

Community College

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Volume 7, Issue 4  
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May 2013

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# Where you go after graduating

Nathaniel Villano  
*Campus News*

So you're about to graduate, are you? Graduation is a big step in life whether you're graduating from a community college or a four year university. They say once you graduate high school that you lose that bubble of security you are surrounded with but I beg to differ. I believe that bubble only shrinks in college; once you graduate and step foot into the real world is when that bubble really bursts. Once you graduate all the gloves are off and it's up to you and only you to fulfill your dreams and aspirations in life.

Julianne Mosher is currently a journalism and communications major at Suffolk



## Community college students tell their plans

County Community College transferring to Stony Brook University in the fall and was also accepted into the school of journalism. Not only is she an exquisite writer but she also holds the title as Editor in Chief at Suffolk's school newspaper, The Compass. Once she transfers she will be majoring in journalism with a concentration in text and online but is still unsure of a minor at the moment. "When I graduate I want to travel and work for some form of a fashion magazine or maybe a magazine like Time or The New Yorker. I want to write novels and ultimately I'm going to try and become famous."

Nicole Alegrezza is currently majoring in journalism at Suffolk County Community College and transferring to Hofstra University,



where she received a half tuition academic scholarship. She is also a finalist for the Stay on the Long Island Scholarship to Hofstra for a full ride. Once she transfers her major at Hofstra will be broadcast journalism. "After I graduate college I hope to get right into the broadcasting field wherever they need me; as an off camera writer, or on camera reporting. I have bigger dreams after that but hopefully I'll land a good job after Hofstra." Partnered right next to Julianne Mosher, Nicole is also the Managing Editor of The Compass.

Steven Yalowitz is a business administration major at Suffolk County Community

College. Graduating in the fall, Steven is still looking at colleges but is still unsure of where he wants to transfer. "I don't know where I want to go, hopefully somewhere in Florida possibly University of Central Florida," Steven stated. After transferring, Steven wants to major in communications with a minor in business administration or vice versa. Once he receives a degree in mass communications, he hopes to start right after college with an internship with possibly a TV or radio broadcasting organization. "My biggest aspiration after college is to obviously land a successful job. I hope to branch out and meet as

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# The pros and cons of summer study

Laura LaVacca  
*Campus News*

With summer looming in the distance, the temptation to go to the beach seems much more appealing than taking summer courses. But upon further look, is it an option that should be dismissed so quickly?


Oftentimes, taking summer classes gives a real leg up on obtaining a degree quicker or even means the difference between graduating on time or not. Many students have to take an extra class at some point and instead of tacking it on to an already overwhelming 15 credit class load, the lazy days of summer may be a great time to just focus on one course – perhaps even the toughest one.

"This summer I am taking a Global Media course because I heard it is really hard, and that way I can focus on just the coursework for it. Next year, I plan on doing my thesis because having to write a 40 page paper while taking five other courses just seems like too much!" Adelphi Student, Stacie Sau states.

SUNY College professor Jennifer Sherman notes, "Summer classes can be a great idea for students to learn responsibility. There are no summer breaks in the real world."


Students need to keep in mind that summer sessions are condensed courses that are given over a short 3 to 8 week period of time. Fall and spring semester courses are about 15 weeks in length. This can prove to be a quick way to get new

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# Grad stories (cont.)

many people as possible because even though a huge part of landing a successful job is about what you know, a big factor is also who you know.”

Joe Whalen is an environmental study major at Eckerd College in Florida. Graduating in the spring of 2014, Joe is not going to attend graduate school immediately after; he wants to take his time and explore different interests of his life. “My aspirations are to pursue a career as a producer and DJ and if not... work with water birds. I want my future to never become routine and comfortable. I want to continue to immerse myself in new situations and goals. A comfortable life is boring. Routine is boring.”

Shannon Caramore, a St. Joseph’s alumna, currently attends Adelphi University majoring in speech-language pathology. Shannon plans on working as a Speech Language Pathologist either in an elementary school or doing early intervention with children in their homes from birth to age three. She is doing two separate internships next year in the hopes that somebody will hire her. “I hope to have a stable career by the time I graduate next May.”

Heather Rosenbaum, a visual arts major, currently attends Suffolk County Community College. She is graduating this spring and will be transferring to SUNY New Paltz and majoring in art education. “My plans after I graduate, depending whether I change my major or not, is to have a job doing something with art, specifically ceramics. I just want to be super happy with an art job, making art, and getting paid for it. If I become a teacher, I want to teach children everything I know about art and that there is no limitation in art no matter what you do.”

Lauren Gravagna, another visual arts major, also attends Suffolk County Community College. Her first year there she was a Liberal Arts major until she found out

there was a visual arts major offered; she then quickly switched her major. Lauren hopes to transfer to Stony Brook University after she graduates where she will be looking into art education to become an elementary school art teacher and eventually move up to a middle school or a high school. With a visual arts degree from Suffolk, Lauren is one step closer to her dream. “My dream since I was little was to be an art teacher, but I’m starting a mural business

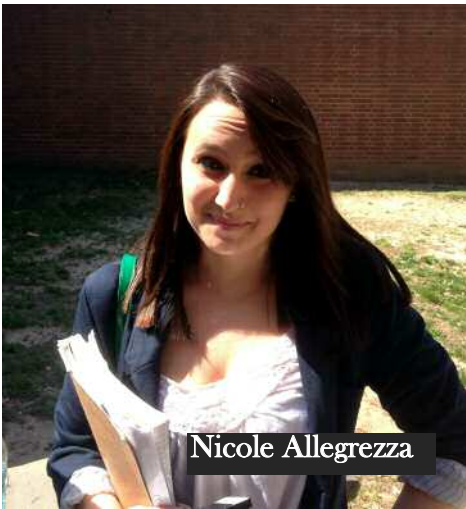
with my cousin Charissa Bianco.” Lauren hopes their business will persevere successfully, and that will be something she does on the side.

James O’Hagan, currently enrolled up at Ithaca College, is majoring in journalism. James is a contributing writer for Total Deathcore and has dreams of making it big in the world of writing after graduation. “I’d love to work for National Geographic or Vice Magazine and at the same time DJ at a local radio station. I want my future to be full of traveling, fine cuisine, and nature.”

Lastly there is me, Nate Villano. I will be graduating Suffolk County Community College this spring semester with my degree in Liberal Arts. After graduating from Suffolk, I will be transferring to University at Albany, where I will be majoring in journalism and minor in creative writing. After Albany, I have dreams of traveling the world, meeting new people, trying new foods, and writing about everything I see.

Remember, though, transferring students, just because you have been accepted to your dream school and put your deposit down, does not mean you’re off the hook. If you fail to meet the G.P.A. requirements in your last semester, the school has every to revoke your acceptance. So study hard and good luck to all of the graduates! Congrats!

‘My dream since I was little was to be an art teacher, but I’m starting a mural business with my cousin.’



Nicole Allegrezza



Shannon Caramore

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# Student occupiers descend on Dept. of Education

Jess Miller  
*Scripps Howard Foundation Wire*

Fake tombstones lined the sidewalk in front of the Department of Education on a recent April Friday, reading, “R.I.P Imagination” and “Here lies meaningful instruction. We will miss you.”

The signs were part of Occupy the Department of Education 2.0 protest, which brought students, teachers, professors and educators from all over the country to unite in the “movement to end corporate education reform.”

They define corporate education reform as standardized testing, removing art and theater classes from schools and the movement toward charter schools.

“Students are the biggest stakeholders in our education, and we don’t have a voice,” said Kim Runyon, 18, a senior at Cherokee Trail High school in Aurora, Colo.

Rebekah Rittenberg, 21, a junior studying integrated language arts, and Jacob Chaffin, 21, a junior studying middle childhood education, both at Ohio University, said they attended the event

## ‘Students are the biggest stakeholders in our education, and we don’t have a voice.’

because the occupation offers a platform for those dissenting against corporate education reform.

“The system is too one size fits all. They’re not looking at students as individuals, or even as people,” Rittenberg said.

Runyon, along with fellow high-school students Alexia Garcia, a senior at Lincoln High School in Portland, Ore., and Alex Kacsh, 17, a junior at Jefferson County Open School in Lakewood,

Colo., spoke to the crowd of about 60 people.

Garcia has encouraged students in Portland to participate in the “opt-out” campaign, in which students refuse to take standardized tests, resulting in the state giving the school a failing report card grade.

“Anyone who comes into our schools knows they’re in need of improvement,” Garcia told the crowd. “We don’t need test scores to tell us that. If anything, it’s the system that’s in need of improvement.”

Runyon said they were here not only to change the way schools teach but also to change what schools teach.

“In school they don’t teach you how to farm,” Runyon said. “ They don’t teach you how to balance your checkbook. There’s no media or financial literacy classes, and then they just let you out into the world and expect you to perform like adults in society.”

A group of eight protesters was scheduled to meet with Samuel Ryan, the regional and youth outreach associate at the Department of Education.

But as they prepared to enter the building, they were stopped and berated by an official who told them they needed an appointment. The students said they had a confirmed meeting with Ryan. But they were denied access for about half an hour as officials just inside the door debated what should be done.

Eventually, the eight students met with Ryan and another official. Afterward, the students said the conversation left them less than satisfied.

“The majority of it was them telling us about the difference between the federal and state legislatures,” Runyon said. “It felt like they were trying to take forever so that we would leave.”

They said the door to the conference



room was locked and guarded by two policemen.

“We were being run around in circles, and they were buying up a lot of time,” Runyon said. “Again, the students’ voice was lost.”

**Captions:**  
**Top** – Kim Runyon, left, Alexia Garcia and Alex Kacsh speak with a Department of Education official outside the building Friday. The group was finally allowed in for a scheduled meeting after

waiting as officials debated whether to let them in.

**Below** – Jacob Chaffin, left, Manuel Barrera and Rebekah Rittenberg speak with an official at the Department of Education who was refusing to let a delegation of students inside. Chaffin and Rittenberg are Ohio University students, and Barrera teaches at Metropolitan State University in Minneapolis.



# Congratulations, Campus News readers!

Prof. Jack Mandel  
*Nassau Community College*

I can’t believe it... another semester is just about over! And for many of you it marks a milestone ... graduation and onto continued studies or work. Whatever path you choose, I trust it will be the right one!

This column will be devoted to some inspirational thoughts, which I have come across during my 35 years of being a college professor. I hope they inspire you to greater success. Enjoy! (And I personally dedicate this column to my youngest son, Jaron, who turns 21 this month!)

1. “THERE are two mistakes a person can make along the path of life. ... Not going all the way and not starting.”
2. “NEVER be discouraged. It is often the LAST key in the bunch that opens the lock.”
3. “MAKE the best use of what is in your power and take the rest as it happens.”
4. “SUCCESSFUL people are those who can lay a firm foundation with the bricks that others throw at him or her.”
5. “WHAT is your legacy? What will you do to leave the world a better place? What gifts and tal-

ents have you been blessed with? Be sure to use them to your fullest potential.”

6. “EVERYTHING you’ve been through in your young lives has been preparation for where you are at this moment in time AND, more important, where you can be tomorrow.”

7. “FORGET all the reasons why it won’t work, and believe the one reason why it will.”

8. “TO create more positive results in your life, replace ‘if only’ with ‘next time.’”

9. “THIS is your world. Shape it or someone else will.”

10. “THE ones who say ‘you can’t’ and ‘you won’t’ are probably the ones scared you will.”

11. “BE thankful for what you have; you’ll end up having more. Never focus on what you don’t have because you will never, ever have enough.”

12. “PERSONALLY, I am still learning that being kind and caring to those around you is more important than being right.”

To all Campus News readers, enjoy the summer of 2013!



Professor Jack Mandel has taught marketing and public relations since 1978 at Nassau Community College. He has won the prestigious Outstanding Teacher Award, conferred by the NYS Association of Two-Year Colleges. His is also a Best of Long Island winner for 2010 in the Teaching category from the Long Island Press.



# Medal of Honor

**Eddie Ameh**

*Scripps Howard Foundation Wire*

Sixty years after the end of the Korea War, Father Emil J. Kapaun, a chaplain with the U.S. Army's 3rd Battalion, 8th Cavalry was honored with a posthumous Medal of Honor at the White House on last month.

President Barack Obama praised Kapaun's gallantry.

"This is the valor we honor today, an American soldier who didn't fire a gun, but who wielded the mightiest weapon of all, a love for his brothers so pure that he was willing to die so that they might live," Obama said at the ceremony.

Kapaun arrived from Japan, with the 8th Cavalry Regiment, which helped with the breakout of U.S. forces that had been trapped in Pusan, in the southeast corner of South Korea. Kapaun's actions and dedication to caring for his fellow soldiers in a North Korean prisoner of

war camp attracted recognition from his colleagues and superiors.

In November 1950, the unit was surrounded by Chinese forces, and he and his fellow soldiers were captured. Even as a prisoner of war, he still cared for his colleagues. He died in the camp in May 1951.

"In the chaos, dodging bullets and explosions, Father Kapaun raced between foxholes, out past the front lines and into no-man's land dragging the wounded to safety," Obama said.

"When his commanders ordered an evacuation, he chose to stay gathering the injured, tending to their wounds.

"When the enemy broke through and the combat was hand-to-hand, he carried on, comforting the injured and the dying, offering some measure of peace as they left this Earth."

Kapaun's nephew Ray Kapaun accepted the award on behalf of the family.



Obama with Ray Kapaun



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# Despite culture change, gay congress reps rare

**Ian Kullgren**  
*Campus News*

As a Rhode Island state representative, Rep. David Cicilline never tried to hide that he was gay. So when a newspaper columnist asked him about it during his first run for Congress in 2002, he answered honestly.

But the paper wouldn't print it, its managing editor told Cicilline, unless he gave them explicit permission – the same policy the media often uses for victims of rape, assault and similar crimes. They were, it seemed to him, suggesting he should be ashamed.

Cicilline dropped out of the congressional race and launched a successful bid for mayor of Providence. When the Democrat ran for the House again in 2010, the fact that he was gay rarely came up – it just wasn't a big deal, unlike eight years earlier. Even the people who had supported his announcement before didn't make a fuss about it.

"I think people thought it was much more courageous than it was," he said, comparing being gay to any other biographical trait. "It's not courageous to acknowledge you have brown hair or you're Italian."

Even as politicians and the public are warming to the idea of same-sex marriage, gay elected officials rarely ascend to the hallowed halls of the Capitol. Cicilline is part of a small crowd – there are seven openly gay or bisexual members in the 113th Congress, three more than the last.

And they arrived at an interesting time. The Supreme Court cases about the Defense of Marriage Act and California's Prop 8 amendment have stirred a dialogue about equality rights under the law. But even if the court strikes them down, lesbian, gay, bisexual or transgender rights leaders acknowledge equal representation likely will take decades to follow.

LGBT leaders enjoyed some key victories in November. They have the first bisexual member in the House, Kyrsten Sinema, D-Ariz., and the first openly gay senator, Tammy Baldwin, D-Wis.

At an annual LGBT Victory Fund brunch Sunday, Baldwin did not revel in her role as the gay community's newest hero. Instead, she offered a sobering take: "Changing minds and changing laws are related, but they're not the same thing ... our fight for equality doesn't end with a president's signature or a Supreme Court decision."

Gay and bisexual politicians rarely run for Congress, let alone win. Cicilline was one of only six serious LGBT candidates in 2010, according to the LGBT Victory Fund, which sponsors candidates for all levels of government. The fund hasn't released its 2012 study, although president Chuck Wolfe said the group's overall success rate was about 68 percent.

More candidates ran for seats in state legislatures. In 2010, eight LGBT candidates ran for the California state

legislature, which has 120 seats. Five won.

It was a similar story in New York, where seven ran for the state legislature out of 212 possible seats. As in California, five candidates won, and the legislature went on to legalize same-sex marriage seven months later.

It is an example of the mindset leaders are trying to push: to codify gay rights in the law, you need to make sure gay people are involved with writing it.

"When I was first elected to local office, there were only a couple dozen worldwide," Baldwin, who began her career as a county supervisor in 1986, said in an interview. "With the growth of the Victory Fund and other organizations, you're numbering in the hundreds, and more needs to be done."

While equality under the law can be handed down swiftly by the courts, elections offer no guarantees, and history shows it can take decades for groups such as women and blacks to make even modest gains.

Realities of the election cycle can make it hard for any candidate to break through. Incumbents tend to have an advantage, and aspiring candidates often have no choice but to wait for them to retire or for district lines to be redrawn.

That was the case for Sinema, who ran in a newly sketched district that added a seat for Arizona, and Rep. Mark Takano, D-Calif., a freshman who was elected to the state's new 41st district after two previous attempts in 1992 and 1994.

But Takano insists it was more than logistics. Conservative ministers attacked him the last time around for being gay – Takano was surprised when his 2012 pollsters had data showing that any overt attack would backfire.

"They said no, not even here in this day and age could someone use that tactic without it having a downside," Takano said. "This is the breakthrough that I think needs to be paid attention to a little more – is that we're succeeding in suburban enclaves."

The 113th Congress is the most diverse in history, but the numbers are nowhere near proportional. Ninety-seven years after Jeannette Rankin became the first woman to serve in Congress, women hold 86 out of 435 seats. Just one fifth of Senate seats are held by women, and only 44 have ever been senators.

There are 42 black members of the House and, for the first time, two black senators serving at once. The two senators, Mo Cowan, D-Mass., and Tim Scott, R-S.C., were appointed to fill vacancies.

But that is still not many. In perspective, the black population of Congress is about 8 percent, compared to the 13 percent of the U.S. population that is black, according to the Census Bureau.

The numbers of gays and bisexuals, however, aren't as easily measured or defined. The census does not keep



**Edith Windsor, who sued to have Section 3 of the Defense of Marriage Act repealed, waves to a crowd of supporters after leaving the Supreme Court recently. Most of the justices seemed in favor of striking down the law, which prohibits same-sex couples from receiving an array of federal benefits. Photo by Jess Miller.**

track of sexual orientation, and there's not always clear line between who is out and who isn't, making it nearly impossible to predict how many residents are gay.

Wolfe also cited a grim reason for the low numbers of candidates – the AIDS epidemic, which wiped out an almost an entire generation of gay leaders.

"I could probably have twice the potential candidates," Wolfe said.

Still, the handful of gay and bisexual members in Congress are evidence that the presence of gay and bisexual members has grown more normal since 1983, when Gerry Studds became the first openly gay congressman

through a partnership with the pro-choice political action committee EMILY's List.

It also directly gave \$10,000 to Baldwin's campaign and \$2,500 to the Wisconsin Democratic Party, according to federal campaign finance reports. The arsenal helped clear the primary field, and she went on to beat Republican former governor Tommy Thompson with 51 percent of the vote.

The fund gave \$10,000 each to five other gay or bisexual candidates, including Rep. Mark Pocan, who filled Baldwin's empty seat in Wisconsin's 2nd District.

At an LGBT Victory Fund brunch Sunday, more than 1,000 LGBT lead-

ers celebrated at the Victory Fund's annual brunch, polishing off bottomless bottles of champagne

## Wolfe also cited a grim reason for the low numbers of candidates – the AIDS epidemic wiped out an almost an entire generation of gay leaders.

in history. Studds' coming-out story is synonymous with scandal – he was outed when an affair with a congressional page became public. He was censured by the House, but overcame it and won re-election.

Now, gay candidates have a support network. And like any political movement, it comes down to cash.

The Human Rights Campaign spent more than \$4 million lobbying and funding candidates, and is listed by the Center for Responsive Politics as being among the top 140 biggest overall donors to federal elections since 1990.

The Victory Fund raised more than \$43,000 for Baldwin's campaign

pagne in Washington's largest ballroom. Names of major donors such as AT&T and Southwest Airlines flashed across massive video projections.

Guests hovered near Takano, salivating at the thought of a handshake, or perhaps even a business card exchange.

"I tell everybody: if Riverside County can be on the right side of history and elect the first openly gay member of Congress from the state of California, the Supreme Court could also be on the right side of history," Takano said. "You know, nothing is impossible."



# It's old again and new again listening to records

**Darren Johnson**  
*Campus News*

As regular readers of this newspaper know, I sometimes review items that corporate PR people send me to try out. Usually, us writers get to keep the items.

While many items may get my gee-whiz response in my articles, most do not stand the test of time. I eventually forget about the item soon after my review is published, as it goes to collect dust in my basement. But two items have persisted and have actually made it to key rooms in the house. And they are from the same genre – music – but from opposite ends of that spectrum.

The first is a Radio Shack Crosley record player and the second is a pair of blue-tooth speakers called The Chill Pill. We have retro and we have modern. And both have proven fun.

Did you know that new vinyl record sales are way up in America? This isn't even counting used record sales, which are nearly impossible to count.

In 2011, almost 4 million new records were sold. Sure, that is nowhere

near the hundreds of millions that were sold in the 1970s each year, but the format was almost dead in 1993, when only 300,000 new records were sold.

The Crosley Tech Turntable is about \$80 on RadioShack.com. There, they have other models, some cheaper and some much more expensive.

I'd sold, donated or thrown out most of my records over the years, as I went to college, and moved from place to place. But I remember how much I used to love going to the used record store. This record player has helped rekindle those feelings.

I did keep some 45 singles (these only have one song per side), and was able to test the Crosley with those (the Crosley comes with the special 45 adapter). These were classics – such as “Hello, I Love You” by the Doors or “Wild Thing” by the Troggs – and they sounded different than the digital versions I've come to know. They sounded more amped, simpler. Perhaps these groups recorded specifically for the medium of their day, as these 45s sounded more “real.”

Recently, I was in Utica, NY, and noticed that there was a traveling record show in town at a local VFW. The flier said that there were 100,000 albums there. I decided to hit it. The place kind of stunk – the din and smell of grandma's moldy basement – but was filled with dealers and buyers, rifling through rows and rows of vinyl. The few CD vendors looked abandoned, left to stand there to fiddle with their smart phones.



At the record sale.

I was able to get seven records for five bucks from a bin. I did feel a bit itchy after. Mites? Who knows where these old records had been for the past 30-40 years?

One of the albums was John Denver's “Rocky Mountain High.” These were the albums of my parents' era, and I'd largely ignored them as overplayed and, perhaps, a bit schmaltzy, as I bought albums like “The Name of This Band Is Talking Heads” and “It Takes a Nation of Millions to Hold Us Back” by Public Enemy in my youth. But I found myself curious about Mr. Denver, who died several years ago in a plane crash. In long, album form, his work is earnest, a mix of country and folk. Surely of its era, but I could see it having some fans 50, 100 years from now.

And maybe that's the attraction of records after the big buzz of the Internet and downloading practically killed the industry. With a whole album, you hear 4-6 songs by the same artist, then flip it, and hear 4-6 more.

Which brings me to the other product – the Chill Pill (currently on sale for \$29.95 on Amazon with free shipping). These are rechargeable mobile speakers. Turn them on and you get pretty solid stereo sound. These two speakers are about the size of salt and pepper shakers.

They are easy to locate from an iPad via bluetooth. How is this related to the Crosley? People have started posting whole albums on YouTube, especially older LPs, and the web site seems to allow it now. It's all free. You can go to YouTube, search for the name of the artist and “full album” and just sit back and take it in.

(Some terminology for noobs:

LP=Long Playing (a traditional record). These are played at 33 RPM (Revolutions Per Minute, the speed the record spins). Singles usually are played at 45 RPM.)

Try “Full LP: John Denver's Greatest Hits.” Under that particular YouTube post, the poster writes: “Not many words can explain this album. These songs certainly defined his career. BTW I'm only 15. Enjoy!”

THIS WAS RECORDED DIRECTLY FROM THE ORIGINAL VINYL RECORD. NOTHING HAS BEEN REMASTERED OR RE-EDITED, UNLESS THAT WAS WHAT ON THE VINYL VERSION.”

Perhaps this kid used the original medium to create this file to make it sound more “real.” Maybe that's what the current trend is – authenticity.

Both the Crosley record player and the Chill Pill speakers end up giving us the same effect – an appreciation of



The Chill Pill.



whole albums, where the artist took the time to arrange the songs in a certain order. No shuffle. No random.

Sure, you may notice if you are going through a 7-for-\$5 bin at a smelly record flea market that, like today, there are a lot of duds out there. There have always been crappy bands with no heart making music, in all mediums, but at about 75 cents per title, it's an inexpensive gamble that you will find the occasional keeper. The rest you can donate to your local Goodwill for others to find.

(Or, like one time in my freshman year in college during a time of partying, one dude showed up with a “Saturday Night Fever” LP and smashed it to pieces as we all laughed ... except the one girl, who, it turned out, owned that record.)

Don't like to gamble? In the case of the Chill Pill, considering that YouTube is free, there is no cost at all for listening to the old records, except for your time.



Crosley Tech Turntable.

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# Anti-Muslim hate crimes increasing

**Amer Taleb**

*Scripps Howard Foundation Wire*

Anti-Islamic hate crimes have increased significantly nationwide since 2009, but the trend is complicated to decipher at the state level.

An analysis by the Scripps Howard Foundation Wire found that states with the largest Muslim populations have broad disparities in anti-Islamic, hate-crime incidents.

For example, Texas has three times as many Muslims (421,972) as Michigan (120,351), yet Michigan had more than triple the number of anti-Islamic hate crimes (19) as Texas did in 2011 (six), according to the states' law enforcement agencies and demographic data from the Association of Statisticians of American Religious Bodies.

Collectively, crimes targeting Muslims spiked from 107 in 2009 to 160 in 2010, a 49.5 percent increase and the largest since 2001, according to the FBI. There were 157 incidents in 2011, the last year for which federal hate-crime data is available.

The 2010 surge was stimulated by opposition to construction of the Park51 Islamic center near Ground Zero in New York, efforts like Oklahoma's to ban the supposed threat of Sharia Law being used in state courtrooms and the cacophonous political rhetoric that the issues spawned, said Corey Saylor, legislative director for the Council on American-Islamic Relations, a Muslim civil liberties group.

"There is a network in this country that was slowly gaining steam over the last decade to heighten fear of Muslims," Saylor said. "Whenever you have people who are afraid, some within that group are going to lash out."

A high concentration of Muslims in a state was not an automatic indicator that they encountered more discrimination there. Nor was the presence of hate groups in the area.

No anti-Muslim hate groups existed in 2009, but there were 30 by 2011, according to the Southern Poverty Law Center, which tracks hate groups.

Anti-Islamic hate crimes rose in eight of the 10 states with the most Muslims from 2009 to 2011, although growth was not always statistically significant. Crimes against Muslims decreased in Georgia from 2009 to 2011, and Illinois' data was only available up to 2009.

In 2012, New York had the most anti-Muslim hate groups (nine), according to the SPLC. Texas, Michigan, New Jersey and Illinois had none, and the other five states with the most Muslims had at least one.

Experts posited a number of theories to explain the asymmetry of anti-Islamic hate crimes among states with similar Muslim populations. Some states, like California, are more effective than others at identifying and recording hate crimes, Mark Potok, an SPLC senior fellow, said.

Another hypothesis is visibility, Potok said. Michigan has fewer Muslims than Texas, but the Muslim community is better known in Michigan and therefore easier to target. From a prosecutor's perspective, pursuing a hate-crime charge when it wouldn't heighten the criminal's punishment is discouraging, Bill Turner, a former district attorney in Brazos County, Texas, said.

Even if prosecutors do pursue the

charge, it's very difficult to prove bias motivation, Turner said.

The American Muslim community is made up of people from all over the world. Someone's ethnic background can be indicative of how comfortable he or she is in dealing with the authorities, Mark Bishop, who works in the community relations division of the Michigan Department of Civil Rights, said.

Muslims in Michigan, which has one of the highest concentrations of Arabs in the country, may have dramatically different experiences of interacting with and trusting police officers compared to an Islamic community of a different ethnicity, Bishop said.

More recent immigrants may be less trusting of authority, he said.

"It can be hard enough to come forward to say you're a victim," Bishop said. "But the on top of it, to say, 'I'm a victim of because of something I am and something I cannot change,' it makes it even more difficult from a victimology side of the coin."

By conservative estimates, 2.6 million Muslims live in the United States, a number that is expected to double by 2030, and 157 hate-crimes incidents targeting them is statistically insignificant. The highest rate of anti-Islamic hate-crime incidents in 2011 was 0.19 per 100,000 people in New Jersey and Michigan. But Potok, citing a new Bureau of Justice Statistics report, said the FBI's data is understated and that the real number of anti-Islamic hate crimes is probably between 3,500 and 5,000.

The report, which is based on a national survey, estimated there was an average of 260,000 hate crimes, religious or otherwise, annually from 2009 to 2011. The FBI places the number at 6,480.

The discrepancy is rooted in how the agencies define hate crimes, Lynn Langton, a statistician who co-wrote the BJS report, said. Muslims who feel they have been victimized because of their religion count as hate-crime victims by BJS standards. The FBI's data is based on police records, she said. The BJS report also includes crimes not reported to the police.

She could not confirm the accuracy of Potok's estimate but agreed that the number of anti-Islamic hate crimes is probably much higher than the FBI's statistics. The FBI does not comment on the data it compiles, spokesman Christopher M. Allen said.

High-profile, anti-Islamic hate crimes, such as a film student charged with slashing the throat of a Muslim taxi driver in 2010, have raised awareness of crimes targeting Muslims. But sometimes, other religious groups pay the cost when an anti-Islamic hate crime is attempted.

Erika Menendez was charged with murdering a man last year by pushing him in front of an oncoming subway train in New York because she mistakenly thought he was Muslim. There is also speculation that the 2012 Sikh temple shooting in Wisconsin occurred because the killer thought he was targeting a mosque.

Before the September 11 attacks, there were very few anti-Islamic hate crimes, according to the FBI. The number of incidents skyrocketed by more than 1,600 percent from 28 in 2000 to 481 in 2001 and has remained above 100 every year since.



## New elephants at National Zoo

**Eddie Ameh**

*Scripps Howard Foundation Wire*

The three elephants at the National Zoo on a recent Wednesday gave visitors a lot to watch and the impression that they are very happy with their new home.

Kandula the youngest and the only male, spent hours rolling and playing with a ball while Shanti, his mom, and Ambika, the two females, spent time with elephant keeper Debbie Flinkman and guests at the new state-of-the-art reconstructed elephant trail now known as the Elephant Community Center.

People trooped to the National Zoo for a day dubbed "Enrichment Day" by zoo officials. It was a day for people to come with their families, schools and other groups.

Most of the visitors also had the opportunity to see the newly renovated elephant house now called the elephant barn. The new house, which is designed to accommodate up to 10 elephants was opened to the public Saturday.

Debbie Flinkman elephant keeper at the zoo said the new place is more spacious for both the elephants and human visitors. She said both seem to be adjusting to the new environment.

The new floor for the elephants is covered with sand, unlike the old place which was made of concrete. She said the surface is intended to help cushion the

feet of the elephants. Flinkman who has been an elephant keeper for 12 years said she loves being with the elephants.

"It can be stressful sometimes because they don't always hold on to the plans," she said. "I don't have a way of telling them, if you do what I ask you to do; something great will come out of it. They're like kids."

Melanie Candray, 13, a student at Beville Middle School in Woodbridge, Va., said she enjoyed seeing the elephants. She said she liked the way they ate.

"One eats very fast, one eats slowly and the other one just eats all," Melanie said.

Other visitors went to see other animals at the zoo. Dale Floyd, 69, a licensed tour guide from D.C. who brought a group of eighth-graders from Las Vegas to the zoo, said most people are happy to be at the zoo. The military historian and bibliographer who has been a tour guide for the 20 years said most of the people are enchanted by the pandas.

"The pandas are the biggest attraction because only a few zoos have them in the country," Floyd said.

"I have been here a lot of times, all I do these days is just walk up the place, get a cup of coffee and wait till they are ready to go," he added.

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# Wardrobe essentials for college women

Marie Frankson  
*Campus News*

Many students go to four-year colleges and universities after they graduate from a community college, and one thing is certain: when you go on to a four-year college, you’re going to need some clothes. When you’re in college, you’re just starting to really get to know yourself and your personal style when it comes to fashion and you’re going to need to build a wardrobe that will last you all four years and can go into the “real world” with you as well. This is a guide of basics that every college girl should have in her wardrobe.

1) **Great bras and panties:** Underwear is the foundation of your outfit. If you don’t have a bra that fit, well, then the rest of your outfit isn’t going to look right. Spend the time and money on getting a well-fitting bra and panties. I suggest going to a lingerie store like Victoria’s Secret to get a bra fitting before you buy one; you may be walking around wearing a bra that’s too big or too small for you and these ladies will tell you what you should be wearing.

2) **Jeans that fit well:** Jeans are the basics in everyone’s wardrobe. Find a brand of denim that fits you well and then stock up on various styles and washes. For jeans, I go shopping at Old Navy, but other places like Gap, American Eagle, and Abercrombie & Fitch have great jeans as well.

3) **Basic tops:** Get a few tops in varying lengths and solid colors. Cotton tee shirts (long sleeve, short sleeve, and tank tops) can be very easily dressed up and down.

4) **Cardigans:** Cardigans are a great way to dress up the above mentioned basic tops. Go with cotton cardis

gans in different colors and in different sleeve lengths so they can be worn year-round if you so choose. Cotton can be tossed in the washing machine and drier when you do laundry, so this is more economically friendly than, say, cashmere, which has to be dry cleaned.

5) **Black dress pants, and perhaps a skirt:** Get a pair of black well-fitting trousers with a wide leg for job interviews and recruiting sessions. The trousers should be long enough to wear with heels but not too long that they drag on the floor. For those who prefer skirts, stick with a black knee-length A-line or pencil skirt for a polished look.

6) **White button-down blouse:** This is to go with the trousers and/or skirt as part of your work wardrobe. A crisp, clean white button-down blouse is a classic piece that can be versatile as well. It can be worn for a job interview or it can be worn with jeans and flats or knee-high boots for a cool, trendy look.

7) **Flats:** Ballet flats are a nice piece to have in your wardrobe for those days when you just don’t want to wear heels or sneakers to school or work. Get a basic black pair because black goes with everything, but don’t be afraid to get a trendy pair as well, such as a colored pair or a pair with embellishments.

8) **Black pumps:** Another basic for your work wardrobe, don’t be afraid to spend a little extra on these; a good pair of pumps will last you forever (maybe not forever, but a really long time). These should have a mod-

erate heel height or no more than four inches to insure a professional look in the workplace. These can also be worn to semi-formal events.

9) **A dress:** Let’s face it, sometimes you just need to wear a dress for certain occasions. The color of the dress is up to you, but the length shouldn’t be too short. Think semi-formal, not night club attire.

10) **Rain/snow boots:** If you’re going to a place where it doesn’t snow, then you can just ignore this, but many of us aren’t so lucky. Unfortunately, you may have to sacrifice style for a nice pair of warm boots if you don’t already own a pair. When it comes to rain boots, there are thousands of cheap and trendy pairs to be found in a variety of stores and even online.

11) **Sweatpants:** For when you’re lounging around your dorm, working out, or want to be comfortable while taking exams. Victoria’s Secret sweats are a bit pricey but they are soft and last a long time.

12) **A carry-all bag:** Some days you won’t have time to go back to your dorm or apartment to get your books and other materials so you’ll need a bag that can carry everything and keep it all organized. Some people prefer backpacks, others prefer messenger



bags or tote bags; just be sure that there are a lot of pockets so you can hold as much as you need.

This is just a tentative list about what clothes a girl should have when she attends a four-year college. Bear in mind that climate and your own personal style are major factors in your clothing choices; many young women realize they need more casual clothing and others may realize as they advance in their education that they may need more business attire, but these are basics that every young woman should own as they can be dressed up and down and can go a long way.

## ‘Don’t be afraid to spend a little extra on black pumps.’

# Thousands gather for immigration reform

Jasmine Aguilera  
*Scripps Howard Foundation Wire*

Rosa Murguia couldn’t help but cry as she recounted how she missed her last chance to see her brother alive because she didn’t have the proper documentation to return to the United States if she visited her native Dominican Republic.

Murguia, 62, of Sterling, Va., is one of thousands of people who stood in 90 degree heat on the West Lawn of the Capitol to rally last month for immigration reform that includes a path to citizenship.

“I think this reform should be to protect people,” Murguia said. “Too many people have been cheated and hurt, I’m one of them, it’s not right for hard workers to live in shadows.”

Gustavo Torres, rally organizer and executive director of CASA in Action, said the rally was three months in the making, and he was happy with the turnout.

“We are super excited,” he said. “When I was walking from Union Station, I saw just how many people were heading over and I knew then that there was no way the government can ignore our voices.”

Several immigrant advocacy organizations were involved in organizing the rally, including the Service Employees International Union, National Education Association and United We Dream.

Speakers included Rep. Luis Gutierrez, D-Ill., who was arrested at a previous immigration rally, Sen. Robert Mendendez, D-N.J., a member of the “gang of eight” who introduced the first blueprint for immigration reform in the current Congress, and Rep. Joaquin Castro, D-Texas, who has pushed for reform along with his brother, San Antonio Mayor Julian

Castro.

“We delivered the votes that delivered the states like Nevada, Colorado, New Mexico and Florida, so that the Democrats and these votes came with a great deal of hope and trust,” Gutierrez

## ‘Work hard, push us – keep pushing us.’

said. “I’ll tell you what I’ve been telling people across the country, work hard, push us – keep pushing us – and together we will deliver immigration reform this year.”

Chicano movement leader Dolores Huerta spoke at the end of the rally to express her support for immigration reform.

Many at the rally traveled from out of state – from Texas, California, Colorado and North Carolina.

A bill for comprehensive immigration by the gang of eight is expected to be released this week and on the Senate floor by May or June.

In a statement released after the event, Julian Castro said undocumented immigrants deserve an earned pathway to citizenship.

“For myself and for millions of our friends and neighbors, immigration isn’t just political – it’s intensely personal,” Castro said. “People like my grandma – men and women in all corners of the United States, of all ages and origins – have helped build this country. They deserve a system that works – and our country’s economy depends on it.”

The reform can’t come soon enough for Kimberly Ochoa, 13, Silver Spring, Md., whose father was deported to his native Italy six months ago. She was born in the U.S.

“We need something happening right now, and we cannot wait because many families are getting separated,” she said. “I’m confident that this is going to be a big help, especially for families and workers that are fighting.”



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# The College of Saint Rose

# Chinese activist urges Kerry to intervene

**Jasmine Aguilera**  
*Scripps Howard Foundation Wire*

Chinese civil rights activist Chen Guangchen told U.S. House members last month that Secretary of State John Kerry should acknowledge human rights violations when he visits China.

Along with several other activists, Chen told the Subcommittee on Africa, Global Health, Global Human Rights and International Organizations graphic stories of forced abortions and sterilizations by government officials in rural China. The abortions and sterilizations are results of China's one-child policy.

"I'm here because something has to be done," Chen said in an interview after the hearing.

Chen, who is blind, escaped from house arrest last year, and was able to make his way to the U.S. embassy in Beijing. His wife and children came to the U.S. with him.

Geng He, also testified. She is the wife of Chinese human rights lawyer Gao Zhisheng, who is in prison and has been repeatedly kidnapped and tortured by government officials.

"I am very concerned that the torture and the long-term imprisonment pose a serious threat to his life," Geng said. "I appeal to the international com-

munity to persist in paying continuous attention to lawyer Gao Zhisheng, as this is the best way to protect him."

Rep. Christopher Smith, R-N.J., the subcommittee chair, did not say if the subcommittee would do anything about Kerry's visit, but he said committee members would do everything in their power to make the issue known to other members of Congress.

"It took a blind man to really see the injustice of a population control program

that makes most brothers and sisters illegal, and to hear the desperate cries of Chinese women," Smith said. "It took a blind man – the great Chen Guangchen – to open the eyes of a

blind world to these human rights violations."

Chen and the committee also discussed the Chinese firewall – the government controlled Internet – propaganda in news, religious persecution and what the U.S. government can do to stop human rights violations.

The witnesses pushed for stronger leadership in Congress and the White House.

Jared Genser, a human rights lawyer who founded Freedom Now to help free political prisoners around the world, said he has seen less willingness to act from



President Barack Obama than from President George W. Bush. Genser suggested that Obama meet with Chen to send a message to China.

Rep. Randy Weber, R-Texas, asked if China would listen to U.S. demands.

Pastor Bob Fu, founder and president of the ChinaAid Association, said China cares about trade relations with the U.S. and its reputation at the United Nations. Fu fled China in 2002 after being persecuted over his religious beliefs.

In response to a question from

Smith, Chen said U.S. diplomats in China have not visited Chen's nephew and other relatives family in prison, where government officials are holding them in Chen's place.

After the hearing, Chen said he thinks Kerry should hold the Chinese government accountable.

"I think he should insist; he should because freedom is an American value," Chen said.



# African leaders equate democracy with growth

**Eddie Ameh**  
*Scripps Howard Foundation Wire*

Four African leaders said last month that the only way Africa can attain development is through strengthening of democracy.

Presidents Ernest Bai Koroma of Sierra Leone, Macky Sal of Senegal, Joyce Banda of Malawi and Prime Minister of Cape Verde Jose Pereira Neves unanimously agreed that the only way Africa can attain its full potential of development is through strong institutions.

The four leaders spoke at the U.S. Institute of Peace in a conversation moderated by U.S. Assistant Secretary of State for African Affairs Johnnie Carson as he ended four years in the job.

Banda, one of only two female presidents on the continent, was sworn in as president last year after the death of Bingu Wa Mutharika. She fell out with Wa Mutharika and formed her own party but could not be sacked by the president because the Malawian constitution did not allow that.

“For three years, it was about succession. The focus of the president was his brother succeeding him instead of development,” Banda said.

She said this brought the country to a halt. There were food and fuel

shortages. When the president died, it was difficult for Wa Mutharika’s brother to take office because the constitution did not allow it. Since assuming office, she cut her salary by 30

percent and cut government spending. As a result, the economy of Malawi is expected to double this year. Banda paid tribute to the Malawian people for the support.

“True leadership is a love affair between you and the people,” she said.

Sal took office last year after former president Abdulai Wade changed the constitution to extend his term in office. Sal beat Wade in a runoff election. He has started a number of reforms, including putting two presidential jets up for sale. He said he is willing to continue with reforms.

“I am in favor of a reduction of the term of office of the president from seven years to five years,” he said. “We have understood that democracy is everybody’s business.”

Koromah won elections in Sierra Leone last year for a second four-year term. Sierra Leone is putting itself back together after more than a decade of war that ravaged the country. He said the first thing he did was to unite a divided nation.

“We took the first step establishing a Truth and Reconciliation Commission, which was geared towards ensur-



Jose Pereira Neves, prime minister of Cape Verde; Ernest Bai Koromah, president of Sierra Leone; U.S. Assistant Secretary of State for African Affairs Johnnie Carson; and Joyce Banda, president of Malawi.

ing that the communities and people within the country are reconciled,” Koromah said, “because, it is important for a country that has been at war to be a reconciled country.”

He said he has committed his presidency to building institutions. Koromah said there is also freedom of speech, and no journalist has been arrested since the war was declared over in 2002. “When there is democracy and stability, it will open investment opportunities,” he said.

Neves has improved the economy of Cape Verde. The literacy rate in the small island nation has risen. He said it is very important to give women the opportunity to be a part of leadership.

The leaders earlier met President Barack Obama at the White House.

He praised them for their exemplary leadership.

“What we’ve learned over the last several decades is that when you’ve got good governance -- when you have democracies that work,” Obama said, “sound management of public funds, transparency and accountability to the citizens that put leaders in place -- it turns out that that is not only good for the state and the functioning of government, it’s also good for economic development because it gives people confidence, it attracts business, it facilitates trade and commerce.”

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# College sports – power and corruption

**David L. Podos**  
*Mohawk Valley CC*

The benefits of receiving a college education are many. Of course there is the pure joy of learning and applying that new found knowledge within the labor markets of your choice. For many students it is also a rite of passage to becoming a more mature and responsible adult who will develop into a contributor of society. Many memories of your college experiences will stay with you for a very long time, some for the rest of your life.

Perhaps that memory was of a Professor who really inspired you. It could have been someone in administration or anyone for that matter from admissions to the registrar’s office who took the extra time to help you. In addition to your educational experience there is the experience of inter-collegiate sports. Whether as a participant or spectator, college sports are so much a part of the educational experience deeply woven into the fabric and consciousness of college life in this country. It really doesn’t matter if your particular school has a winning sports team or is recognized nationally as one of the top NCAA teams in the country.

Students will find a team they love and stick with that team through good times and bad, caught up in the pageantry and excitement that is only unique to a college sporting event. Many remembrances as an athlete or spectator will also be imbedded in your consciousness and hopefully they will be great memories. I can distinctly recall attending my first Syracuse University basketball game and though it was years ago it was truly a wonderful experience. Sadly though it seems of late that there is a growing cancer within

the athletic departments of many of our colleges and universities and this cancer is spreading. It is the cancer of winning at any cost, be it targeting a particular player and taking him out, to administrations turning their heads away and not holding our athletes to educational standards, to outright abusive conduct to team players.

Witness the dismissal of Head Coach Mike Rice of Rutgers University back on April 3, 2013. A video clearly shows him physically abusing teammates by throwing a basketball at their legs, face, arms and, at least to my viewpoint, aiming that basketball several times at their private parts.

Add to all of this the grabbing of students by their jerseys, to yelling obscenities and using racial and sexual slurs.

Anyone who has been involved in college sports or professional sports knows that at times coaches can become irate and inpatient. There is a degree of in your face antics from coach to player that is commonplace.

Usually this is just a form of posturing though clearly it is meant as a defining demarcation of who holds the power. It is also used to instill a fighting and winning spirit. I do not think anyone has a gripe with that. But what we are seeing today goes well beyond the boundaries of inspiring that fighting spirit.

Years ago when I was a karate/jujitsu student, I had a sensei who it didn’t take me long to figure out had some serious anger issues. My time there was about as brief as it would have taken me to execute one-hundred side snap kicks, which was pretty darn quick back then, if I must say so.

Unlike my previous martial arts coaches who worked within a Zen-like philosophy, always respecting their position while respecting the position and growth of their students, this guy would get off on punishing his students. Inflicting brutal warm ups and sparring sessions, screaming at us the need to employ massive injury to our opponents and having little concern for the damage we would cause was commonplace. Perforating someone’s internal organs was just getting it done. This

sensei at the time would hang out at a local bar that oftentimes I would frequent and drink himself into a tizzy while looking to get into a fight. Not the kind of person I would respect nor look up to as a mentor/coach. The message he was sending me was totally dissident to the philosophy of most martial arts that being a passive self-defense art form and not one of offense. What kind of message was this guy sending to his students? Well, certainly that message in my mind was one of intimidation as well as a message that he did not respect his students.

Likewise vis-à-vis the growing laundry list of repugnant acts by college coaches toward students, what kind of message are they sending these kids? Hitting, spitting, belittling, mocking and the vulgarity of racial and sexual slurs are all right – it’s just the way of getting it done? Can’t stand the heat, get out of the kitchen? For many students who enter into college sports,



their ties to their coaches through the semesters can be enormously strong. Will they look up to them as a role model, as someone who instills a sense of commitment, a sense of teamwork and an understanding that winning is not everything?

How about fairness and respect? For most of these kids their time on the basketball court or gridiron will be short lived and for those who are hopeful that they will be picked up by a professional team, well don’t hold your breath. You would have a better chance of winning the lottery.

What these students should be learning from their coaches are teamwork and fairness and the ability to work under pressure. Commitment, steadfastness, and courage to face obstacles and challenges and the skills to understand how to negotiate and work through problems with a minimum of human indignity are additional skills and traits passed from coach to player.

Of course these are the skills and traits that are directly transferable to the outside world of labor as well as within most relationships that we construct throughout our lives. That’s what students can get from great coaches, not coaches that grind down the spirit of a person and then use their powers in an abusive way.

I pose a simple question. Would most students tolerate an out of control, abusive Professor?

Would a college who knowingly recognized that a Professor was treating his or her students in a similarly abusive way as Mike Rice did to his students not take the necessary action to censure and discipline that Instructor? For many institutions of higher education sports involves big money.

Unless the school is fortunate enough to have a large endowment, the costs to the college and or university can be enormous once you factor in all the expenses from building and/or maintaining a stadium to the hiring of staff. However there is another asset to the school for having a winning team.

Great teams attract students. In America where sports are held in high esteem, those winning teams bring added value to the school, and as many colleges throughout the country scramble to decrease their shrinking full-time student admission numbers, sports can be a magnet.

So do we wonder why we scratch our heads when watching the evening news and are astonished by a university’s administration that hadn’t acted with more concern and alacrity to dismiss or at least suspend a coach after such egregious acts have been surfaced? We saw this dragging of the feet play out all too well and far too long before the eventual suspension and dismissal of Jerry Sandusky at Penn State.

Students spend a good deal of time and money to get a high-quality education. Most play by the rules and expect everyone else to as well. Throughout their journey they will seek counsel from many people who hold power and status such as professors, academic advisers and certainly college coaches. Many of these people will leave a long-lasting impression upon their fertile minds. What will that impression be?

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

**I pose a simple question. Would most students tolerate an out of control, abusive Professor, as Coach Rice was to his students?**



# Summer courses may be right for you (cont.)

material under students’ belts or a recipe for disaster. Very difficult courses can be hard to grasp in such a short time but conversely, the intense focus on a subject matter can prove to be a great way to engulf oneself in a subject and retain the material. It can also prove to be a way to fall behind since the classes are quickly paced and professors often move on to the next lesson without giving ample time to the previous.

“Be committed because it is academically challenging and potentially overwhelming. Assess what course it is because coming from a developmental or remedial course to a higher level can be a big mistake. It really depends on the student,” St John’s Professor Theresa Collins explains, “You can fall

behind quickly.” Students should weigh their own study habits, academic abilities and choose summer classes wisely. Consider subject matter, time frame and difficulty of the course.

Internships that need to be completed may be great to do over the summer when the focus can be on interning and not split with the other responsibilities of course loads.

In addition, there are other factors to consider like financial aid.

“I actually can’t take summer courses because of financial reasons,” NCC student Alex Rodrigo states,

“Kind of stinks.” Most institutions do not offer financial aid or loans for summer classes unless the student is enrolled in a certain number of classes, usually full-time

tution if the other institution is not within reasonable commuting distance of Hofstra and if the courses have been approved in advance.”

Students need to research school’s policies such as these to prevent the loss of money and even time. In an age where pinching pennies seems to be more important than ever, unfair policies like Hofstra’s can be the deciding factor of whether to register for a summer session or not.

There are ample opportunities all over the island and in the tri-state area to take any course students may desire. Students should double check degree requirements and verify that there aren’t any courses that only run over the summer that they may need to satisfy a requirement. College financial aid offices and advisors can answer any questions that prospective students may have

## ‘I actually can’t take summer courses because of financial reasons. Kind of stinks.’

status. Students are left paying out of pocket to complete classes or turning to a bank for a loan. Interest rates on bank loans can be astronomical and paying cold hard cash for credits is difficult when some schools like Hofstra University charge upwards of a \$1000 per credit.

Hofstra also has a policy in place that prevents students from taking cheaper classes elsewhere: “Students may obtain credit on their Hofstra records for courses taken in the summer session at another accredited insti-

## Let’s get loud!

**Nathaniel Villano**  
*Campus News*

Are you a lover of anything and everything that has to do with music? Looking to get yourself or an event promoted? If you answered yes to either of those questions then you might want to check out the company Decibel Bangers. Dylan Kilfoil, 21, a management major with a minor in entrepreneurship at Hofstra University, founded the company in August of 2012. Decibel Bangers is a talent buying and production company who promote upcoming artists and events.

“It began with my oldest brother hosting shows at local Veterans of Foreign Wars halls and he had success, so I followed suit and decided to throw bigger shows,” stated Dylan.

The idea of Decibel Bangers came to Dylan while he was in Italy on a study abroad trip “I thought to myself, ‘I can do anything I want if I just set my mind to it,’ so with the rest of my summer I ate, slept and breathed Decibel Bangers.” They host events at different music venues but their most recent show was at 89 North the music venue in Patchogue,

N.Y. They are primarily promoting electronic dance music, but Dylan states that they hope to diversify with other genres of music in the future. Just recently they held a contest giving away 10 free tickets to the Datsik, Terravita, and Getter show that was at the paramount on April 6th. While they still might be in the “taking off” stages, so to speak, since their first show (that they sold out), they have tripled in followers on social media networks and look forward to selling out their next shows.

Dylan runs the company primarily by himself but with the help of a number of volunteers. If you would like to keep up to date with future shows and contests with Decibel Bangers check them out online at decibelbangers.com, Facebook at www.facebook.com/ Decibel.Bangers, and Twitter @DecibelBangers. So if you are an aspiring DJ or any type of musician for that matter snag a peek at Decibel Bangers and see how they can help you move up in the music industry!

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# Elite runner remains undeterred after rough year

**Matt Nelson**  
*Scripps Howard Foundation Wire*

Michael Wardian doesn’t run as much as he used to.

Before five stress fractures and five hernias requiring surgery, he used to pound out between 100 and 120 miles per week. Now, he only runs between 40 and 60.

On March 16, he took second place in the Rock ‘n Roll Marathon, the first time since 2009 he didn’t take first. He’ll be making an attempt for a half-marathon world record at the Pittsburgh marathon in May.

For him, that’s taking it easy.

“I just need to gradually work back into being able to do those kind of miles again,” Wardian said. “I’m coming back really slow and carefully, I think.”

Wardian, 39, has come a long way since the day in 2012 when he went on an easy jog to work and then couldn’t walk across the office.

“He was just barely able to walk,” said Keith Powell, Wardian’s boss and president of Potomac Maritime. “Really, in moving around, he was clearly in a tremendous amount of pain.”

Before the stress fractures, Wardian had never had a serious running injury. His wife, Jennifer, 36, dreaded the day it would come.

“Other people had told me, when their spouses got injured, how awful it was,” Jennifer said. “It was just as bad as I thought it would be.”

Wardian may have won or placed in dozens of marathons and ultra marathons, but he still thinks of himself as a lacrosse player. He played from fourth grade until his junior year at Michigan State, when he visited a friend over Easter. His friend’s mother had recently run the Boston marathon, and she showed Wardian her medals and a blanket given to her after the race.

“I was just taken by it, because I’d always seen it on TV, and I’d never known anyone that had actually done it before,” Wardian said. “So I started asking her questions about it. I was like, ‘I want to do that!’”

Wardian began a training schedule for a marathon, putting him on the path toward his record-breaking career. After an internship with Potomac Maritime, he was offered a job as an international shipbroker, where he still works full time.

Jennifer knew what she was getting into when she married him in 2004.

“It was a great perk,” Jennifer said. “In the first part of our marriage, before we had kids, we would travel every weekend. Maybe not someplace super exotic, but someplace fun.”

The birth of their two sons — Pierce, 6, and Grant, 4, didn’t slow Wardian down. The boys became a part of his races — when Pierce was 10 months old, Wardian broke the world record for fastest marathon while pushing him in a jogging stroller, and Pierce was given the middle name “Miler” in recognition of the races.

As Wardian’s young family grew up, the racer gained momentum. In 2011, he took third place at the Badwater Ultramarathon, running 135 miles from Death Valley, Calif., to the trail-

head at Mount Whitney, nearly 8,300 feet higher than the start of the course. In June 2011, he set a personal record for the marathon in 2 hours, 17 minutes and 49 seconds at Grandma’s Marathon in Duluth, Minn., taking 13th place and qualifying for the Olympic Trials.

Wardian is good enough that he has sponsors who support him in his running.

Wardian began to seem more and more like a superhero — literally. In March 2011, he snagged the Guinness World Record for fastest marathon while dressed as a superhero — Spider-man.

“It’s actually a hard costume to run in because it covers your mouth, so the mask goes down and there’s really nowhere to put water in,” Wardian said, “And [the eyes] have sparkling things, so when the sun hits it, you’re sun blind.”

After smashing records and winning races in 2011, he seemed poised for another incredible year.

Looking back, both Jennifer and Wardian agree that things were “a little off” in the second half of 2011.

Still, neither of them could have predicted the strength of the storm to come. Just before Wardian was scheduled to run the New York marathon over Halloween weekend in October 2011, Grant began having seizures.

“He had a seizure on a Friday ... and then Mike went for a run on the day after Halloween, that Tuesday, and tripped on a rock and cracked his teeth,” Jennifer said. “No one stopped to help him — they thought he was still wearing a costume. And then Grant had three more seizures in the next three days.”

Grant was diagnosed with epilepsy, and his attentive parents began waking up to check on him every few hours.

“That kind of stress — we’ve never known before,” Jennifer said.

With long hours of family care, a full-time job and miles of running, Wardian wasn’t recovering from his workouts.

“I think that he has such a drive that he was able to push the pain away for so long,” Wardian’s boss, Powell, said. “He has such a competitive spirit that he was basically able to will himself to compete well beyond the point he should have been competing with these injuries.

“But at a point, it just broke him.”

Wardian was diagnosed with five stress fractures and five hernias, severely curtailing his running season.

The extreme nature of an elite runner means that doctors don’t always know what to do with athletes who run upwards of 100 miles a week.

“A lot of times when these guys go



Jennifer and Michael Wardian are the parents of Pierce, 6, and Grant, 4.

to the doctor, they’re really looked upon as, ‘Well, you’re hurt because you run all these miles, and we don’t know what to do,’” said Gavin Cribb, a physical therapist at the Endurance Athletic Center, in Falls Church, Va., near Wardian’s home in Arlington, Va.

Wardian, Cribb’s patient, visits the center twice a week.

Wardian stayed in shape by switching from running to lower-impact activities such as aquatics and biking. The exercises have helped him keep his edge.

“By him really refusing to stop his training even while he couldn’t run, he was able to come back pretty darn quick,” Powell said. “I wouldn’t say he’s anywhere close to being full speed, but goodness, help the competitors once he does get back!”

“We were happy to ring in 2013,” Jennifer said.

Grant is coming up on one year without seizures. Because of his age,

Jennifer said the doctors think there is a 70 percent chance he will grow out of his epilepsy.

Wardian’s kids don’t seem to be all that impressed by their father’s comeback.

“They don’t realize that I’m not going to win every race,” Wardian said.

Jennifer recalled a recent race at the U.S.A. Indoor Track and Field Championships where Wardian was passed on the last lap by a competitor.

“I was filming it and making a quick little clip, and I didn’t hit ‘end’ fast enough, and I got some commentary from the 6-year old,” Jennifer said, laughing. “I said, ‘Daddy got third!’ He said, ‘Ugh, come on!’”

Wardian knows he has a long way to go before he’s back at full speed, but he doesn’t seem concerned about getting there.

“I’m just so happy to be running again,” he said.

## CAMPUS NEWS

*is published once or twice monthly during the school year and distributed to approximately 20 New York and New England two-year colleges.*

**Publisher/Editor:** Darren Johnson.

**Regular Writers:** Christine Barton, Marie Frankson, Amanda McElroy, Laura LaVacca, Prof. Jack Mandell and Prof. David Podos. Additional writers include the publisher/editor, the occasional student freelancer and college interns working for the Scripps Howard Foundation Wire.

**Original Layout Template:** Thomas

Johnson.

**Photos and Art:** Photos are taken and/or provided by the authors of articles or are stock or PR images, unless noted.

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# ‘Poverty-mester’ – 12 credits in reality

**Darren Johnson**  
*Campus News*

You may wonder how new courses get proposed at your college. Often, if comes from a professor – he or she may devise it, work with a department chair, go before a committee or two, get administrative buy in and, many months – sometimes years later, if at all – there is a new course in the college catalog.

I’ve made the bulk of my living in administration in recent years, though I also teach and do student newspapers, as well.

One thing I’d like to do, if there were time, would be a semester devoted to living in poverty. Read on to learn my rationale.

A few years ago, a professor wanted my help in getting his idea off the ground. I believe he was going to call it City Semester, where he took a bunch of students into Manhattan for a period of time, and they would be exposed to the various aspects of the culture there and get credit. We were at a suburban college, and many suburban kids don’t really know much

ering and collecting on foot.)

I think my story has more universal truth to it than the story of the kid driving a new Lexus to class. So I propose a semester where students live in real poverty. Maybe it could be called Poverty Semester, Poormester, Meister Mester, whatever. I am not here to brand.

And instead of Manhattan, a group of students would be forced to live in a flat in some boarded out part of Brooklyn or the Bronx. No credit cards, no checks from home. They’d have to work in a local shelter or soup kitchen for minimum wage, minus rent. They’d only have the clothes on their backs. Their phone would be a payphone up the hall. A staticky tube TV with rabbit ears would provide a handful of broadcast channels. I’d secretly work with the landlord to make sure the power, heat and hot water went off regularly. I’d buy a rat or two and put them in the cupboards for effect. I’d hire some character actors to play thugs – we’d have to take judo lessons at the local Y to feel more self-assured walking down the street.

See, this is the reality that many Americans live with – maybe your par-

ents had such an upbringing. It made them who they are. And, really, I think gaining this toughness would make one a better business person, understanding a broader customer base and the real value of a dollar. In today’s world, we all need to understand how to be tough business people, it seems. Even artists need to know Excel.

But Poverty Semester could also include a course on the Literature of the Poor – get ready for mondo Dickens – and, of course, a Sociology of the Poor class. Maybe an art appreciation course, studying street art. Small business entrepreneurship. Most academic disciplines could insert themselves into this program, making it worthy of 12-15 credits, for sure.

Yeah, I know. In this era where helicopter parents help college kids with their homework and even call professors directly, one could imagine their concerns – “Say something goes wrong?!”

I guess they would be assuming that their child would be mugged or something.

Sure, before embarking on the course, students should be given a dose of common sense – don’t be jamming out on headphones hooked up to the latest iPhone on the subway at 2 a.m., for example – but colleges already have travel abroad programs to a host of Third World countries that



are likely far riskier.

By the end of Poverty Semester, students will be wiser to the world and much more grounded in reality, appreciative of the struggles that perhaps their parents and/or grandparents had to make. Besides, the dozen or so students who do Poverty Semester will be helping the community where they are assigned.

Go to a VFW and the old timers talk about the months of their lives where they were in the military, even though that may have been 50 or so years ago. You ever hear an older professor wax poetic about his time in the Peace Corps in the 1960s?

Heck, I still talk about the couple of years I played lacrosse at some tiny college.

These were “defining moments” where we all got to prove ourselves, and the stories last with us to our graves. That’s the kind of impact Poverty Semester would have on the upper-middle-class suburban kids who go to the typical private college on Long Island, Upstate or in New England. Somehow, I can’t see these colleges going for it – and that’s too bad, as the least a college can do for a student in four years is present him or her with a “defining moment.”

## My proposal for a semester-long look at a poor neighborhood – by living and working in it.

about the City, really, so this sounded like a great idea. Though I don’t think the program ever happened. I lost touch with the professor – don’t even remember his name – and google gives me nothing, though I see that other colleges in other cities do similar programs. Maybe the guy wasn’t all that original after all.

I’ve never considered myself all that original, either; more so, I am good at innovating the mundane. This isn’t the first student newspaper in the world, but it’s the first to hit many, many campuses. I’ve made some big web sites, too. And I did not invent semester-away programs.

But that City Semester idea has bumped around in my head for a while. That, and I have often worried about some students. Many students seem to have much better cars than I have. This has always been the case, but I am older now and have a decent job. It seems totally preposterous that an 18 year old should have a car worth double/triple my Hyundai Sonata, don’t you think?

When I was in college, there was a definite mix of haves and have nots in the dorms. I worked at fast food places and delivering papers and had an old Impala with no hubcaps for transportation. Meanwhile, other students had everything paid for by parents – including their credit cards. They’d get a check in the mailbox each week for fun money (my roommate would smoke his up).

I worry about my own daughter, 14, who has all the latest iThings. She doesn’t have the life I had at her age, where I was out delivering papers in the cold and heat. I paid for my Huff and a transistor radio that played The Cars and other great bands as I tossed papers from house to house. I’d go home to no one. It was all pretty lonely, really. (One time, on my route, I was violently struck by a car. My bike was mangled. I limped home, and no one really cared. I had to go back to deliv-

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# Bi-partisan duo supports background checks

Jess Miller  
*Scripps Howard Foundation Wire*

A deal to expand background checks for commercial gun purchases has been unveiled by Sens. Joe Manchin, D-W.Va., and Pat Toomey, R-Pa., giving the bill the bipartisan consent that it needs to make it to the floor of the Senate.

The bill would close the so-called “gun-show loophole,” which allows any person at a gun show to buy a weapon without a background check. It would also mandate background checks for online firearm purchases.

The only part of gun sales that the bill doesn’t touch is private, person-to-person sales and family transfers.

“I do not consider criminal background checks to be gun control,” Toomey said. “I think it’s common sense. It’s the people who fail a crimi-

National Instant Criminal Background Check System, would create an enormous national registry of all gun owners.

The bill specifically prevents such a registry from being established.

Neither Manchin nor Toomey would say whether he is concerned about losing the “A” rating from the NRA, which opposes universal background checks.

“What matters to me is doing the right thing,” Toomey said. “I think this is the right thing, and I think most Pennsylvanians would agree with me.”

The pair is confident that their bill will be voted on as an amendment to a larger gun-control package that Senate Majority Leader Harry Reid was preparing to take to the Senate floor as of press time. The first step in the process will be to overcome a promised filibuster.



Senators Joe Manchin and Pat Toomey.

said in a statement.

Toomey said he did not know if any other Republicans would vote for the bill with the amendment, as their reaction has been mixed.

“There’s some people who are very interested in learning more, and they are openly considering whether they may embrace this approach. Others are not very interested,” Toomey said.

Though West Virginia has a high rate of gun ownership, with more than 50 percent of households owning guns, Manchin said he is confident that his constituents will support his amendment.

“I have spoken with my friends in West Virginia, and I have explained what the bill does,” Manchin said.

“And I think I have support from those who would be the most critical gun advocates as anyone in the country. They understand that this is common sense.”

A recent Quinnipiac poll found that 91 percent of Americans support universal background checks.

The pair unveiled the deal as first lady Michelle Obama spoke at a fundraiser in Chicago and visited with students and counselors in Harper High, where 29 students have been shot in the past year and eight of them have died.

## 91 percent of Americans support universal background checks.

nal or mental health background check that we don’t want having guns.”

Both senators, who currently have “A” ratings from the National Rifle Association, repeatedly emphasized that that the bill will not take away the guns of law-abiding citizens. They also rebuffed the claim from the NRA that running a customer’s name through a national FBI database called NICS, or

President Barack Obama commended Manchin and Toomey on their leadership, saying the agreement represents significant bipartisan progress.

“It recognizes that there are good people on both sides of this issue, and we don’t have to agree on everything to know that we’ve got to do something to stem the tide of gun violence,” Obama

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# A summer project: try starting a garden

Mollie Cohen  
Campus News

As a student, with the summer months approaching, you may be increasingly busy, or looking forward to the downtime of your summer break. Whether you have little or all the time in the world, this is for you! With spring quickly passing, now is the time to start reaping the benefits of gardening. There are endless opportunities to allow gardening to positively affect your life and community. From starting a full vegetable garden at home to making the change and purchasing organic produce, there are many ways to become involved and make a difference. Gardening consistently produces great personal, environmental and economical results.

**Is Gardening Right for Me? YES.**  
You don't have to be an environmentalist to see the positive effects of gardening. On a personal level, there are many reasons to garden. Growing your own produce is the best way to know what you eat. From the seed to the dinner table you stand alongside these vegetables the whole way through. There is no question about freshness, quality and safety, when you grow what you eat. You will taste the difference! "Nothing

was wasted. We basically got real intimate with cow manure, which was moderately terrifying and exhilarating at the same time," says Grace Ports, who spent her childhood maintaining a garden with her father and recognizes its benefits.  
Vitamins are highly packed in vegetables. While the USDA and National Institute of Health guidelines suggest five or more servings of fruits and vegetables per day, growing your own produce is likely to significantly increase the consumption of vegetables daily.  
Exercise is another positive benefit to gardening, that is rewarding and highly overlooked. Not only a fun hobby, gardening requires activity, which strengthens muscles and burns calories. HealthDiscovery.net, a weight watchers support network, estimates an average of 324 calories per hour are burned while gardening for an individual weighing 150 pounds. Additionally the vitamins and exercise provide increased energy and a positive mood.  
Economically, being involved in gardening has a great impact on the community. Supporting local farmers is a great way to support a small business and encourage healthy behavior. There are expenses involved in creating a personal garden. The range is decided by you. An herb gar-



den, which can sit on a window sill and cost up to five dollars, can be plentiful for your home and happy for a wallet. Whichever level of gardening is taken, the positive outcomes will be very apparent. Growing produce also reduces waste. Crops stay fresh and are picked only when necessary. Waste from the garden can also be used as compost. Organic waste naturally decomposes to create a fertilizer, whose nutrients can be added to the garden to promote a healthy crop.

Reducing a carbon footprint is another major environmental benefit. High production farms and factories are leaving major carbon footprints in our environment. Fossil fuels, as a source of energy for machinery in large producing companies, play a major impact in global warming. Chemicals used to treat the farms contaminate the surrounding land, disturbing the ecosystem.

The use of pesticides has imposed a danger on our environment. Pesticides are used commonly to deter insects and animals from consuming and destroying crops. These chemicals are harmful to the environment, including your body. Choosing organic is one step to take towards helping the environment and also the body. The term organic is used to indicate that the product has been produced through approved methods. The approved methods of the USDA include cultural, biological and mechanical practices that encourage cycling of resources, promote ecological balance and conserve bio diversity. Products treated with irradiation, sewage sludge, genetic engineering or synthetic fertilizers are prohibited. The USDA seal indicates a product to be certified Organic. Minimizing the purchase of inorganic produce will support the production of organic produce, which in time will decrease the production of inorganic helping the environment.

**Is it easy? YES!**  
Community involvement also presents itself within this new found activity. Volunteer work on local organic farms is a great way to give back. Participating in local farmers markets by volunteering or selling your produce creates opportunity to connect with others and to also give back. The Long Island Farm Bureau has lists of all

local farmers markets. The information for local farmers markets is simply at your fingertips. The local newspaper will have listings as well as search engines online.

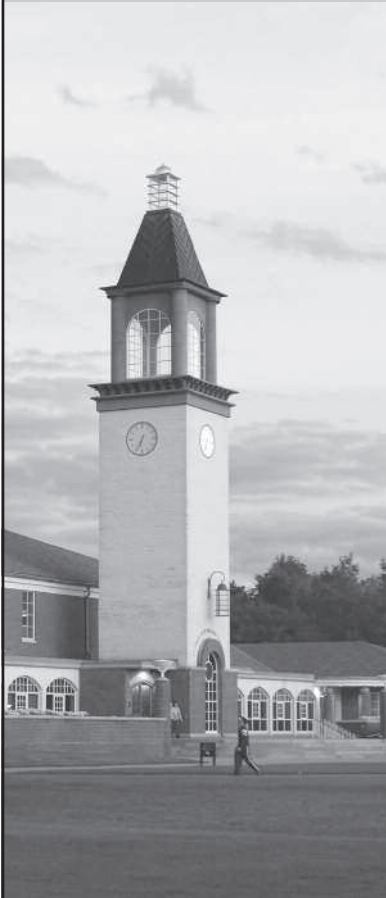
Some farms have programs that involve volunteering on their property in return for the harvest of their crops. This is a great way to reap the benefits of gardening without the responsibility. There are many museums that have personal gardens in need of volunteers as well. A great organization to check out is WWOOF. This stands for World Wide Opportunities on Organic Farms. The purpose is to encourage and give opportunity to those interested in becoming involved in an organic, sustainable lifestyle. It is an online directory of farms throughout the world in need of volunteers. Usually they will provide food, room and board, use of bicycle or car and airport pickup for around 30 hours a week of service. Service is likely to include gardening and or caring for a few farm animals. The volunteer is responsible for their airfare and money for the weekends. For access to this, a membership of \$20 is required. You can find more information at [www.woof.org](http://www.woof.org).

**How do I start?**  
You have already taken the first step in deciding gardening is right for you. Once engaged in the amazing act of gardening, one will be overjoyed and experience feelings of fulfillment and satisfaction to be shared with friends and family. Attending workshops or asking an employee of the local nursery will be a good start. It doesn't take too much effort. There is ample information through the internet. Forms and blogs are available for those interested in gardening tips and advice. Facebook can be used as a way to reach out for advice as well.

Gardening is a great way to meet friends, build relationships, gain life long skills and support a healthy life style. It is a way to teach and learn, experience life and the value of hard work. The benefits are endless, and anyone can do it. So what are you waiting for?

## 'Reducing a carbon footprint is another major environmental benefit.'

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# Redbox gets the Oscar nominees quick

**Darren Johnson**  
*Campus News*

I know. Usually my “It’s New to You!” movie column is about cool finds on Netflix, but I sometimes do dabble in other second-run mediums.

Recently, I read how Redbox has grown. You know, those kiosks in grocery stores and outside 7-Elevens that dispense DVD movies? With over 43,000 kiosks, 68 percent of Americans live within 5 minutes of a Redbox, it is reported.

While I’ve been pretty loyal to streaming Netflix, considering how easy it is to just watch films over the Wii, I did notice that the Redboxes now have the recent Oscar “Best Picture” nominees (and the winner). I’d bet Netflix won’t get these for at least a year.

Now, DVD sales are shrinking. It may be a dying medium. The actual video stores, like Blockbuster, are almost all gone. But considering that DVDs are just \$1.20 per day to rent via Redbox, maybe it is worth hanging on to your DVD player (my family uses an otherwise obsolete PlayStation 2 to play DVDs).

In any case, I chose the Oscar winner, “Argo,” and one of the Best Picture runner ups, “Django Unchained,” for this month’s review. I did not rent “Lincoln,” which was

the odds-on favorite to win Best Picture, as the only version available in my local Redbox was in Blu-ray, and we don’t have one of those players (like DVDs aren’t good enough? The picture quality is surely better than Netflix streaming!).

First, let’s compare the Redbox experience to streaming Netflix. While the picture is surely better with a DVD and the movies are newer, for many it may be inconvenient to have to drive to a kiosk and back. Normally, I can find something “new to me” that’s four stars or better pretty easily on Netflix, especially in the documentary or independent film categories. And at \$8 a month, Netflix is still the better bargain, though both services are very affordable.

Now, let’s compare “Argo” to “Django Unchained.”

It is not hard to see why “Argo” beat out the Quentin Tarantino film after watching them back to back. “Argo” is well told, with lots of tension and intrigue. Sure, it helped its Oscar voting in that the movie positively portrays Hollywood and the voters are largely Hollywood types – it is about a true American/Canadian scheme to get six Americans out of Iran during the 1979 Hostage Crisis by faking the shooting of a film in Tehran – but the film is also expertly acted and riveting throughout.

It is a great movie – though how stupid were the Iranian authorities to allow a Western film crew in during such tumult? – and it is a movie I will never watch again. I enjoyed it. It was thought



provoking. But I feel satisfied with having watched “Argo” once.

Now, with Tarantino, sometimes I watch his movies over and over – “Pulp Fiction” and “Inglorious Basterds” come to mind – and see something different with each viewing. Such movies can be watched in 10 minutes clips and just enjoyed for their uniqueness and direction. For example, the scene in “Pulp Fiction” where Butch (Bruce Willis) has to go back for his watch, or in “Basterds” where the group, posing as Nazis, come across a real Nazi officer in a French basement bar.

Over time, I bet “Django” will fall into this category. I will come across it on cable, on Netflix ... and watch a scene here and

there. The real stars are Django (Jamie Foxx) and Dr. King Schultz (Christoph Waltz, who won Best Supporting Actor and also played the Jew Hunter in “Basterds”). Schultz frees slave Django and they become bounty hunters, eventually searching for Django’s slave wife.

Sure, like “Basterds,” it’s revision history, and some scenes are just tongue-in-cheek, purposely goofy, but it’s also a bizarre take on America’s slavery period – and, from a big-picture perspective, likely mostly true to a degree.

So, “Argo” will be like so many Oscar winners that we never really think about a year or so from now, while “Django” will have a long life ahead.



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