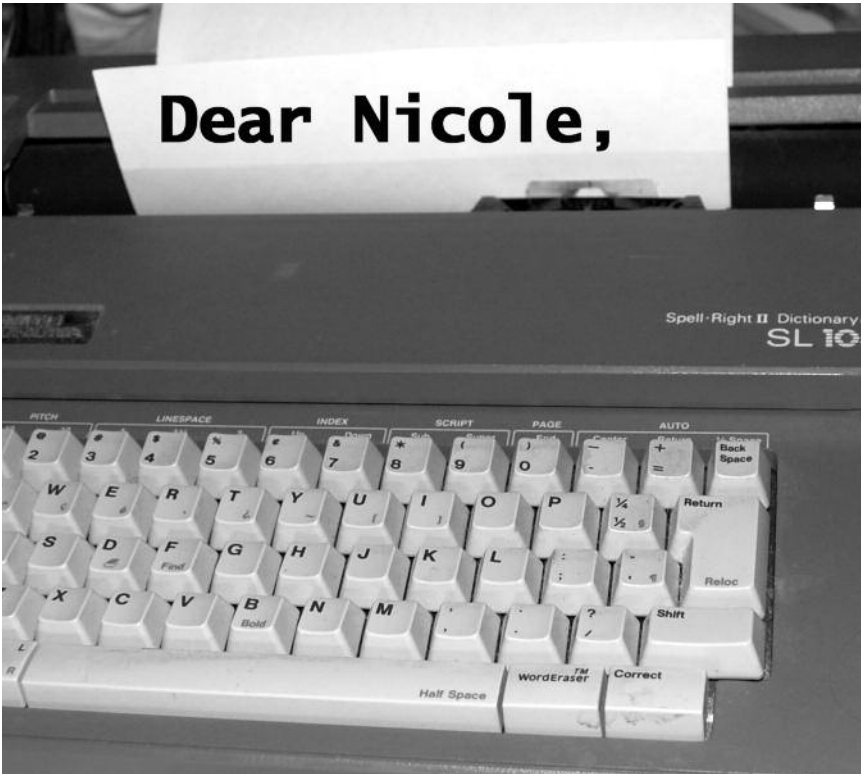
and drop thousands without doing a little investigating work would you? Be proactive! Email the professor and find out as much as you can about the text. They’re on your side and want you to be prepared. Asking questions about the text is also a great way to introduce yourself to the professor without looking like a kiss ass in class. Once your classes are chosen, most schools have an email directory; shoot them a quick email and ask the important things. How often will we use the text? Is an early edition sufficient? Will we need the text the first day? This shows you are making an effort to be prepared. Times are tough and most professors understand. Once you have those answers you can begin looking for texts. Often they’re cheaper online, and old editions may bear no difference besides illustration. Remember places like Craigslist, EBay, and Amazon. This time of year they’re flooded with used textbooks. Check them out but be mindful of shipping times and any additional items that may come with a new text that may not come with a used text.

The Professor Can Make the Class but the Student Makes the Grade.

I’m sure everyone has already told you about Rate-MyProfessor.com; use it. More importantly use it wisely. Read all the ratings before choosing your professor. What some people may deem an easy professor others may see as a professor who gives little direction. To some people a professor who only assigns one long and difficult exam is preferred as appose to one that gives several less difficult exams. At the end of the day what you have to remember is that a student’s relationship with a professor is based largely on both people working towards a common goal. If you’re looking to breeze through a class and your professor wants you to actually learn something you’re not going to do well. Community college, college in general, is what you make it. For the first time in your education you play a major role in your success. Do it, and do it your way.

Life Is What Happens While You’re Busy Making Plans.

Many see school as a social outlet, and even more see it as just a part of their day. If you want to be successful in completing a two year program you have to allow it to take over a part of your life. Focus. You’re there for a reason, you have a goal, a time frame, and now that you’ve read this you have the tools. Don’t let others sway



you or stop you. Your education is beginning and it’s up to you to make sure that you get off on the right foot. College may not be for you and this semester will show you that. For four months put everything you have into your education, if come January you’re still there and you don’t represent one of those vacant spots in the campus parking lot, you’ll have proven that you can balance life and school. Then it’s all at your fingertips. You can have what so many others have, and you’ll learn a valuable lesson. That it’s all up to you.

Hopefully these tips will see you through to next semester. Just take it a day at a time and remember to breathe. An education is a valuable tool in your arsenal, and if you are afforded the chance to have it, grab on with both hands and don’t let go. You’ll come across other bumps in the road, but Campus News and I will gladly see you through them. For more advice write, email, but please don’t send smoke signals. It’ll get easier; otherwise we’d all work at McDonalds.

Nicole is, like many others, a member of a generation still finding their way. She was born and raised on Long Island. While chasing her degree in English, she is a young professional in the making with an opinion about everything. Certainty is not always guaranteed with her, but brutal honesty will always be delivered. She attends Suffolk County Community College.



Have a question about being a community college student? E-mail nicole@campus-news.org!

often is intertwined with the already happening. Too many of us begin college with the intention of maintaining relationships with the people we’ve known all our lives. It seems like an obvious choice to register for classes with people you went to high school with; mix it up. For every one class you have with someone you know sign up for two on your own. It will force you make friends, but more importantly let you focus on the subject at hand. This isn’t high school anymore no matter how close you may be to home. You are now PAYING for your education. Building friendships comes secondary.

Ah the Textbook Game.

I’m sure you’ve already been told that textbook prices can be astronomical. I hate to say it but it’s true. Lucky for you Campus News and I are going to give it to you straight. Don’t just find out what book is required for the course and run to the college bookstore to buy it. Think of it like buying a car. You wouldn’t just run out

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Why nobody’s hiring me to write sitcoms

Darren Johnson
Campus News

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

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

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

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

Briefly, the idea of perhaps writing for TV made sense. Writers in the union make low six figures. Yes, it is a type of group writing where no one’s really an “author,” but it’s a notable job. It’s a job that my now-late mother could have related to. She’s the one who got

me into TV watching in the first place. We’d go on vacation and she’d even watch her shows in the hotel.

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



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

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

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

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

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

OK, change a few names and the situation slightly.

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

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

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

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

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

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

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

The baseball player makes over the

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

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

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

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

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

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

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

SMALL MARKET SPORTS by Bill Charbonneau

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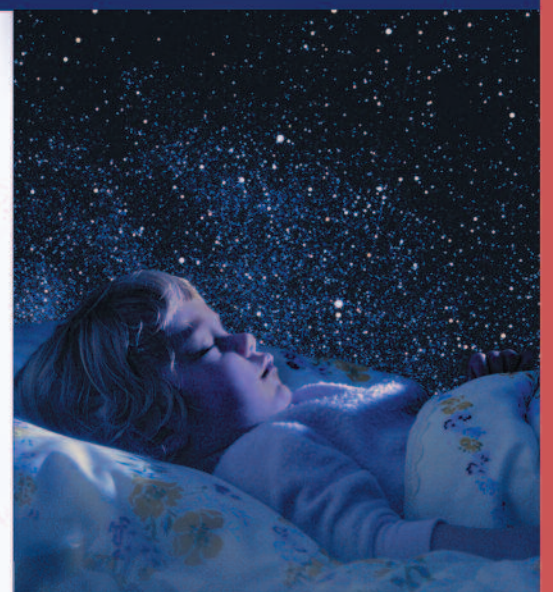


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