

Community College CAMPUS NEWS

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

Volume 8, Issue 1
Enjoy! Free on Campus!

Making it through the first month

September 2013	
St. Rose	2
On Journalism	3
Decor	4
Style	8
Television	9
Classifieds	10
Opinion	14
Mercy	16
Visit us at cccnews.info today!	



Colleen Gibbons-Brown
Campus News

Who will I sit with in the cafeteria? Will the classes be too hard? How soon will I make friends? For freshmen, the first weeks of college are filled with worries like these. Whether faced with the terror of walking into a cafeteria full of new faces or the paralysis of not knowing the answer to a question the professor asks in class, new college students find a lot to feel nervous about during the first month of school.

To avoid facing their fears, freshmen commuters might stay away from campus and dorm students might take refuge in their rooms. “The first month, I spent a lot of time in the library,” says Shelagh Sweeney, 17, of her first year of college. Sweeney now a second year student at Ulster Community College in

Stone Ridge, New York, says the most important thing for freshmen

to keep in mind is that “all of the other incoming students are just as nervous as you are.” Once

You can survive the rocky, nervous early weeks.

students realize this, it becomes easier to leave the dorm and

venture onto campus to meet new people. Joining a club, taking a trip, volunteering for campus projects and attending events are all promising approaches to making

friends. “Friends form through a willingness and desire to be around each other,” explains Andrew Wile, 20, a student at Dutchess Community College in Poughkeepsie, New York. Wile’s first college friends were fellow classmates in a music theory course during his first semester. Outside of class, Wile discovered that “study partners are amazing to have in college, especially when you can form

lifelong friendships that can support you outside of the classroom.” Some students find friends on day one, others take longer. “The speed that people make friends with other people differs with each individual,” Wiles says. Sometimes being in the right place at the right time can be all it takes to meet a friend. “If you’re worried about

continued on page 2

Keys to prospering, and transfer

Nathaniel Villano
Campus News

Hello freshmen! New to the college scene are you? Well, here is a small survival guide to help make your transition from home to your new school as easy as possible.

Being on your own is one of the biggest freedoms a college student has. With that freedom though comes great responsibility. Keep in mind that you’re going away for three and a half months, not a week, so it’s imperative that you remember to bring everything with you the first time around.

Being on your own, there are things that you are going to have to learn, such as time management, dealing with your roommates, homesickness and leaving those you love behind.

Lets begin with your room-

mate; not everybody is perfect but there is a difference between not being perfect and being rude.

1. The “Sharing” Theory

Some people believe in the theory of “What is yours is now mine.” This is not true at all; a good roommate will ask

This is ‘Nate’s declassified college survival guide.’

you what is OK to borrow and what isn’t. Everyone has the right to assume that his or her belongings are guarded. You might not like what the answer is, but it is imperative that you respect his or her decision.

2. The Pig

Your room isn’t going to

be on the cover of Pottery Barn’s catalog, but there is a difference between living in a comfortable environment and a dump. Your roommate might be oblivious to the filth building up around you, or doing a half-assed job of cleaning something up that he or she may have spilled on the floor.

This is ‘Nate’s declassified college survival guide.’

If this is the case, you and your roommate should come up with a weekly cleaning schedule. Clean the room once a week and switch every other week so that isn’t just one person taking care of everything.

3. Lovers Lane

The roommate that has the love interest spend the night leaves the other either having to sleep on the suite couch or having to deal with all of those wonderful noises. An astute roommate will figure something out in advance so that can be prevented.

Next is time management, scary phrase isn’t it? If you’re someone who isn’t very good at managing your time you aren’t alone; this is something most college students have trouble with. Below are a couple of key points to help you manage your time.

1. Procrastination

We’ve all been there before, staying up all hours of the night just to finish a paper that was assigned weeks ago. Pro-

continued on page 12

Making it through the first month (cont.)

making friends, it’s really hard to not make friends in college,” Sweeney says. “One day while waiting for class to start, a kid ... asked if I wanted to play cards. It was totally unexpected. ... We are now best friends.”

When Luke Messina, 18, enters Ulster Community College this fall he won’t have to worry as much about making new friends since many of his high school classmates will be attending as well. But Messina does have a worry: “math.”

Many students have a subject or subjects that they find challenging. This can make the classroom a scary place. Students like Messina, who have trouble with certain subjects will find many places on campus to get the help they need. “Help centers have several benefits,” says Jody Sterling, Associate Professor for the Department of English and Humanities at Dutchess Community College. “If a student goes to a help center, everyone there is focused on doing schoolwork. It is a quiet place to study... If a student has a question or needs help with his work, he can ask a tutor for assistance.” Even before the first day of class, Messina has arranged

‘It’s very hard to motivate yourself to do work between classes... I reward myself with music after finishing.’

for help through the school. He will meet with a math tutor once a week.

Struggling students often overlook the most valuable resource on the college campus: the professor. Students may feel nervous about asking questions in class, but professors encourage it. “My smartest and most accomplished students are the ones who ask the most questions,” Sterling says.

Even the most confident students may encounter unexpected challenges in making the transition from high school to college. According to Samantha Bennett, who recently transferred from Dutchess Community College to Mount Saint Mary College in Newburgh, New York, “The greatest challenges for first years would have to be ... adjusting to a new routine,” Bennett says. “The biggest lesson for me was time management. If you don’t know how to manage your time you will fall behind in everything.”

Linda Farina agrees. Farina, a Fieldwork Coordinator and Crisis Counselor at SUNY Ulster helps students deal with stress and anxiety in order to have a “successful college experience.” According to Farina, time management is vital. Farina encourages students to use their course syllabus, which lists upcoming due dates and assignments, to effectively plan their time.

Following the syllabus can help students stay on track with assignments and proj-

ects. “Don’t blow them off,” warns Wile, “or they will come to haunt you in the long run.”

With new free time between classes it can be tempting to put off starting assignments. “That’s the thing that high school doesn’t prepare you for, what to do with all of the free time,” Wile says. “It’s very hard to motivate yourself to do work between classes. ... I rewarded myself with music time after finishing all of my work.”

Whether the student’s concerns are academic, social, or finding a balance between the two, college is a new beginning. “Really take advantage of being in a new place with new people,” says Sweeney. “If you were shy in high school, no one here knows that. Nor do they ever have to.”

CAMPUS NEWS

is published once or twice monthly during the school year and distributed to 27 New York, New England and New Jersey two-year colleges.

Publisher/Editor: Darren Johnson.

Regular Writers: All writers are college students or faculty, including

Nathaniel Villano, Marie Frankson, Kristina Bostley, Colleen Gibbons-Brown, Prof. Jack Mandell, Laura LaVacca 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.

Subscriptions (\$35/year):
Campus News, 39 County Route 70, Greenwich, NY 12834
or, better, editor@campus-news.org

Facebook: facebook.com/schoolpaper
Twitter: campus_news

Web: www.campus-news.org

Advertising: Simply e-mail us or call 518-879-4052.

To Write for Us: Just send us a note at the email address above.

Why transfer to The College of Saint Rose?

We value your experience and academic work.

Every year, more than 400 students transfer to Saint Rose in Albany, New York, from community colleges, major public universities, and four-year private colleges, adding an important part to our student body — bringing a diversity of educational backgrounds that enrich and strengthen the overall academic experience for all of our students.

We are here to help you transfer

Contact us at
1-800-637-8556 ext. 1
or admit@strose.edu



Discover your intellectual passion.
www.strose.edu/majors



Apply today!
www.strose.edu/transfer

The
College
of Saint
Rose

How to read a newspaper, this newspaper

Darren Johnson
Publisher

Congrats. You are one of approximately 7000 students (and a handful of faculty and staff) who picked up this issue of Campus News.

We're in our eighth semester, and will hit 27 campuses by year's end.

I'm not being facetious with the headline above, though, "How to read a newspaper." Sure, you know how to read, and have seen newspapers before.

But today's typical student may have had less exposure to newspapers than previous generations. Your high school probably did not have a newspaper. It's also less likely that your parents subscribed to one. There are fewer free papers around, and much fewer coin-operated news boxes.

So, it may not be out of the realm of possibility that you don't have much experience with this thing that you are holding. Please let me give you a brief primer.



Art by Chaz Heiber

You don't read a newspaper like a book

Many students get intimidated by newspapers because they are used to books, which are read linearly, cover to cover. A big newspaper may have just as many words as a book.

But with a newspaper, you browse and prioritize the stories. You pick the story you want to read most, read that, and then the one you want to read second most, etc. Sure, if you are stuck on an airplane, you may read the whole thing, but you don't have to.

A print newspaper is probably better than reading Internet news

YES, I know, I know. The Internet has a lot of news. Tons. And much of it may be better than what you may find in a small newspaper like Campus News. And the Internet has speed that can't be beat.

But, chances are, you are not finding the stories you should be reading on the web. There's just too much clutter. And click just once on a story on Britney Spears or the like and the curated, cookied web sites will have you forever typecast, shoving such stories down your throat forever and ever.

When I poll my students — I teach the occasional journalism or related class at a number of colleges — they say they read Internet news regularly. But when I ask them topical questions — do you know who Snowden is? — they have little clue.

But, when I assign them print newspapers to read, they come into class much more well versed. That's

because some editor at the paper prioritized a bunch of articles to be placed in the paper based on creating "the record." Print newspaper people know that they are recording our times. That their newspaper is supposed to be an accurate representation of recent events. It's a primary source. Libraries will archive it.

The Internet just wants clicks, and you have to hunt down the real stories. They are there, but it's like finding a healthy salad at McDonald's. No one really orders it once they get in the

Even the wire stories are by student interns at Scripps Howard. They are in Washington, but I'd love to have a similar New York-based student wire news bureau some day. Contact me if you are a college administrator and can make that happen at your campus. Or contact me if you are a student interested in writing for this paper.

Every newspaper has a niche

Each newspaper has its own personality. Campus News has monthly deadlines, so we obviously can't report

breaking news, or it will seem stale by the time it gets to you. Instead, we try to have a mix of useful stories — how to have success as college student —

entertainment (slanted to the interests of college students in the Northeast) and then some national stories with topics you should be aware of. For example, one article delves into opinions on "Stand Your Ground" after the Trayvon Martin case.

Why read newspapers?

You'll find that reading newspapers, over time, gives you a sense of context as newer stories break. You will understand the world better, and the world around you. Also, it will give you the fodder to be a better conversationalist as you move up in the world. You can't talk about "Family Guy" at

some fancy dinner party your future boss will some day have.

A free newspaper is a gift, take it

This newspaper is free. The advertisers essentially pay the printing bill. They buy the ad space. In turn, we only accept ads from organizations that will do no harm to students. No unaccredited college ads, no ads for bars, tobacco products or casinos.

Honor the writers by reading their thoughts. They put their hearts into the stories. They are trying to tell you something useful, or at least trying to entertain. They usually succeed, too.

A newspaper is your friend in quiet times

Grab this paper, fold it up, beat it up, draw on it, and, when you are between classes or waiting for a ride, or have some other quiet time, this loyal friend will still be there for you, eager to keep you company. (Then recycle.)

Your opinion matters

You can send letters and other responses to a newspaper, and they often get published. Try it some time. And, admit it, it is way cooler seeing your thoughts in a printed publication than as some post at the end of a web article.

Look for us on news racks and online in the months ahead. And best of luck on your educational journey.

(This is a 'pull-out'; it is supposed to help bring you into the story.)

door and see everything else. So, yeah, online, I do end up clicking on the story of Simon Cowell's love child and getting lost in the muck. I should be reading about the situation in Syria.

I will post this article on the web, but I can guarantee it will get more eyeballs on the printed page. At least here it is more likely to be closely read.

This paper is written by students and professors

I've just professionalized the production and distribution of Campus News, but the stories are by your fellow students and faculty. It's a student paper, for all intents and purposes.

Do it yourself: Your bedroom on a budget

Marie Frankson
Campus News

It has recently come to my attention that more and more community colleges in New York and beyond are offering student housing for those who want a “real” college experience. Even though I don’t live on campus (but have friends who do), I still know what it’s like to be staring at blank white walls thinking, “What can I do to make this space more me?” Especially having worked a seasonal job, I have to make my money last for a while, so I don’t have a lot to work with. I know there are a lot of young people in my situation, so I scoured the Internet for tips to create a trendy bedroom on a budget.

Washi Tape (approx. \$5 per roll)
Washi tape is a Japanese masking tape with cute designs and color options. Like painter’s tape, it can be removed without leaving gunky tape residue, which makes it perfect for decorating bare white walls you’re not allowed to paint. You can use the tape to create a border around your room, to line bookshelves, to create wall designs, to make frames around your posters to make your collection look more cohesive, and a million other things. Pinterest is a great place to find ideas on how to use washi tape. At about \$5 per roll, this tape won’t break the bank and you can design your room the way you want to your heart’s content!

Make a simple headboard (approx. \$15)
Making a headboard for your bed seems like a difficult task, but this one is

easy to make. The materials you will need for this project is cardboard, a printed fabric of your choice, hot glue or fabric glue, tacks, and scissors.

Living in a dorm room or tiny apartment can feel so uncomfortable, especially when you can’t be in your own cozy bed. However, you can make a temporary headboard out of the materials listed above to make your room homier, and here’s how.

Obtain the cardboard. The sturdier the cardboard, the better for this project.

Measure out the width of your bed so the headboard will be the right size.

Place the cardboard on the floor to keep it flat while you work. Draw a design on the cardboard for your headboard. It can be as simple or elaborate as you want it to be, but remember you have to cut it out and fabricate it.

Cut out your design.

Washi tape is a Japanese masking tape with cute designs.

Have the fabric flat on the floor. Trace the shape of your headboard onto the fabric, keeping two or three extra inches of fabric to be glued onto the cardboard.

Glue the fabric to the cardboard, wait for it to dry, and then tack to your wall above your bed.

Make a side table (approx. \$20)
If you’re not allowed to bring in extra furniture, spray paint an inexpensive wastepaper basket in a color of your choice, flip it upside down, and use it as a side table.

Get some plants (approx. \$5 per plant)
White-washed rooms can feel uncomfortable and sterile, so bring some life to the room by getting some small potted plants. The colors of the plants can bring the room to life instead of making it feel uncomfortable, sterile, and claustrophobic.

Customize your push-pins (approx. \$5)
You can hot glue or super glue anything to push-pins to customize them and have one-of-a-kind pieces. Why waste money on funky push-pins at Staples or Office Depot when you can make some yourself with faux gems, push-pins, and super glue?

Use shoeboxes as storage (approx. \$10)
Shoeboxes can be used as excellent under-the-bed storage space for those who have small bedrooms. Get some paint and craft supplies and decorate the boxes. Every time you pull one out, you get to see the masterpiece you created before you grab the item you’re looking for.

Polka-dotted walls (approx. \$10)
Do you love polka dots? Then make a polka-dotted room! No paint is needed for this project, just some colored paper, painter’s tape, and scissors. Cut circles out of the colored paper and then use the tape to stick the dots on the wall and you’re done!

Make dorm-safe candles (approx. \$20)
Most college dorms ban traditional candles, but you can still get the romantic mood lighting you want by making it yourself. Get some mason jars and decorate them with paint to give them some color and put in battery operated tea lights. The tea lights are much safer than real candles, and you can buy them at a variety of places — Lowes, Home Depot, Walmart, Kmart, CVS, and Walgreens are a few places you can find tea lights.

Create a jewelry display (approx. \$35)
This is the most expensive project on this list, but this is something that can be used over and over again throughout your years at college and beyond. If you don’t already have one, purchase a corkboard

from your local office supplies store (if you have a CVS or Walgreens or RiteAid close by, they have corkboards as well), outfit it with printed fabric (you can glue the fabric to the board or just use push-pins to pin it on), and use pins (perhaps the decorative pins from this list after you make them) as hooks to hang your jewelry such as necklaces and bracelets.

Buy a photo album
In this digital age, everyone has their photos stored on their phones or computers and shares them with the world. However, I think it’s a good idea to have at least one photo album with the most special photos, the ones you will look back on when you’re out of college and you are working at the career you’ve always wanted. There is no approximate cost on this project because you can’t put a price on memories. Find a photo album that suits your needs and take the time to make friends, spend time with your family, and make memories that will make you smile every time you look at those photos. You will be glad that you decided to buy a photo album that you can pull out whenever you are feeling nostalgic.

For less than \$130 (not counting the photo album), you can have the most fashionable bedroom on or off campus, and it will reflect your own personal style as opposed to being just an average white bedroom. Not only will your room look great, but you’ll have fun doing these projects, too. You don’t need to be a DIY expert (or even very crafty) to do these projects, and you, your friends, and/or your roommate(s), can make these crafts and decorate the rooms together.



10 years in, a million babies born HIV-free

Caleigh Bourgeois
Scripps Howard Foundation Wire

Tatu Msangi’s little girl is one in a million, according to Secretary of State John Kerry. Msangi joined Kerry this past summer when he announced that a million babies have been born free of HIV, despite having HIV-positive mothers, with the help of a United States government initiative.

The announcement came at a good time, during the 10th anniversary celebration of the President’s Emergency Plan for AIDS Relief, or PEPFAR. Started under President George W. Bush, the largely bipartisan initiative works to combat AIDS around the world. A large portion of the plan includes treatment to prevent pregnant HIV-positive women from passing the virus along to their unborn children.

Both Msangi and her baby were given treatment, and she had a caesarian section, which helps prevent HIV transmission.

Msangi, who is from Tanzania, was one of those women. As of 2009, according to the latest data available from the CIA World Factbook, Tanzania had the 12th-highest rate of AIDS infection, even though it ranks 27th by population.

Panel: Gov’t needs project managers

Deanna Del Ciello
Scripps Howard Foundation Wire

When American citizens think of the U.S. government, the word “efficiency” is probably not one that comes to mind. But that might start to change, according to a new Capitol Hill caucus.

With the help of the Project Management Institute, a not-for-profit membership association that advocates for project management, Reps. Todd Young, R-Ind., and Jim Matheson, D-Utah, formed the Government Efficiency Caucus, which hopes to make project management a standard in the federal government.

“We have an opportunity here to really spark something,” Matheson said this past June at a caucus discussion on Capitol Hill. “That’s why I’m in this job.”

PMI asked its members in business and government about how successful their projects were in meeting financial goals. Based on that, PMI’s 2013 Pulse of the Profession report estimated that the government is risking approximately \$148 million for every \$1 billion it spends on programs because of ineffec-

During her pregnancy test in 2004 she found out she was infected.

“I was given a blood test and discovered I was HIV positive. I was shocked,” she said.

Both Msangi and her baby were given treatment through PEPFAR, and she had a caesarian section, which helps prevent transmission of the virus.

“My daughter, Faith, is here with me today. She is 8 years old, and she is HIV-negative,” she said. Msangi now works as a nurse, counseling other women going through similar situations.

Kerry said happy endings like Msangi’s were few before PEPFAR. Kerry said he visited Africa before the initiative began and witnessed the horror of the AIDS epidemic firsthand.

“We saw these orphans robbed of their parents, and who were forced to take on the burden of adulthood at 13, 14, 15 and caring for their younger siblings. We were heartbroken at hearing what these children had been through,” he said.

Kerry said PEPFAR has improved conditions around the world through counseling, treatment and support.

“One million babies like Tatu’s daughter, Faith, can grow up healthy and

happy, go to school, realize their dreams, break out of this cycle, maybe even have sons and daughters of their own free from the burden and the fear of HIV,” he said.

Despite the achievement, Kerry said PEPFAR’s work is not yet done.

tive program management.

The goal of the caucus, which was formed last year, is to produce legislation that will help minimize that risk, Young said.

PMI President and CEO Mark A. Langley said that the government needs to use “things like communication, project management skills and leadership” to become efficient in the long term. Langley said these are things the private sector seems to have a firm understanding of while the government does not.

Langley said the government needs to start thinking more like the private sector about its projects. This requires the government to standardize procedures across all agencies and departments, not just within an agency, have a job classification for a project manager that has a defined career path and assess if projects can be successful.

According to research published in PMI’s report, training and development is critical.



Tatu Msangi

“We can achieve an AIDS-free generation, and that’s within our grasp now. To get there, we’re going to have to stay active,” he said.

Part of this activity includes \$20 million in assistance for six new countries, from a fund announced in July by former Secretary of State Hillary Rodham Clinton. Kerry named the recipi-

ents Tuesday: Cambodia, Ghana, Nepal, Senegal, Swaziland and Zimbabwe.

I Got the Experience I Needed for an Amazing Internship

Michael - Class of '14
Communication Arts Major
Network News Sports Intern



ST. FRANCIS COLLEGE

SMALL COLLEGE. BIG DREAMS.

OPEN HOUSE Sunday, Oct. 20th 10am - 2pm

More than 70 Programs & Majors • Flexible Transfer Policies
Generous Transfer Scholarship Program

SFC.EDU 

Social media helps communicate with those in crisis

Silvia Rodriguez
Scripps Howard Foundation Wire

The best way to reach younger audiences about mental illness is to speak to them via outlets they use every day – social media and text messages.

This is the message mental health experts shared this past summer during the Mental Health Conference at the White House.

More than half of mental-health disorders develop before a person reaches the age of 24, according to mental-health.gov, the website launched this week by the government that provides information about mental health and treatment.

This statistic is one reason projects such as Crisis Text Line and Love is Louder are focusing on ways to reach this younger audience and, more important, how to make them a part of the conversation.

But sometimes it is not just the medium, but how to use it.

“Many young people are using social media sites on a daily basis. It’s important for us to be sparking these conversations in those environments,” said Noopur Agarwal, vice president of public affairs for MTV and one of the conference speakers.

Agarwal said the Love is Louder

project focuses on creating a conversation around emotional health and fighting the stigma surrounding the topic. It was started by MTV, the Jed Foundation and actress Brittany Snow and uses social media to connect to teens who may be affected by mental health issues.

“Love is Louder really relies heavily on our active social media base, which reaches hundreds of thousands of people, as a way to communicate positive messages around emotional health,” Agarwal said.

Text messaging is another medium being used by mental health advocacy campaigns to reach a younger population.

Teenagers send an average of 4,000 text messages each per

month, Dave DeLucas of DoSomething.org and Crisis Text Line, said.

“If you’re a young person who’s having suicidal thoughts, what’s the number that you call? It’s not as easy, it’s not at the tip of your fingertips,” DeLucas said.

Crisis Text Line allows teens to text about any issues they have and be connected with a trained counselor. It works



Sara Critchfield, Noopur Agarwal and Dave DeLucas.

like a regular text message, so it is instantaneous, DeLucas said.

But sometimes it is not just about the medium, but how to use it.

Sara Critchfield, editorial director at Upworthy, said learning how young people decide what media they want to consume can help organizations reach more of them. The media company spreads news to a younger generation that might otherwise not keep up with world news. It urges viewers to share what they’ve read.

“Upworthy focuses on the packaging,” Critchfield said. “We’re going to reach young people and people who frankly don’t even care about mental-health issues in the environment where they live, and the way that we do that is

we reach them through the most credible messengers that they have, which are their friends.”

The Obama administration said it is committed to supporting young people dealing with mental health illness. The 2014 budget request for the Department of Health and Human Services includes \$130 million for educating teachers and adults about how to recognize signs of mental illness and how to help students get help. The initiative would train 5,000 additional mental health professionals to focus on serving students and young adults.

Davis emerges as Dem Texas gov. candidate

Memet Walker
Scripps Howard Foundation Wire

Wendy Davis might be getting more than just 15 minutes of fame. In fact, she’s already passed the 13-hour mark.

The state senator, who rocketed to fame last month for her marathon filibuster of a controversial abortion bill, made her campaign fundraising debut in Washington, D.C., last month.

Davis successfully blocked the late-term abortion bill before the end of the legislative session, but Gov. Rick Perry, R, signed the bill into law after legislators passed it in a special session he called.

Davis held two events in town. The first, at Johnny’s Half Shell – a popular seafood restaurant close to the Capitol – which sported high-profile Democratic senators, including Barbara Boxer, Calif.; Al Franken, Minn.; and Kirsten Gillibrand, N.Y., cost \$500 per ticket and was closed to the press.

The second, at Local 16 – a popular bar in the more hipster part of town on U Street – was a little more affordable, with ticket prices ranging from \$25 to \$250. It sold out with more than 350 in attendance.

Rep. Marc Veasey, D-Texas, gave a nod to Davis’ newfound fame in the state, speaking to a crowd at the second event that was crammed shoulder-to-shoulder in a small, hot bar, with many

more standing outside on the rooftop patio.

“Wendy’s done a wonderful job for Texas,” Veasey said. “And Texans are starting to notice.”

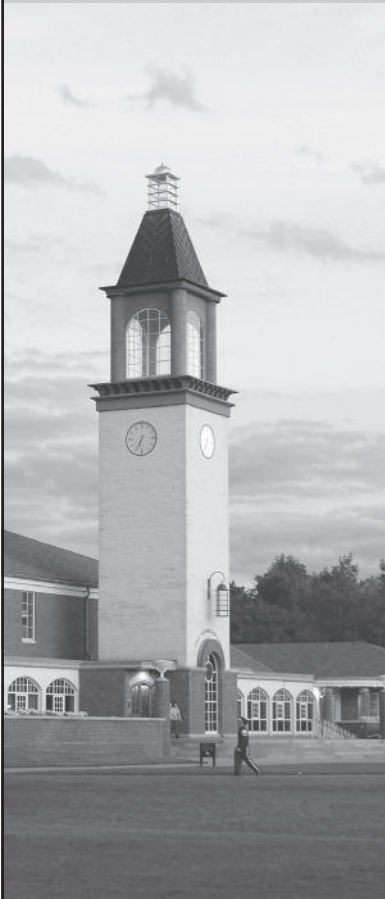
Standing in front of a Texas flag, Davis, who is up for re-election in 2014, did little to knock down rumors of a possible run for governor.

“It’s so important that we look for new leaders in Texas,” she said.

“Republican state leaders have been in power so long,” Davis said, “and have become so destructively partisan that their priorities no longer have anything to do with what is best for Texas families.”



WHY TRANSFER TO QUINNIPIAC UNIVERSITY?



Less than two hours away in Connecticut there is a student-oriented university devoted to academic excellence and a strong sense of community. Our majors include nationally ranked programs in arts and sciences, business, engineering, health sciences, nursing and communications. And we’re committed to using the credits you’ve already earned. Visit www.quinnipiac.edu to see why Quinnipiac is your next step toward a bachelor’s degree and the career you want.

QUINNIPIAC UNIVERSITY

275 Mount Carmel Avenue
Hamden, CT 06518-1908

203-582-8612 • Toll Free: 1-800-462-1944

Transfer information: www.quinnipiac.edu/transfer

OPEN HOUSE DATES

Saturday, September 21, 2013
Saturday, October 19, 2013
Saturday, November 9, 2013

Poll: Trayvon case had little impact on gun views

Memet Walker
Scripps Howard Foundation Wire

The George Zimmerman trial has not affected Americans’ views of controversial “stand your ground” laws in the U.S., a new poll found.

The numbers, released in August by Quinnipiac University, show that a majority of Americans still support the law – which allows individuals to respond with deadly force if they feel their lives are endangered – but their views divide sharply along political and

‘Simply put, Democrats and African-Americans don’t like stand your ground. Whites, independents and Republicans like stand your ground.’

racial lines.

“The numbers are pretty stark,” said Peter Brown, the assistant director of the Quinnipiac University Polling Institute, at a press conference.

Stand your ground laws gained widespread attention last year after the death of 17-year-old Florida resident Trayvon Martin, who was shot and killed by Zimmerman after a scuffle. Zimmerman’s lawyers didn’t invoke Florida’s stand your ground law at his trial, but Martin’s parents and others have used the case to argue against the use of deadly force in self defense. Zimmerman, who said he acted in self defense, was acquitted of second-degree murder.

Brown said Quinnipiac’s new poll found American voters support stand your ground 53 percent to 40 percent.

“Simply put,” Brown said, “Democrats and African-Americans don’t like stand your ground. Whites, independents and Republicans like stand your ground.”

“We live in a very sharply divided country on a whole host of issues,” Brown said. “Clearly, this is one of them.”

According to the poll, 57 percent of white voters support stand your ground, and 37 percent of white voters

oppose it. In exact contrast, 37 percent of African American voters support the law, with 57 percent opposing it.

This is the first time Quinnipiac has polled about the law nationally, Brown said, but the polling firm had surveyed in Florida – a “pretty good cross-section of the country” – on three occasions between the February 2012 shooting and the trial.

There’s been very little change over that time, Brown said.

“The Florida numbers are probably a good indication that the trial had very little impact on public opinion on this issue,” he said.

An ABC News/Washington Post poll in April 2012, three months after the shooting, found half of Americans

supported stand your ground and 45 percent opposed it. Blacks overwhelmingly opposed it.

The new numbers are part of a wide-ranging national poll of 1,468 registered voters conducted by Quinnipiac University from July 28 to 31. The poll was conducted by both landline and cell phones. The margin of error is plus or minus 2.6 percentage points.

Subjects also included immigration reform – 64 percent supported the Senate’s comprehensive reform bill. That included a majority of Republicans and Democrats. On abortion, a majority supported new state laws banning abortion after 20 weeks, earlier than allowed by the Supreme Court’s 1973 ruling.

The poll charted approval for President Barack Obama, who has stayed in the mid-40s, and Republicans in Congress, who got an approval rating of 19 percent, about where it has stood for the past few months.

Another one of the more interesting findings, Brown said, is voters’ shifting view of the U.S. government’s anti-terrorism policies, including wire-tapping.

Forty-six percent of Americans think the government’s anti-terrorism policies have gone too far in restricting the average person’s civil liberties, opposed to 39 percent who think the government has not gone far enough.

“That’s not hugely different than when we asked it a month ago,” Brown said. “That is very different from when we asked it several years ago.”

In a 2010 Quinnipiac poll, only 25 percent of Americans responded that the government had gone too far – 63 percent said they had not gone far enough.



READY^{TO}TRANSFER STEVENSON UNIVERSITY

COMPLETE YOUR DEGREE



Scholarships up to \$16,000 annually • Small classes and individual attention
Career-focused programs and a 92% job placement rate

STEVENSON

UNIVERSITY

Imagine your future. Design your career.®

Schedule a visit today.

Call 410-486-7001 or visit us at **stevenson.edu**

Tips and tricks to best present yourself

Marie Frankson
Campus News

A new school year is upon us and for those of you who are just starting your first year of college, you have a great opportunity ahead of you. At college, especially as a first-year student, you can reinvent yourself to someone you want to be instead of remaining the person you were in high school and a way to do that is with a make-over — hair, make-up, and clothing. From one young woman to others, here are some tips and tricks I've learned over my years at college.

Confidence is key

This is the most import tip I can give you. Having confidence in yourself is the most important aspect of creating a personal style, or keeping the style you already have if you want to. If you feel good about yourself, no matter what you're wearing, your confidence will shine through. I was once told that a smile is the sexiest thing a girl can wear, so let others see you smile.

It's all about the basics

Bras and panties that fit well, jeans that aren't too loose or too tight, basic tops in solid colors, cardigans, black slacks, black pencil skirts, a basic button-down blouse, black pumps, ballet flats, and a nice bag never go out of style. You can use these basics to create a plethora of outfits to take you from class to work to a night out.

Add a splash of personality

Although the basics can take you far, don't be afraid to experiment with your style or to buy things that are trendy. Trends come and go and come back again. As long as you love the pieces you buy and everything fits properly, then go for it.

Try something vintage, or vintage inspired

There is a philosophy of history called the cyclical philosophy. People to subscribe to this philosophy believe that history repeats itself. Well, it is a fact of life that fashion trends repeat themselves. Since fashions repeat themselves, there is always some style from the past that has been

made new again — retro-1940s through 1960s clothing is very popular, and fashions from the 1980s and 1990s are coming back again as well. So, why not take advantage of these facts and buy something vintage? Let's be real here, vintage clothing are generally used clothing, so you will be buying hand-me-downs. However, you're not paying full-price for a newly manufactured item. Also, when you purchase a vintage piece, you're getting something that can't be found at every chain store by the hundreds — chances are, it's a one-of-a-kind item just for you. However, if you don't feel comfortable with

buying something someone else has worn but still want a vintage look, you can go shopping online and find a ton of cute vintage-inspired clothing items from sites like www.modcloth.com and www.pinupgirlclothing.com. I've gotten a nice lace peplum top, a magenta-pink mock wrap dress, two tee-shirts, a pair of Rosie the Riveter socks, a globe necklace, and an apple core necklace all from Modcloth, and they all blend well with the clothing I already owned. Whatever you choose, just have fun with it.

Accessories are a girl's BFF

No matter your style, accessories can turn you from bland to glam. I like quirky pieces that show my personality, hence the globe and apple core necklaces I mentioned above (I'm studying to become a social studies teacher), and I made a couple pieces I wear all the time as well — I have an Eiffel Tower necklace I made from a pendant that came with a bottle of perfume, and I have a key necklace I made out of an old key I found in my writing desk after it was given to me. Accessories can be as simple as a hair tie on your wrist to a bold statement necklace. The key is to show who you are, or who you want to be.

Change your hair, change your outlook

Hair is the most versatile thing you have. Sometimes, if you change your hairstyle, you can change your outlook on life. Go to a salon where you can get a style that's unique for you (cut, color, extensions, whatever) and feel good about yourself to boot. Make sure to properly maintain your style for as long as you want that style. If you're not sure how to do that, ask the stylist; he/she gave you the style and knows what your hair needs.

Make-up to conceal or reveal

Until I got to college, until earlier this year, I wasn't a fan of make-up. It was messy, it would smear, and it made me break out ... until I was told I was using the wrong make-up for my skin type. Now that I know what to use, I

skin.

The hardest thing about make-up, especially with foundations and cover-ups, is finding the right shade. Foundation and cover-up shades tend to be a shade darker than they appear, so buy a shade lighter than your actual skin tone.

Once you find what type of foundation to use and what your shade is, the fun begins. Playing with make-up can be fun — especially when you experiment with lip stick, stain, gloss, eyeliner, and eye shadow.

I don't know about you, but one thing I absolutely hate is when my lip sticks and stains

don't last as long as I want them to (I hate having to reapply after only a few minutes). This tip from Tanesha Awasthi's blog, girlwithcurves.com, has rescued me from having to apply and reapply and reapply and reapply, and this will help you too. The first step is to apply concealer or foundation to your lips with a finger or a brush. Step two is to line your lips with a lip liner to prevent the lip stick or lip stain from bleeding. Step three is to apply the lip stick or stain, blot, and reapply the lip stick or stain. Remember though, if you're going to wear a bold lip color (like fire engine red or bubble gum pink) to keep the rest of the look neutral. You want to stand out without looking like a clown.

Eye shadow is fun to play with and there are a ton of tips and tricks for this alone, but it all depends on your eye color. For those of you like me who have brown eyes, quartz purple, gold, blues, and greens makes our eyes pop. If you want a neutral look, use neutral shadows similar to your lid color but not the same — those up close to you should be able to tell that you're wearing eye shadow without it being noticeable from far away (note: neutral looks will be the same regardless of eye color). If you have blue eyes, purple, brown, gold, and green shadows make your eyes pop. If you have green eyes, brown, blue, and gold will make your eyes pop. If you have hazel eyes, brown, gold, and greens will make your eyes pop. If you have gray or black eyes, you can wear any shadow color. Basically, the key here is wear shadow colors that are not the same color as your eyes in order to make your eyes stand out. Regardless of eye color, for a night out on the town with friends, I would suggest a smoky eye in shades of gray and black with black eye liner, but remember to keep a neutral lip color.

You can also experiment with eyeliner. Eyeliner can be basic black or brown, but you can get various colors as well. I usually wear basic black or



brown, but I also experiment with other colors. With my brown eyes, I sometimes wear purple or green eyeliner as well. I like to do a classic retro cat eye when I have to be dressed up and wear make-up. Otherwise, eyeliner is really personal preference.

Make-up should be fun. Experiment to find out what you like, what you don't, what looks good on you, and what doesn't look good. Most of all, have fun!

Wash your face twice a day

If you're going to be wearing make-up every day, make sure to wash it off before you go to bed and after you get up in the morning. If you wear your make-up for too long and sleep in it at night, you risk breaking out; and if you go to sleep in your make-up, then oils and chemicals from the make-up are all over your pillow case(s) and maybe even your sheets and blankets. Make sure you have a good make-up remover to take off the make-up and use a cleanser to wash your face before bed. Washing your face in the morning will help whisk away some of the oils from the day before and give you a fresh canvas to work with while applying your make-up for the day.

These were some tips and tricks I have learned through my years at college so far, and I hope you find some of these, or all of these, helpful in your daily life as a college student and beyond, and I wish every one of you good luck on this crazy adventure you have all started. Just remember, as fashion stylist Stacy London said, "There is no such thing as personal style without self-acceptance."

'Hair is the most versatile thing you have. Sometimes, if you change your hairstyle, you can change your outlook on life.'

don't have any problems.

Firstly, you have to know what your skin type is because that determines what kind of foundation to use. If you have dry skin you should use cream or liquid foundation, and if you have oily skin then you should use powder foundation. Opposites attract — for example, if you have oily skin and use cream or liquid foundation, then it will smear and smudge and you risk breaking out. The powder foundation on oily skin will help to dry up the oil. If you have dry skin and use powder foundation, the powder will dry out your skin even more but the cream and liquid foundations will moisturize your

What’s on TV: Must-watch shows this month

Kristina Bostley
Campus News

As the leaves begin to change this autumn, so does the television lineup. Your favorite shows will be making their way out of hibernation, the biggest of cliffhangers finding their footing in just a few short weeks. This year, a slew of new TV shows will be gracing our flatscreens. September is quite the busy month, with 17 series making their debuts.

Ryan Seacrest’s new conquest is a 10-night game show called **“Million Second Quiz.”** Players compete to sit in the Money Chair, where they can earn \$10 per second as they compete in head-to-head combat to answer groups of 10 questions with only 5 seconds to respond to each. Contestants can sign up to compete online, where if they succeed, they will be whisked off to New York City for battle. The show premieres Monday, September 9 at 8 p.m. on NBC.

Ichabod Crane fell asleep during the American Revolution and woke up in modern-day **“Sleepy Hollow.”** The man from the past unites with a cop from the present to hunt down the Headless Horseman and his three fellow Horsemen of the Apocalypse. The new drama on Fox mixes historical facts with details from Washington Irving’s book to create this action-packed show starring Tom Mison and Nicole Beharie, starting on Monday, September 16 at 9 p.m.

Warner (Seth Green) and Eli (Giovanni Ribisi) star in **“Dads,”** a new comedy on Fox about best friends in their mid-30s whose fathers have moved in with them. Though vastly different – Warner is more conservative, married with a family, while Eli is a single, laid-back type – both face the challenges of living with a parent in this half-hour sitcom premiering on Tuesday, September 17 at 8 p.m.

Next in the lineup during the Tuesday night comedy hour on Fox comes Andy Samberg’s new police comedy **“Brooklyn Nine-Nine.”** Detective Jake Peralta, played by Samberg, likes to break the rules, and can usually get away with it – that is, until Ray Holt becomes his new captain. Peralta and Holt battle it out over the rules of the precinct as they battle the criminals of Brooklyn on Tuesday nights at 8:30 p.m..

Parents are making a comeback on TV this fall, as CBS debuts its new sitcom, **“Mom.”** Anna Faris plays Christie, a newly sober single mother of two trying to pull her life together when her own mother, also a reformed alcoholic, reenters her life. The waitress serves up this comedy starting Monday, September 23 at 9:30 p.m.

Premiering next on the Monday night CBS lineup comes **“Hostages,”** a one-hour drama centered on FBI agent-turned-abductor Duncan Carlisle, who wants the President of the U.S. dead and wants surgeon Ellen Sanders to kill him. Dr. Sanders is about to perform surgery on the president when she finds out her family has been kidnapped, and she must steady her hands and her head if she wants to find a way to save them both.

Raymond “Red” Reddington once worked for the government, and now, he’s a criminal. Red combines the knowledge of the two as he surrenders to the FBI in exchange for a common goal: catching a terrorist that they are both seeking. Refusing to work with anyone except brand-new FBI profiler Liz Keen, the two track down the terrorist, and it is then that Red reveals he has a record of many more terrorists to catch, appropriately titled **“The Blacklist.”** James Spader and Megan Boone star in NBC’s one-hour thriller on Monday nights starting September 23 at 10 p.m..

ABC is the new home of Marvel’s Agents of **“S.H.I.E.L.D.,”** beginning Tuesday, September 24 at 8 p.m.. Marvel moves its empire from the big screen to the small as Agent Phil Coulson, played by Clark Gregg, gathers a global team of talented Agents to solve crimes both mortal and super-human in this

highly anticipated one-hour action thriller. **“The Goldbergs”** live in a simpler time – the 1980s. The new ABC sitcom introduces the dysfunctional albeit loving family, patriarch Murray and wife Beverly, their three children, Erica, Barry, and Adam, and grandfather Pops as they navigate through the trials and tribulations of daily suburban life. Welcome home the Goldbergs on Tuesday nights this fall, beginning September 24 at 9:00 p.m.

Also making her entrance on September 24 following the Goldbergs is **“The Trophy Wife.”** Kate (played by Malin Akerman) faces off against two ex-wives and three stepchildren when she marries Pete (Bradley Whitford). With little experience as either a wife or a stepmother, Kate must quickly find her footing in her new roles, if she wants to show Pete that the third time’s the charm.

Rounding out ABC’s brand-new Tuesday lineup is **“Lucky 7,”** a TV drama centered in New York about seven coworkers who strike it big when they finally win the lottery. The employees’ lives change dramatically when their numbers are finally called, because each person has a circumstance that money can fix. The Lucky 7 struggle with a range of issues, including their newfound fame, starting on Tuesday, September 24 at 10 p.m..

Although the major league season is slowly winding down, baseball is in full swing this fall with **“Back in the Game.”** Single mother Terry Gannon “Jr.” volunteers to coach her son when he doesn’t make the cut for Little League, and ends up coaching the team with her outspoken father, Terry Sr. The team seems like extreme bad news as they step out onto the field, and it’s up to the Terrys to whip the young boys into shape. Maggie Lawson and James Caan star in the sports comedy-drama premiering Wednesday, September 25 at 8:30 p.m..

The **“Crazy Ones”** is the highly-anticipated comedy from CBS that boasts two big names, funny man Robin Williams and Sarah Michelle Gellar. This father-daughter advertising duo has extremely



Michael J. Fox

differing personalities, and thus very different views on how the company should run. Together, they promise to provide plenty of laughs every Thursday at 9 p.m. beginning September 26.

Michael J. Fox stars in a new TV comedy loosely based on his own life. The one-hour season premiere of **“The Michael J. Fox Show”** chronicles the life of Mike Henry, a father trying to hold his life and his family together despite the diagnosis of Parkinson’s disease. He makes the decision to return to work and faces the struggle of juggling his family and his career in the sitcom that premieres on

ber 27 at 8 p.m..

Photographer Hannah Ware is often left to her own devices by her undependable husband, Drew. But when she begins an emotionally-charged affair with Jack McAllister, her life is turned completely upside down. Her life is further ripped apart by the realization that her husband and her lover are about to go head-to-head in the courtroom, putting Hannah right in the middle of what she wants and what she has. The high-intensity drama **“Betrayal”** premieres on Sunday, September 29 at 10 p.m. on ABC.

The last series debut of September is



“Trophy Wife”

Thursday, September 26 at 9p.m. on NBC.

Kids exchange their EasyBake Ovens for real ones in Fox’s new cooking competition **“Junior MasterChef.”** Gordon Ramsay partners with fellow chefs Joe Bastianich and Graham Elliot to judge 24 talented children ages 8 to 13 as they duke it out in the kitchen. The chefs must create seafood, pasta, and dessert dishes to appeal to the judges’ taste buds to advance through the rounds to be crowned America’s first Junior MasterChef. The competition kicks off on Friday, Septem-

“We Are Men,” a CBS comedy about four male neighbors sharing the common ground of divorce. Actors Tony Shalhoub, Jerry O’Connell, Kal Penn, and Chris Smith forge a friendship as they find themselves involved in crazy shenanigans. This four-way bromance steals the screen on Monday, September 30 at 8:30 p.m..

Whatever channel you tune into this September, you’re sure to see some fresh new faces during primetime. Whether comedy or drama is your cup of tea, there’s something heating up for everyone this fall on TV.

Be a part of national TV shows – for free!

Laura LaVacca
Campus News

Manhattan has become its own mini Hollywood and has been for some time, with heavy hitters playing MSG, movie tapings in Central Park and many different late night entertainment shows.

Radio City Music Hall was recently home to the taping of the No. 1 show this summer, **“America’s Got Talent.”** Filled with celebrities, entertainment and TV glitz, the best part about the show was that it was free. Something free to do in the city? Yes, that’s right. There are awesome options out there for cash strapped students.

Stepping into the iconic Radio City Music Hall, audience members fill the seats behind the four judge panel that consist of model Heidi Klum, radio shock-jock Howard Stern, comedian Howie Mandel and Spice Girl Mel B. The show, which boasts it’s live, starts about one hour earlier and pre-tapes some segments that are then weaved into the live show. So, prepare to be waiting online, sitting in your seats for some time and even staying past the time printed on the ticket. Also, be prepared to clap, laugh and stand on cue. It can be an exhausting night but it’s certainly a magical one.

Acts recently included a teenage dancing duo, a contortionist, blue-grass singer and a stunt-man who toppled from an 80 foot pole rigged in Central Park. The stage isn’t the only place to see stars – look closely in the audience to find other celebs who come to enjoy the show. The August 20th audience included Perez Hilton, Cedric the Entertainer, Matt Lauer and Beth Stern. Stern was also with loyal Howard fans known as the “wackpack.” Perhaps the most friendly of the bunch, Stern re-

peatedly talked to the audience, laughed and cracked jokes while the other judges simply waved. If you’re a fan of the shock-jock, then this is certainly your ticket.

If a talent show isn’t your thing, check out other shows around town from comedy to political satire including:

“Late Night with Jimmy Fallon” featuring sketches, interviews and performances from musical guests. The house band is the award winning band, The Roots. The show airs nightly and tickets can be obtained by calling 212-664-3056

“The Daily Show with Jon Stewart” featuring parodies and political satire, airs Monday-Thursday and books well in advance. For tickets visit: thedailyshow.com/tickets.

The newest addition to New York Television is former Housewives star, Bethenny Frankel. Her new show **“Bethenny”** discusses every day topics and features celebrity interviews. For tickets e-mail: tickets@bethennytv.com.

Iconic Comedy Central host, Stephen Colbert hosts **“The Colbert Report”** Monday -Thursday. Similar to Jon Stewart, the show discusses politics, pop culture and news – all while making audience members laugh. For tickets visit Colbertnation.com/tickets.

“Late Show with David Letterman” has aired on CBS since 1993. Letterman is known for his Top Ten List and his many comical sketches. The show airs weeknights. Register for tickets online at CBS.com or go in person to the Ed Sullivan Theater. A certain number of standby tick-



Jimmy Fallon

ets are available daily if audience members want to take a chance.

One of the hardest tickets to come by, **“Saturday Night Live,”** only allows potential ticket-holders to enter a lottery system in the month of August. To enter, send an email to snltickets@nbcuni.com during the month of August only. Include all contact information and hope to get lucky. There are no choices of dates. Winners will each receive two tickets. Standby tickets are distributed at 30 Rockefeller Plaza on the mornings of the tapings. There is an afternoon dress rehearsal

but standby does not guarantee admission.

Regardless of which show you chose, make sure to read the rules on the tickets, which could include dress code, age limits and taping times.

Most shows require audience members to wear dark clothing and dress sharply. Hey, if you’re lucky, you may even make it on TV.

New York now has many TV shows airing. Here is how to get free tickets.

Obama honors Super Bowl champ Ravens

Allen Henry
Scrapps Howard Foundation Wire

The Super Bowl Champion Baltimore Ravens took on new turf this past summer as they arrived on the White House South Lawn.

President Barack Obama honored the Ravens’ achievements on and off the field and was joined by members of the Maryland congressional delegation, including House Minority Whip Steny Hoyer.

The Ravens defeated the San Francisco 49ers 34-31 at Super Bowl XLVII in February.

Two players who won’t be on the Ravens’ team this coming year, Ray Lewis and Ed Reed, were lauded by the president as “two of the greatest defenders who ever played the game.”

Lewis retired after the Ravens’ Super Bowl victory, while Reed signed with the Houston Texans after becoming a free agent at the end of the 2012-13 NFL season.

Ravens quarterback and Super Bowl MVP Joe Flacco stood behind the president as he lauded Flacco’s post-season performance, calling it “one of the great-

est.”

“I’d say that if you keep on playing like that, you’re going to challenge Biden for the most popular person from Delaware,” Obama joked.

Flacco played college football for the University of Delaware before being selected by the Ravens in the 2008 NFL Draft. Joe Biden represented Delaware in the Senate before becoming vice president.

Obama also announced that the Ravens will donate new uniforms to 42 varsity football and girls’ basketball teams across Baltimore.

“Baltimore won’t just be seeing the Ravens on Sundays or Monday night or Thursday night. You’ll see their impact in high schools under Friday night lights. And that’s a testimony to the connection they feel to this city,” Obama said.

Obama ended his remarks by wishing the Ravens the best of luck next season, but also gave them a warning.

“You’re going to need it in week 11



when you go to my hometown of Chicago to play the Bears,” Obama said, laughing.

After the president’s remarks, Ravens’ general manager Ozzie Newsome and head coach John Harbaugh thanked Obama and presented him with a Ravens jersey. The back of the jersey read “Mr.

President 44.” Obama is the 44th president of the United States. Obama called the jersey “spiffy.”

An interview with Don Loring Brown, author of ‘The Morphine Dream’

David L. Podos
Mohawk Valley CC

On July 14th, 2013, I had the privilege of interviewing Don Loring Brown, a graduate of Harvard Law School, a tireless believer and advocate for social justice, a voice for the disenfranchised, author, speaker, philanthropist, and supporter of higher education principally on the importance of our community colleges. The following is my interview (edited for space), which was held in my hometown of Utica, New York, which was the kick off city for Don’s book tour promoting his most recent release, “The Morphine Dream.” It will be made into a major motion picture slated for a fall release in 2014.

DP: Don, it is such a pleasure to have an opportunity to interview you. When we first met, I was in Delray Beach, Florida, during Spring Break this past March visiting my aunt. You were set up on a corner directly across from the beach. As my aunt and I passed by, I caught a glimpse of a stack of books on a card table that you were sitting at. You caught me gazing and said, “Best book you will read this summer.” My aunt, who is a great lover and reader of books and has an infectious proclivity to know what is going on, led me back to your table where we had a chance to chat a bit. She purchased the book for me, “The Morphine Dream,” and, I have to say, I am so glad she did; what an inspirational book.”

Don, for our readers, please tell them

‘The film will come out next year this time, and Nick Nolte or Philip Seymour Hoffman is slated to play me.’

what your book is about, and why you wrote it.

DLB: The book is about what happened to me many years ago when I was injured and in the hospital, having a lot of surgeries, and I was on morphine. I dreamed I was going to go to Harvard Law School and would walk across the country. At that time I never even made it to high school and was told by the doctors I would never walk again. Eventually I was able to go to Harvard Law School and walk across the country; that was the realization of “The Morphine Dream,” and that is how the book came about. Of course it is filled with many other stories and recipes on how to get on with your life and get yourself going, especially in respect to education. And I wrote it because I believe if students read the book, high school students, college students, particularly community college students, it will give them the information they need in order to involve themselves in the best colleges in the country, getting a good education, which begins with our community colleges. Community colleges are the most important pieces of higher education in America. They will help you get on the road to get to those other transfer colleges and, of course, in today’s world of high tuition

costs, community colleges are affordable for most students. And I am crystal clear on this. I have had some of the best professors in the world while I was attending Amherst College and Harvard Law School; however, the best professors I have ever had were community college professors who made all of what I was able to accomplish happen for me.

DP: I also understand that “The Morphine Dream” is going to be made into a major motion picture. When is that going to happen, and who plays you?”

DLB: Yes it is. It is going to come out next year this time, and Nick Nolte is slated to play me; however, the publisher is having some difficulty reaching Mr. Nolte. So, if that doesn’t work out we are looking at Philip Seymour Hoffman to play me. I said, I don’t even know who Hoffman is, but since then I have seen him on the Academy Awards, and some of his movies and so forth, and you know he does look like me, and he is truly a wonderful actor.”

DP: Campus News is where this interview will be published and is read by thousands of community college students, staff, and faculty. I know from reading “The Morphine Dream” that you have a special place in your heart for community colleges. Besides what you mentioned above, why is that, and how important is it that we as educators “lay the cement” so to speak for our community college students?

DLB: When I was first entered community college, learning about college life and academic material, dealing with professors and syllabi, I really didn’t have any knowledge what college was about, or the dif-

ferent levels of college. As previously stated, I have had lots of famous professors in my years at Amherst and Harvard; yet, I still to this day look back at my community college education as the most significant and the most important of all my educational experiences. Going to community college provided me all the opportunities I needed to do the rest, so I could move onto my upper levels of education. The staff and faculty and administrators were so geared into helping students to reach their goals. And I have stayed heavily connected to the community college mission of providing the framework of a solid educational experience for all students while raising money for them, as they are the most important piece of higher education in the system we have. The foundation is what everything rests on, and I have to say, once more, it was those professors at the community college level who gave me the kind of education I needed to continue on.

DP: As an educator myself, if we do not lay the cement or the foundation, as you so appropriately put it, will we lose those students?

DLB: Yes, of course, and where else would they go?

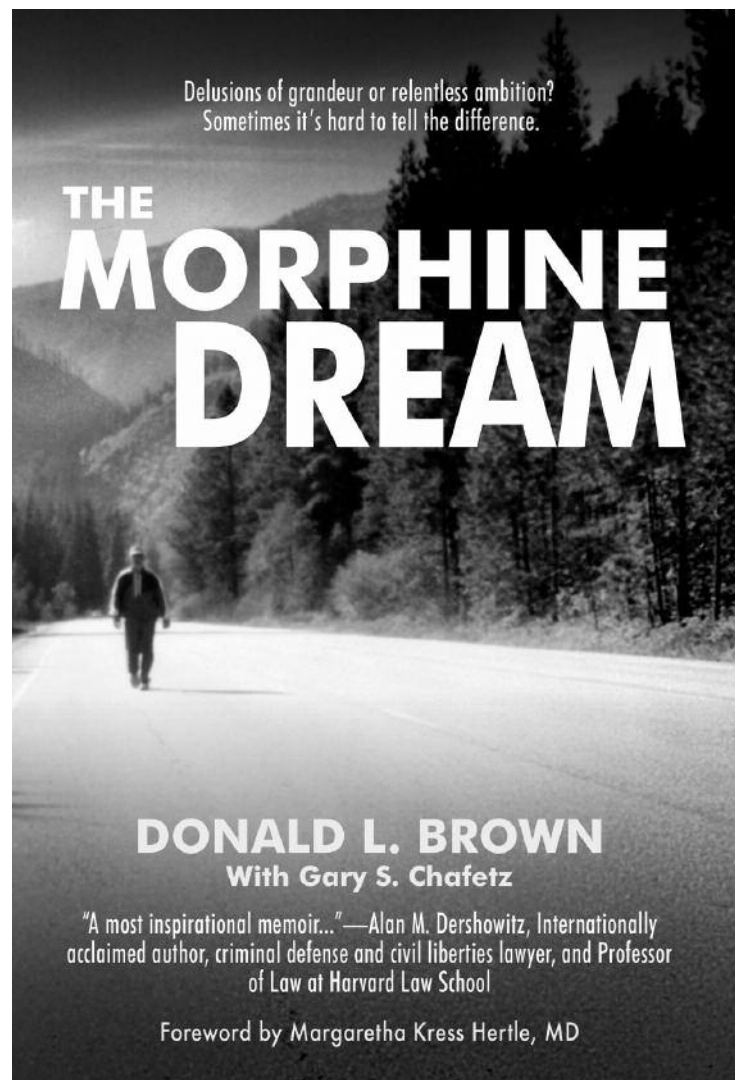
DP: What direction do you see higher education in America heading?

DLB: Well, you know, this may not be the most popular answer. While I think community colleges are the future for many people, what I totally disagree is this online education. Because I know how those of us that are well educated, who are out there in the field of law, or management, or psychology, or whatever, and we are looking to hire people, when we see they got their degree online, we don’t have any respect for it. And you can tell us we’re wrong, but we know what it takes to have a course online and what it takes to

complete a course in a classroom. In many cases, you can get up leave the computer, come back when you want, say you are done when you are not. You can go through a whole semester online and not really learn anything. You have no interaction with your professors or other students, certainly not in the way you would if you were in a traditional classroom setting. Online may be a way to help facilitate education, but in my opinion is not the way to get a degree.

DP: Many people feel that college is out of their reach due to financial constraints, perhaps family obligations, or they just don’t have the courage and self-confidence to pursue a college education. Now, I know from reading “The Morphine Dream” how you had to overcome some incredible obstacles in your life. Of course, I do not want to give away the thunder of this great book. I want people to purchase it to see how that one person, you, faced unbelievable challenges; a guy who had to get a GED and eventually found himself in law school got through all of this. That said, what can you say to students that may be helpful and encouraging?”

DLB: Well, you know, I deal with this question all the time. And I hear it from people all around this country, and what I think it amounts to is we all need a bucket list. We should all have a bucket list of things we want to accomplish while we are here on this earth. And if you want to accomplish it, I consider that a dream, and a dream is just blah blah blah unless you make a plan and then execute that plan, and then you will arrive at reaching your dream. To say that I am not smart enough, or don’t have the money to go to school, or have family obligations that are preventing me from ever going to college is nonsense. Everybody has a brain, and if it is stimulated right you can achieve what you want. The problem is people are telling people all the time what they can



and cannot do and then they believe that. I was told in junior high school that I was not able to learn, that I couldn’t be educated. They (the teachers) told me when I was 17 to get out. I went on to Amherst College, which is viewed by many as the best college in the country, then onto Harvard Law school, which is the best law school in the country, and received my law degree, so don’t listen to them.

DP: Where can someone find a copy of your book?

DLB: It’s hard to get it right now in all outlets, because when you are a new author most bookstores or book distributors will not buy your book right away. So, right now, it’s mostly available online, at Amazon.com or BN.com. It is now, however, just beginning to show in a number of Barnes & Noble retail stores, and as I make my way on my book tour, I will be stopping at these retailers for a book signing. Of course, these establishments wait until your book is starting to sell before purchasing them, and thankfully mine is really taking off and selling very well. I believe every college student in the country should read “The Morphine Dream,” because if you do read it, you will “get it,” and if you “get it” you now have the secrets for success. And I do not say this to make me rich, but for those who purchase the book it enriches them, and I have not met one person yet who has read the book who doesn’t feel that way. And I am very proud of that, because that’s why I wrote it.

DP: Well, Don, I have to say it certainly affected me and in a positive way, and I also have to say, again, I am so grateful that my aunt took me by the hand and led me back to your table where she purchased for me “The Morphine Dream.” Don, thank you for your time, I hope all the readers of Campus News pick up a copy of your book. It has been a delight to interview you.

Keys to prospering (cont. from cover)

crastination can lead to stress, which is something, that none of us like. To avoid this, when something is assigned and isn't due until weeks later or the end of the semester, that doesn't mean put it off until the last minute. Start and finish the assignment as soon as you can, even if that means just doing a little bit of it one day at a time. Some professors may even give you extra credit for handing it in early.

2. Take a siesta

While that might sound like a contradiction to time management it isn't. The brain might be a powerful machine, but every machine needs a break before it gets burnt out. If you find yourself getting frustrated after putting in time on something, step away from it

alone. Many of us suffer from it. Overthinking causes unnecessary stress, and it's a complete waste of your time and energy.

Thinking about a situation from six different angles isn't going to help. Think about something else; get your mind off the subject at hand. Go for a walk, make baked goods, or even get a pen and pad and write down all the things that give you positive vibes.

2. Social life vs. academics

Many students find themselves facing the struggle with balancing their academic work with a social life. Understandably, you are away from home, so naturally you will want to go out and socialize. But it's crucial that you find a balance between

share a common interest with you along with making connections for possible future jobs.

With that all said remember to

enjoy yourself, and have a good time. Going away to college can be a very rewarding experience as long as you stay on top of everything. Do your best and keep your head in the game!

We pay student writers! Send your stories to us!



Contact editor@campus-news.org.

Stress is avoidable but it is inevitable; how you handle it though will determine the outcome.

and refresh. More often than not you may find yourself thinking in a new perspective making it easier to tackle projects.

Last but not least, and everyone's favorite topic: stress. Stress is avoidable but it is inevitable; how you handle it though will determine the outcome. As I stated before, avoid procrastination as much as possible. The more you put off, the higher your work load will become and end up equaling a higher stress level. If you find yourself stressed, pick up a book and relax, or get something to eat.

1. Overthinking

Overthinking is common among college students, so don't think you're

the two. Focus too hard on your academics, and you'll miss out on the other opportunities that college has to offer. Focus too much on having a social life and you may just end up flunking out.

3. Join a club

Depending on where you go to school, most likely within the third week or so there will be a whole afternoon dedicated to joining clubs. Explore and see what opportunities might await you. Joining clubs is a great way to relive stress and be with people who

Classifieds

How to buy a classified ad...

1. Write your ad.
2. Send it to the address below with \$1.50 per word (minimum 10 words). Check, cash, MO, Paypal.
3. Deadline is the 20th of each month.

Send to CCC News,
39 Couty Route 70,
Greenwich, NY 12834
or Paypal:
cccn@twinforks.com.

TUTORING PERFORMED BY COLLEGE PROFESSORS IN MANY SUBJECTS. VARIOUS OPTIONS AVAILABLE: IN PERSON, EMAIL AND ONLINE TUTORING. SAME AND NEXT DAY TUTORING. TUTORINGSCHOOLWORK.COM OR 631-878-3327.

SELL LOCAL ads for Campus News; part-time – relatively easy, if you've got charisma. Contact cccn@twinforks.com.

TUTORING – NYS TEACHER & WRITING PROFESSOR TO TUTOR. MANY SUBJECTS. GRADE 6-ADULT EDUCATION. *SATS*ENGLISH*COLLEGE COURSES. CALL TO INQUIRE ABOUT MORE! LAURA: 516-318-3939.

I am an Avon Representative at MCC Lowell and am looking for fellow students willing to become Avon Representatives. Contact Carol at 508-631-2384 or scalise728@gmail.com.

Like Us On FACEBOOK

and get exclusive content



Scan
This With
Your Phone
or Tablet



Community Colleges' Information Super Highway

campus-news.org

Extra money!



Sell ads for this newspaper to local businesses; part-time, your hours – contact cccn@twinforks.com.

The uphill road for women in congress

Caleigh Bourgeois

Scripps Howard Foundation Wire

Rep. Marsha Blackburn, R-Tenn., was asking Tennesseans to do something they had never done before. It was 2002, and the 50-year-old blonde was running for the House of Representatives in a state that had never elected a woman to the House.

Blackburn approached a man at a café in the courthouse square of Brentwood, Tenn., and asked for his vote.

The man responded, “Little lady, if you win this thing what are we going to call you? Congress lady? Congress girl? Congress person?”

Blackburn immediately said, “Sir, Congressman will be just fine.”

She has been going by “Congressman Blackburn” ever since.

Her story isn’t unusual, even though there are more women in Congress today than ever before – 98 (101 counting three nonvoting delegates). That’s less than 20 percent of Congress. The current population of female senators and House members is one-third of all females ever to have served in Congress.

With greater numbers and seniority, some women now have real power. Rep. Debbie Wasserman Shultz, D-Fla., is chair of the Democratic National Committee and has a coveted spot on the Appropriations Committee.

When she ran for Congress, she was two months pregnant with her youngest child. During an interview, a newspaper editor asked how she could be a good mother and working woman at the same time. Wasserman Shultz replied that she would be happy to answer the question if the editor would assure her he would ask the same of a dad running for office.

The first woman elected to Congress was Rep. Jeannette Rankin, R-Mont. It was 1916, four years before the 19th Amendment gave women the right to vote, although women in Montana and several other states could vote at the state level. Rankin ran on a pacifist platform and voted against U.S. entry into World War I, and was the only House member to vote against declaring war after Japan attacked Pearl Harbor.

“She was kind of a symbol of the fruition of the suffrage movement, but she also had a career that was very based on principle,” Matthew Wasniewski, the House historian, said.

The first female senator, Rebecca Felton, D-Ga., came to office under far different circumstances. She was appointed by Gov. Thomas Hardwick in 1922. Hardwick had been outspoken against women’s suffrage. He hoped that by appointing the elderly Felton when Congress was out of session he would gain support from female voters in time for his own Senate run later that year.

His plan failed when he lost. Responding to demand from women, the winner, Walter George, allowed Felton to be sworn in first.

Although she was a senator for only a day, Felton’s positions as a placeholder inspired a following of eager women running for public office. Most failed.

“There was this, I wouldn’t call it a wave, but sort of a mini-wave of women seeking elected office in 1922,” Betty Koed, associate Senate historian, said.

It would be 10 years before the next

woman became a senator. And it wasn’t until 1992 that more than two women served simultaneously.

In 1991, Carol Moseley Braun was watching what started as a routine Supreme Court confirmation hearing before the Senate Judiciary Committee when it turned into a national controversy.

President George H.W. Bush’s nominee, Clarence Thomas, was accused of sexual harassment by his coworker at the Department of Education, Anita Hill.

The nation watched as a group of all-white, male senators questioned a black woman about her sexual harassment claims against a black man.

It inspired Moseley Braun to run for the Senate the next year. She won, along with four other new women, bringing the number of women in the Senate to seven.

She watched those hearings. She was outraged by what she saw “That was one of the motivating factors that got her into the race in the beginning. She watched those hearings. She was outraged by what she saw,” Koed said.

Female membership in the House nearly doubled in 1992 and continued to grow.

Media outlets deemed 1992 the “Year of the Woman.”

Even a few senators can bring change to an institution rooted in tradition. In 1993, Moseley Braun grew tired of the unspoken dress code that female senators must wear skirts or dresses on the Senate floor. Along with a few other female senators and staff members, she came to work in a pantsuit one day, and the tradition was abolished.

A variety of media outlets deemed 2012 the second year of the woman, or “Year of the Woman 2.0.” The current group of 20 female senators meets periodically in events hosted by Sen. Barbara Mikulski, D-Md. They have a softball team with some women from the House and have taken that cooperation off the field and into the chamber to pass bipartisan legislation. Not one female senator voted against the renewal of the Violence Against Women Act in February.

Only one female senator voted against the bipartisan Immigration Reform Bill.

Sam Bennett, president of Women’s Campaign Fund, which supports female candidates, said women tend to work toward bipartisan legislation.

“If you’re completely fed up with a partisan Congress that we’ve got, as most Americans are, if we simply had more women, there would not have been sequestration. Research shows women are far more likely to reach across the aisle,” she said.

Mary Bono, a former Republican House member from California, said in an interview last month that women are nurturers who are likely to set differences



aside to pass legislation.

“I think that people back home appreciate female leadership because it comes in with open arms. It comes in trying to bring everybody together,” she said.

She had just finished telling the National Journal’s Women 2020 Conference a less positive story. Bono was at a black-tie dinner discussing missile defense systems when the man seated next to her said, “Oh, little lady, this topic is way too difficult for you to understand.”

Moments later, when the man discovered Bono was not only a representative but also a member of the Armed Services Committee, he tried to discuss missile defense with her. Bono asked him to pass the butter.

Despite broad agreement, women do differ on issues.

At a July 25 press conference, Sens. Claire McCaskill, D-Mo., and Kelly Ayotte, R-N.H., denounced a section of a bill sponsored by Sen. Kirsten Gillibrand, D-N.Y., that would remove the chain of command from prosecuting sexual assault cases in the military. The two senators were joined by a group of female retired military officers, some of whom were victims of sexual assault. However, both McCaskill and Ayotte denied that gender had anything to do with their passion about the sexual assault issue.

“It’s just as important for men and women that we get this done and that we make sure that the people are held accountable, that victims are supported, and that’s why I support this legislation. And I have a background as a prosecutor, too, because I care deeply about making sure the victims of crimes are supported as Claire does as well,” Ayotte said.

While women were initially expected to address mostly “women’s issues,” such as education and women’s health care, female members of Congress have expanded their reach throughout all committees.

Margaret Chase Smith, a Republican senator from Maine for 24 years, championed NASA program. Koed said an official told her that without Chase’s support, a man never would have landed on the moon.

“They all have their own important issues, and they range all the way from education to foreign policy to military issues

to space exploration. It doesn’t matter,” Koed said.

Rep. Vicky Hartzler, R-Mo., said she doesn’t want her gender to influence her image.

“I never wanted people to vote for me because I’m a woman. I want them to vote for me because I’m the best person and the most knowledgeable and am going to provide the best leadership that the district needs,” she said in an interview in her office.

Like Hartzler, some women in Congress no longer see their gender as an obstacle. Rep. Tammy Duckworth, D-Ill., who also spoke at the Women 2020 Conference, said the “glass ceiling” no longer exists in Congress.

“In politics, the role of women is continuing to grow. I think it’s really in corporate America is where you see that glass ceiling,” Duckworth said.

She said being a veteran and double amputee may have helped others take her more seriously.

“I just come on stage, and you know that I know how to kick ass,” she said.

But Hartzler said some women still use stories of gender discrimination to advance their platforms.

“I think too many times women, and lots of times ironically it’s liberal women, use womanhood as a crutch. They say they want equality, yet at the same time they complain and try to use being a woman to basically advance a liberal agenda,” Hartzler said.

But for every success story, there is a story of gender bias.

Marjorie Dannenfelser is president of the Susan B. Anthony List, a pro-life organization that is one of the most socially conservative groups in Washington. She said the media is quick to attack both Republican and Democratic women.

It’s not just the sort of ridicule of their skirt or their hair or what they look like, just sort of snide comments like that. It’s to their basic intelligence, their basic ability to lead “It’s not just the sort of ridicule of their skirt or their hair or what they look like, just sort of snide comments like that. It’s to their basic intelligence, their basic ability to lead,” Dannenfelser said.

Bennett said that during her own un-

continued on page 15

My Facebook is now an episode of ‘Hoarders’

Darren Johnson
Campus News

Eventually, when we moved away from a house we had lived in for over 10 years, we realized that we had gathered more junk than we could fit in the huge moving truck I’d rented.

The junk was mostly stuff we’d pick up at thrift stores and garage sales and kept in the basement. A lot of it I’d fix and resell online, but not everything was marketable. So on the curb we piled the items we couldn’t take with us — a cheap air-hockey table, an Atari with no joysticks, commercial VHS tapes of movies long forgotten.

Completely random. And the curb soon resembled a thrift store, “Stop! Or My Mom Will Shoot” next to a Batman doll with no legs.

Or maybe my curb looked like an episode of “Hoarders,” before the shut-in cleans up his house. The Talking Heads aptly described it as “my lifetime piling up” in the 1980s.

And my Facebook is going the same way.

I’m usually a step or two ahead, technologically, of everyone else — so

‘The Talking Heads aptly described it as “my lifetime piling up” in the 1980s.’

you should start experiencing this soon. And maybe enough people will share a similar experience and Facebook will die under all the clutter.

A few years ago, Facebook seemed like the old TV show “This Is Your Life.” Here’s your Aunt Martha, your high school sweetheart, your youth volleyball coach... How sweet and poignant.

And, soonafter, here’s a guy you met once at a dinner party, here’s a newspaper’s headline, a daily comic strip. Still manageable.

Then, after awhile — and this happens to me even though I work to keep my friends list tight — you have to deal with posts from the radical-right shut-in you kind of feel sorry for so don’t delete, the young relative who, frankly, has been acting a bit trashy (“Another tattoo?!”), and the guy you were friends with in 5th grade who is a fan of some obscure sports team posting something like, “Wow! Did you see that goal! 2-0!” and three people click “like” even though they have no clue what he means.

So Facebook went from “This Is Your Life” to “Hoarders,” but we are hoarding the random postings of various people we would barely ever think about otherwise. These people are weighing us down with their junk!

I just opened my Facebook — and here is my news feed in order. Talk about a “lifetime piling up!”

► A relative posted a picture of a fancy purple car with doors that pop up like wings, saying she wants one.

► A journalist friend from an area I used to live in posted a picture of her adult son and a picture of indistinguishable food he was eating.

► Touro Law School, where I once worked, posted a notice for first-year students.

► The Utica Zoo has something going on. Too bad they are hundreds of miles away!

► A friend of my wife’s from high school posted a comic panel with a vintage looking drawing of couple having coffee and caption, “Fine, we’ll compromise. I’ll get my way & you’ll find a way to be okay with that.”

► An ad for Citizen’s Bank — get \$175 for opening an account. I’m sure there are strings.

► A picture of an activist’s baby sleeping with one foot in the air.

► The Southampton Press reports that there is a BBQ contest coming up; too bad I haven’t lived near Southampton in over three years.

► The person with the sleeping baby posted a picture of canoe paddles with bear paws imprinted on them.

► Georgi Readman, the girl I friended because of a story that got many international headlines that said she only eats Ramen noodles (and I thought maybe I’d interview her some day), posted picture of a dog with

stuffed animals.

► A Riverhead news-

paper posted a story on wineries. What a tired topic there.

► A shut-in who I knew through local politics posted a picture of of a news reporter I used to know and pictures of random people under a 10x10 tent.

► The Newtown Bee newspaper — which I liked after the school shooting there because of their conscientious coverage of the subject — posted about a service dog program in that town.

► A dog pound, where I got my first dog, over 23 years ago, posted a photo of a dog up for adoption.

► A person running for office who I know pretty well posted pictures of a political fundraiser at a firehouse.

► A TV channel posted picture of Lady Diana.

► A death notice was posted by someone I met a few times about a person I’d never heard of.

► Gordon College cited a New York Times article that says that half of college students attend a 4-year college within 50 miles.

► Someone posted asking how to fix a sprinkler manifold.

► The comic strip “Coffee With Jesus” was posted. I’ve grown a bit sick of it, frankly. He’s so self-righteous.

► A rock radio station that is too far away to listen to posted a link about John Cougar Mellencamp’s sons being arrested.

► A soft story was posted by Newsday about an LIRR chief engineer who is retiring.

► Me-TV posted a picture of “The Beaver” Jerry Mathers. Is he still alive?

► A former student of mine is in



an historic village and took a picture of a fancy-looking sofa there.

► A Patch site posted a picture of a full moon. Patch has gotten really bad since AOL laid off practically everyone and told those remaining to stop being so journalistic.

► The Onion posted a headline: “Thirtysomething Scientists Unveil Doomsday Clock of Hair Loss” with a picture of two balding men and a clock. The Onion must have lost one of their key people, as the writing has had a lot less zip these past few months.

GQ celebration there.

► Some sports site posted that A-Rod was hit by a baseball. He’s fine.

► An ad for BlackBerry. Where do they get so much money for ads? I haven’t seen a BlackBerry in at least a year.

You get the point. In fact, you just read over 30 bullet points. And now I’ve piled this burden on you!

A recent study linked heavy Facebook use to depression. I can see why.

The late, wise comedian George Carlin said, “A house is just a place to keep your stuff while you go out and

‘A recent study linked heavy Facebook use to depression. I can see why.’

► New 12 posted “STANDOFF ENDS IN BALDWIN.” I guess some man was barricaded there, according to the graphic.

► A conservative lawyer friend posted a link endorsing someone for office.

► The local cafe posted that they offer a “Caprice Omelet served with Homefries and Toast for breakfast.”

► Hamptons.com posted something about some B-list celebrity at a

get more stuff. ... Sometimes you gotta move, gotta get a bigger house. Why? No room for your stuff anymore.”

And just like we moved, leaving so much stuff on the curb, it may just be easier to find a new house — a new Facebook-type site — and start fresh. It’s just easier. So what’s next?

Like our Facebook page
and you may win a prize!



The address is facebook.com/schoolpaper

Women in congress (continued from page 13)

successful 2008 run for a Democratic seat in the House, a newspaper published an article with a quote from her opponent's top aide, in which he called Bennett a "whore," among other expletives.

"At that point I was being tracked by a number of different national organizations. They all advised me to ignore it," she said.

Bennett now advises other women running for office.

In 2010, Virginia Democratic House nominee Krystal Ball, called Bennett in tears. Photos of Ball in dressed in a skimpy costume and jokingly touching a dildo at a party had gone viral. Bennett advised Ball to hold a press conference and do TV interviews. Ball did so, claiming that she was treated differently than male candidates who had experienced similar photo scandals. Ball lost the election, but is now a political pundit on MSNBC.

While media can affect candidates on the campaign trail, Bennett said women run into problems long before they decide to run for office.

"Not only do voters and citizens not innately see women as qualified, women themselves don't see themselves as qualified," she said.

Blackburn said she always saw herself as a No. 2 when it came to leadership. While working to recruit Republican candidates for office, she was shocked when her coworkers encouraged her to run for a state senate seat.

"I never thought I would be the one

on the ballot," Blackburn said.

Duckworth said far more women would be in Congress if more of them were asked to run.

"I don't think women are putting themselves out there thinking about running for Congress as much, and that's what we need to do is encourage them to run," Duckworth said in an interview.

Wasserman Shultz attributes much of her confidence to how she was raised.

"My parents always instilled in us the importance of giving back and being involved in the community and the importance of always reaching for the stars and doing your best and that a little girl in America could grow up and be anything she wanted to be, even president of the United States," she said.

Bono said she has witnessed how societal expectations affect female leaders. Over her 15 years in the House, she said numerous women retired to be with family right before reaching the peak of success.

"Last year, two of my fellow co-chairs,



Former Rep. Mary Bono, R-Calif., and Rep. Tammy Duckworth, D-Ill., discuss female leadership in politics with Kristin Roberts, news editor of the National Journal at the National Journal's Women 2020 Conference.

subcommittee chairs, left. It's like, guys wouldn't do that. You don't pick up a subcommittee chair and leave. You stick around 'til you're the full chair," she said.

Koed said the story of women in Congress is one of both progress and progress yet to be made.

"The Senate, in particular, has been an old boys club for many, many years, and it takes time to break that down," she said. Republicans and Democrats agree that electing more women to Congress begins with more women in all forms of leadership.

"We need to instill in girls from the earliest stage of life that they can lead, and they should grab the bull by the horns,"

Wasserman Shultz said.

Blackburn agreed.

"As they are in schools and clubs and organizations and in their work, and they have the opportunity to lead a team or to chair a committee, they should take it, and then use that as something that they build on," she said.

Bennett said the issue goes beyond gender equality. "This really is not a fairness issue. This is about the long-term health of our nation. If we want to see the best outcomes on every front, then we need to have men and women who decision make govern, and legislate very different by gender, together making those decisions," she said.



Small classes. Faculty who are experts in their field, yet completely approachable. An ideal location in the middle of the Adirondacks, just a short drive from several world-class resorts. It all makes Paul Smith's College an ideal place to transfer, whether you're interested in forestry and natural resources, hospitality and culinary arts or the sciences and entrepreneurship.

Proud member of the Yellow Ribbon Program
transfer2psc@paulsmiths.edu • (800) 421-2605



Paul Smith's College
 THE COLLEGE OF THE ADIRONDACKS

(800) 421-2605 / www.paulsmiths.edu

Schedule a visit and see for yourself!



MERCY COLLEGE

FINISH STRONG.
FINISH AT **MERCY.**



EARN YOUR BACHELOR'S DEGREE AND MUCH MORE.

- Maximized Credit Transfer
- Flexible Course Scheduling: Nights, Weekends, Online
- Over 90 Programs Across Five Schools
- Accelerated Degree Completion
- Generous Scholarship Support & Financial Aid
- **One of the Lowest Private Tuition Rates in New York**

WWW.MERCY.EDU/CAMPUSNEWS | **1-877-MERCY-GO**
DOBBS FERRY | MANHATTAN | BRONX | YORKTOWN HEIGHTS