

# Community & College CAMPUS NEWS

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## For Halloween: Haunted colleges

Colleen Gibbons-Brown  
*Campus News*

A window slams shut. The floor of an empty hall creaks. There is a tapping, but no one there. We've all experienced it; the late night phenomenon that raises goosebumps on our arms and makes our neck hair stand on end. Most of the time these occurrences can be explained away as loose floorboards, unnoticed drafts or mice in the walls. But sometimes it is not so easy to identify the source and in these cases, we often look for a paranormal cause.

Pat Kibby, cofounder of Paranormal Consulting & Investigations of New Jersey explains that when the "normal" causes for a strange phenomenon have been exhausted, it might be time to look into the historical background of a place. If there is a haunting going on then it most often oc-

curs because of a tragic event that happened in the past, according to Kibby.

With the rich and varied histories of college campuses, it is no wonder that they seem to be a breeding ground for ghost stories. Whether it is the friendly theater ghost who helps out backstage or the civil war soldier who wanders the former battleground, almost every campus has the necessary



Southampton's windmill.

historical fodder and a whole slew of lores too. "There were always a few ghost stories told around the

SUNY Geneseo campus," said alumnus Chris DiCesare, "but I never believed in ghosts until one showed up in my dorm room." DiCesare, who graduated from SUNY Geneseo with a bachelor's degree in 1986, endured perhaps the most famous haunting in New York

State history: "My view of life was forever changed by a series of horrifying events in and around my dorm room: C2D1 of Erie Hall."

In February of 1985, DiCesare began to hear whis-

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### Was your campus formerly a sanatorium? An asylum? A morgue?

## Being prepared for a job interview

Laura LaVacca  
*Campus News*


So you get called for a job interview or it's your first day and you don't know how to act. Entering the job force at any age can be a daunting, scary life event. However, with some adjusted thinking and preparation, that job can too be yours.

Dr. Larry Aronstein, former superintendent and current founder of Educational Performance Consultants, notes that a lot goes into the interview process. If your phone is not ringing, it is likely a result of a poor cover letter or resume: "Play to your strengths first — determine what your greatest strengths are relative to the position and put those as close to the top of your resume as you can." He continues noting that bullet points on a resume are not merely job descriptions and that there must be absolutely no grammatical errors.

When crafting the cover letter and resume, "Research the company's problems and present yourself as the solution," Aronstein advises. Prospective applicants need to research the company, district or part-time gig they are applying for. Suddenly, applicants look like the perfect fit for the job as they highlight their own skills that really apply to each position.


Therefore, resumes and cover letters are unique to each position applied for. Never fictionalize or embellish credentials but rather carefully differentiate between all experiences to create different, stronger resumes for each desired position. For example, if the company you are applying for notes leadership skills, be sure to include that time you led a club in college or

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even founded one. Wracking your brain for all activities is essential to creating a well-rounded representation of yourself — on paper.

Looking well-groomed is also essential. It is not important to look stylish or over-the-top but rather modestly dressed with appropriate accessories is what interviewees should strive for. “Going on an interview is not like going on a date,” Aronstein states.

But the interview, the resume and even getting the job aren't even enough. Once you have the job, you have to keep it! Vicky Oliver is a Manhattan-based job interview consultant, and the bestselling author of five career development books, including "30 Smart Answers to Tough Interview Questions," "301 Smart Answers to Tough Business Etiquette Questions," and "Bad Bosses, Crazy Coworkers & Other Office Idiots."

Oliver notes that it is not enough to be skilled in the job place and sound good on paper. She references a recent study that followed 20,000 recent hires that “found that nearly half of them (46 percent) failed within 18 months — and it wasn’t because they lacked skills. Eighty-nine percent of the time it was for attitudinal reasons: inability to coachable and get along with others.”

Oliver explains that an employee must be a “people person” and that anyone can become one by acquiring the necessary skills. There are seven skills that “will make you seem friendlier, more approachable, and come across as a more appealing employee to bosses and prospective employers. With some attention and a lot of practice, you might just become a people magnet.”

The skills include acting enthusiastic even if you're not, leaving baggage at the door, being social with media, cultivating acquaintances, listening more and talking less and practicing circumspection. This advice may seem obvious but being able to appear involved, happy and respectful while keeping personal issues at bay will create a positive reputation in the workplace.

The last on the list of seven, and perhaps the most interesting, involves taking acting lessons. Oliver advises that acting classes help build confidence along with communication skills. It's a chance to confront fears and gain feedback from people about how they see you. This self-reflection translates to meaningful changes that employees can bring to the workplace.

Specific advice that Oliver offers to recent graduates: “Never forget that there is a ton of competition” out there. In addition to being poised, “you have to be able to prove that you’re the best fit for that company. That means drilling down into the

specifics — what about that corporate culture meshes with you? What value can you add to it? Why are you an asset? At the end of the day, interviews are about selling yourself hard.” A hard skill but “absolutely essential.”

Next time you get ready to apply for a job, remember that at every step of the way you are still working to present yourself as a viable, skilled option. Even when you get the job, it's not a time to undo all that you have previously showed them. With a little bit of research, work and perseverance your dream job can be yours — for a very long time.

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# The ghosts of Southampton College

**Darren Johnson**  
*Publisher*

Our cover story is on haunted campuses in our region, we figured in perfect time for Halloween.

And, I have to say, there still is a lot of interest out there in ghosts. Relatives of mine post on Facebook about someone near and dear — and dead — who they claim to still be visiting them in the creaks and shadows of their homes. There are TV shows devoted to ghost-hunting and psychics who talk to ghosts.

Sure, these shows are as fake as pro wrestling, but a lot of people watch pro wrestling, too. It's in good fun.

I recently saw “Ghost: The Musical” on stage — actually, it was very good and the special effects were amazing — and the story sure is poignant — a man, who is killed, wanting to communicate with the love of his life; he is stuck between heaven and earth.

And I attended and later worked at the campus featured in the photo on the front cover — Southampton College — which has gone through various ownerships over the years. And it wasn't just owned by Long Island University and SUNY Stony Brook. It even was an arts academy in the 1800s. Before it was a campus, famed 19th century painter William Merritt Chase captured its landscape on canvas. Most notably, the property was owned by a wealthy family, the Claflins, and most of the campus haunting stories passed on by students — and staff — over the years assume that the ghosts come from that era.

LIU took over the college in 1963. The 110-acre property overlooking the Atlantic had the Claflin mansion and a windmill, which had been relocated to the site by Arthur B. Claflin from the Village of Southampton. It mostly was used for guests, and his kids would play house in it.

Usually, the ghost stories students would tell would have to do with the face of a little girl in the top windows of the windmill. The story is that it is a Claflin kid who perhaps died prematurely.

And the history of the windmill has mostly included bad luck, but I won't speculate here, as not to offend anyone.

(One can even argue that the Shinnecock Indians owned the Southampton College property longer than the Claflins, but few haunting stories seem to include Indians. Nevertheless, for those who have spent considerable time on campus, it's hard to deny that there is a strong spiritual feeling on those 110 acres. I have never experienced a place with such a strong presence — and I currently live on a former Revolution battle staging ground along the Hudson!)

I attended Southampton as a writing student in the late 1980s and early 1990s, and then I stayed in the area, eventually going back there to work in the late 1990s.

While the windmill gets most of the press this time of year, the Claflin Estate — which was used by LIU for administration and the radio station — was more so rumored to be haunted by staff. Especially janitorial staff who worked during early morning hours in the old mansion.

One recurring story was of a head with no body that would float through the halls at night. Other people, saying they were working alone at night, would report large thumping sounds at their doors.



The former Southampton College administration building was once the Claflin mansion.

They did not answer them.

I had a key to the place and, being a communications specialist who also handled PR, would be in there a lot during off hours. The building surely had a serious vibe.

(You ever see photos of people who have passed? Don't the photos somehow look different than photos of people still living? That vibe.)

When Stony Brook took over the property in 2006, the administration decided not to reopen the Claflin mansion, citing asbestos and mold. It remains shuttered. As the university has largely abandoned the residential aspect of the campus and scaled back operations, it is likely that building will never reopen, and will probably be demolished along with another old building called Abney Peak.

It's too bad, because the Claflin mansion is beautiful inside, and really was the heart and soul of Southampton College when it was owned by LIU. Students even dormed there when the campus first opened in 1963. There was a shooting range in the basement.

Stony Brook still does maintain the windmill, through the blades keep breaking off. The University is trying to drum up interest in a 50th anniversary for the campus, and still does an annual “Lighting of the Windmill” at Christmas time with local politicians. It's light and fairly superficial.

When the College was about to be shut down — again — in the spring of 2010, Long Island spiritualist Pete Maniscalco held a sunrise ceremony on the campus and many of the students living in the dorms attended. Maniscalco commonly was on campus and has a good heart. Students, faculty and staff all re-

spected him and heard him out. Many participated in his drumming sessions. As the PR person on campus, I would report them as news.

I, personally, have always kept my guard up and not participated in spiritual events. As a writer, I believe it is my responsibility to observe, not to partake, and a part of me fears that if I suspend reality and delve into the spiritual world, there is no coming back. And a writer exists by playing with the borders of reality, but maintaining allegiance to it.

But a part of me does want to believe in ghosts. Because every writer, in his heart, wants to survive after our last breath. We write because, maybe, our books and articles will continue on after

us; on library shelves, perhaps. And it will mean that we didn't live for nothing. That a part of us lives on.

And that feeling one gets from reading the words

of writers who have long passed is a feeling similar to what one feels by spending time on the Southampton College property. The main element of the campus that still survives is its Summer Writers Conference, drawing so many famous authors to teach there. So many alumni of the program describe their time in the program, on that campus, as magical.

When the college was shuttered — twice, by LIU and then Stony Brook — students rebelled with such fervor. Southampton College definitely has that “sense of place” you hear referred to in the humanities. And few other college locations could match that. Thus the loyalty that the students have shown to it when they suddenly feel jilted.

Both LIU and Stony Brook

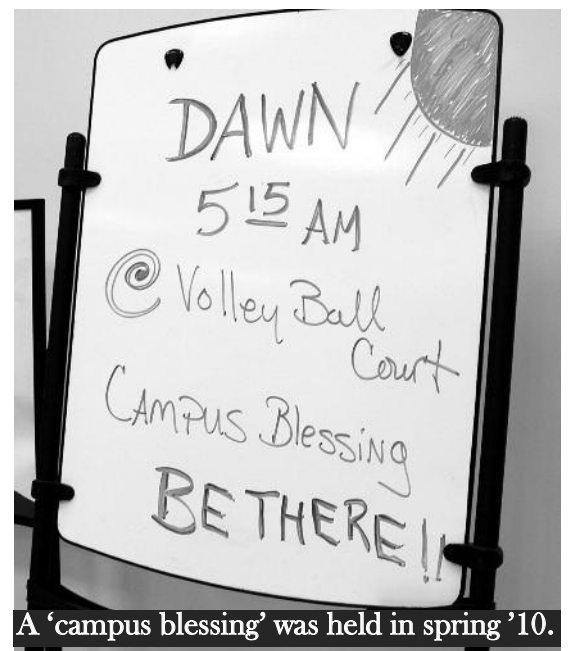
had hired me. As the PR person for the Stony Brook version of the campus, I got the media calls on my cell phone the night our instructor, Frank McCourt (author of “Angela's Ashes”), died the summer of 2009. He had seemed to find great tranquility and happiness in the place, as well. He had previously said in a reading at the college that he didn't want to be Mr. Chips — the venerable teacher of lore who survived at a school for decades — but his presence still lives on in Southampton at the Writers Conference.

And so does the spirit of Lou Spero, the person who spearheaded the beautiful restoration of the windmill, but died soon after it was finished in an accident driving from Southampton to Stony Brook in 2009, as so many of us employees regularly did.

While perhaps not ghosts, if one doesn't see that some places have more magic than others, they simply choose not to see.

And sharing ghost stories — as so many members of the Southampton College community have over the years — is how we acknowledge that people who had lived before us demand to still matter.

And because they matter, we matter, now. And will matter, after.



A ‘campus blessing’ was held in spring ’10.



# Haunted college campuses (cont. from cover)

pers and notice the movement of objects, like chairs, around the room. The incidents escalated to include apparitions and even physical attacks, one of which was so vicious it left him with three slashes on his back, he says.

DiCesare, from a family with strong scientific beliefs, at first found it difficult to accept an explanation that involved the paranormal. He considered that it might be a prank or even some form of hallucination. “I didn’t believe in ghosts myself...it took me weeks to finally understand what was going on there” he says.

Once it sunk in that he was being haunted, DiCesare still tried to keep it quiet. He feared the judgment of his level-headed friends and family. And with constant shadows and whispering at all hours, and a Resident Director who would not let him switch rooms, DiCesare had to choose between dropping out of college and suffering through. “I dug my heels in,” he explains.

Like DiCesare, Marist College graduate Russ Voss had trouble believing what was happening before his eyes. “I’d been a skeptic about the supernatural for as long as I can remember,” Voss says, “but I attracted ghosts in college like nobody’s business.” Voss experienced disappearing scripts and violently shaking ceiling tiles around the college theater. But his most vivid experience came when he was leading a tour of potential freshmen around the Sheehan dormitory.

Voss was familiar with the stories of Shelly Sperling who was tragically killed by her boyfriend during her freshman year at the Poughkeepsie, New York,

called in the organization Paranormal Research in Maine. Founder Nomar Slevik says the investigation verified the athletes’ claims. Investigators experienced whispered names and footsteps.

In situations like these where someone is forced out of their home by the paranormal activity, Slevik explains it is the role of Paranormal Research in Maine to help clients feel empowered. “We will tell them to take back their home,” Slevik says, by having them stand in the middle of the house and tell the ghost “it is time for you to go.”

This was the strategy that finally allowed DiCesare some relief from the months of torment he suffered at the hands of the spirit he came to know as Tommy, the name of a boy who supposedly hung himself in room C2D1.

After an attempted cleansing by a priest resulted in physical attacks against his friends, DiCesare decided to confront Tommy outright. He went into the dorm room and came face-to-face with a full physical presence of a boy. He explained, “You are hurting people,” and “it seemed to understand.” It was finally after this confrontation that the haunting came to an end and DiCesare was able to find some peace.

The haunting, now referred to as “The C2D1 Haunting,” has become the inspiration for two films, “Please, Talk With Me” and the upcoming “Surviving Evidence” and a feature on the SyFy show “School Spirits.”

While DiCesare only wanted his encounter to end, others are eager for a less vicious opportunity to interact with the paranormal forces on their campuses.

Most students, and faculty, at Dutchess Community College are familiar with the stories of the haunted Bowne Hall, which was built where there once sat a tuberculosis hospital with a morgue in the basement. Amanda Scannell, a twenty-year-old music major at Dutchess Community College, will attend a ghost hunt of the building on October 24th. The college, located in Poughkeepsie, New York, hosts the event annually to



give students an opportunity to investigate the claims that the patients and nurses of the hospital still linger around the new building. Scannell has heard tales of flickering lights, randomly flushing toilets, and students feeling as though they are being watched.

Christopher Vickers felt a similar desire to explore the rumors of supernatural activity on his campus. The grounds of Suffolk County Community College in Brentwood, New York, were once a part of the Pilgrim Psychiatric Center. One night, Vickers, who has always been interested in the paranormal, went with a few friends onto the campus. There was “an eerie feeling being there...as if I was being watched,” he says. Vickers walked into a building and ended up in the mostly intact morgue with the body lockers and exhuming table still there. “It was amazing to see,” says Vickers, who has continued to pursue his interest in paranormal activity by co-founding Shadows of the Paranormal (S.O.P), a non-profit paranormal organization based on Long Island, New York.

Jordi Alonso, a Kenyon College student who spent the summer at Stony Brook University’s Southampton campus for a summer writing conference,

spent a night reading poetry with friends at the 1712 three-story windmill that once served as home to playwright Tennessee Williams. Though Alonso did not experience any paranormal phenomenon that night, many students do tell a story of a young girl, eight or nine, who fell down the stairs and died. There are multiple accounts of spotting

## ‘I was being watched’ from a former psych center at SCCC.

the girl’s face at the window, and the general sense of being watched while walking by.

Any new student interested in discovering the history and ghost lore of their campus will have no trouble locating a number of online sites detailing occurrences. Kitty Canfield, writer and nursing student, was inspired by the haunting of her own high school to create “Ten Most Haunted Schools in U.S. - East Coast” on her blog. On the list are some expected campuses, such as

continued on page 10

## Bowne Hall at DCC at one time had a morgue in the basement.

college. He had heard the tales of students returning to find their unfolded laundry neatly folded and stacked on their bed. But he had previously had no personal experiences with Shelly until he relayed the stories to his tour group. “I was telling some incoming freshmen about her, and a girl in the group asked me to stop. She was really bothered by ghosts...instantly one of the lobby doors began to rattle viciously against the magnetic lock that held it shut.” The rattling stopped after a few moments and Voss continued with the tour.

Kibby finds in her investigations that this sort of harmless encounter is most common. However, there are cases where the ghost goes too far and becomes not only a nuisance but unbearable. It can cause inhabitants to become fed-up with constant knocking and whispers or too terrified by them to stay in their homes. That is when Kibby advises occupants look into a good paranormal investigative group to help out.

Five University of Maine football players were driven out of their house in Old Town when they saw shadows and moving furniture, and repeatedly heard their names whispered. They



A window in the Southampton windmill, where a little girl ghost has been seen.



# Migrant workers march across country in protest

**Andrés Rodríguez**  
*Scripps Howard Foundation Wire*

A group of elderly migrant laborers ended a cross-country protest in September outside the White House, hoping the U.S. would prod Mexico to pay money owed to them for work they did decades ago.

“We want Washington and the whole world to know that the Mexican government stole our money,” the group of 20 “ex braceros,” or migrant laborers, and activists sang. They ended their 22-day cross-country trip, demanding the U.S. government open the Bracero Program files and aid them in obtaining the 10 percent of their wages in savings accounts they claim the Mexican government never

“The origin of this fight, which will continue at all costs, is the 10 percent in saving accounts withheld under the Bracero Program,” Lugo Quintero, a bracero’s daughter, said.

Two groups of former migrant laborers departed from Mexico City and Los Angeles Aug. 29, met in Laredo, Texas, and stopped in San Antonio; Dallas; Kansas City, Mo.; Chicago; Detroit, and New York.

Zárate Macías said they know the power to pay them resides with Mexican authorities, but tired of the lack of response they decided to look for answers elsewhere.

In D.C., they met with Reps. Gloria Negrete McLeod and Raul Ruiz, both California Democrats, and delivered a letter to the Mexican embassy

that calls for the restitution of 1,523,306 billion Mexican pesos to the former laborers. That money was not included in the Mexican budget for 2014, the letter says.

The Mexican embassy did not respond to several requests for comment.

The group of former guest laborers claims that there are more than 40,000 ex-braceros who never received their savings, and another 50,000 to 60,000 laborers without documents who have not been able to register for the program “Social Aid for Mexican Former Migrant Workers.”

After the meeting, Negrete McLeod’s legislative director, Teresa Acuña, said the the congresswoman will consider bringing the issue up to the Congressional Hispanic Caucus.

At two demonstrations in Washington, one in front of the embassy and one at the White House three blocks away, some of the workers arrived in wheelchairs and one walked without his crutches to show solidarity with the others.

Aureliano Ramirez Caldera, 76, of Huejuquillo El Alto, Mexico, was a farmworker in California in 1957. He said that, although he’s a little worn out from the trip, he’ll continue to fight.

“It takes time and it takes money, but it’s good to give it a try,” Ramirez Caldera, who used to pick lettuce and



beets, said. “We have no regrets.”

Maria Serrano, 83, who lives in Coachella, Calif., lost her husband three years ago. He was a Nevada farmworker in 1943. She said she just wants what belongs to her family.

“I’m here despite my age. I’m just asking for what rightfully belongs to me as a bracero’s wife,” she said. “And If I

were to fall in the fight, my children are ready to continue it.”

The group was set to return to Mexico and California after delivering a letter to the Inter-American Commission on Human Rights, Lugo Quintero said. “We’re leaving, but we’ll be back,” she added.

## The group of former guest laborers claims that there are more than 40,000 ex-braceros who never received their savings.

paid them.

The U.S. established the Bracero Program in 1942 to give visas to guest laborers who replaced domestic workers who were fighting in World War II. It employed several thousand Mexican agricultural and railroad workers until the program ended in 1967.

The U.S. and Mexican governments made an arrangement to establish a savings account with 10 percent of the farmworkers’ earnings, Rosa Martha Zárate Macías, the group’s organizer, said. However, after the U.S. gave Mexico the money to distribute to the workers, the Mexican government withheld it.

“The U.S. sent the money, and then they washed their hands, but we want to know how much and to how many people this money was given to,” Zárate Macías, 71, of Colton, Calif., said. “That’s why we’re here.”

They’ve been fighting for this for 15 years, Marta Ofelia Lugo Quintero said. The 54-year-old woman represents 300 braceros from her home state of Baja California, Mexico.



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# Federal lawmakers try to get a handle on meth

Jessica C. Wray  
*Scripps Howard Foundation Wire*

An Indiana State Police trooper in charge of the state’s meth suppression unit told a House committee last month that, to combat the drug’s popularity, there has to be an integration of education, addiction research and treatment, and law enforcement.

First Sgt. Niki Crawford, commander of the methamphetamine suppression section of the Indiana State Police, said the state has done well in gathering law enforcement, education and treatment to fight meth abuse, and that strong relationship is key to stopping the drug’s spread.

“It’s very important that law enforcement and prevention efforts and treatment efforts all work together on this issue because so much of all we do is interconnected,” Crawford said in an interview. “We work very closely with treatment. We work very closely in terms of prosecutors and making sure that we know what services are available to people. It’s not just a matter of throwing them in jail – but that there are treatment options and there are places they can go.”

She told the committee that the focus for law enforcement has shifted in

## ‘65 meth labs have been dismantled in my district.’

recent years from the traditional home or hotel room meth lab to small, portable labs for cooking the drug.

She said there has been an emergence of “one pot” or “shake and bake” meth labs, which use 2-liter bottles or glass jars to cook small quantities of the drug, which can be set up nearly anywhere.

She said people ask about the difference between fighting meth and other drugs.

“From a law enforcement perspective, the difference we see is that the vast majority of meth labs we see in Indiana are not money-driven operations,” Crawford said. “They’re addiction-based labs, fueled by the need for a drug whose chemical precursor is pseudoephedrine, and other chemicals used are readily available in local stores.”

Another problem law enforcement officers are running into is called “smurfing,” when a meth cooker or distributor hires people to obtain over-the-counter drugs containing pseudoephedrine, including common cold and allergy medicines, to counteract limitations to how many OTC medi-

cines containing pseudoephedrine a single person can buy.

She said for every box of a drug containing pseudoephedrine, meth makers will pay smurfs between \$20 to \$100 or half a gram of meth that has a street value of about \$.50.

Rep. Larry Bucshon, R-Ind., who chairs the House Subcommittee on Research and Technology, said the recreational drug methamphetamine has evolved into a stronger, more potent version – and has become a problem for Vanderburgh County.

In 2012, Indiana police officials seized about 1,700 meth labs – with 90 seizures from Vanderburgh County, making it second behind Madison County for the most meth lab seizures, according to the Indiana meth investigation website.

“From January to July of this year, over 65 meth labs have been dismantled

in the biggest county in my district,” Bucshon said, “mak-

ing it the number one county for meth labs in the state. This is extremely close to my home next door in Warrick County and where we have had two meth lab explosions within a 2-mile radius of my house.”

Witnesses at the hearing included Edythe D. London, director of the University of California at Los Angeles Laboratory of Molecular Neuroimaging at the David Geffen School of Medicine, Jane Maxwell, senior research scientist with the school of social work at the University of Texas at Austin, and T. Celeste Napier, professor with the departments of pharmacology and psychiatry at Rush University Medical Center.

Maxwell discussed the changing landscape of the drug market in Texas – with an emphasis on meth, rather than cocaine, as a drug of choice. She said people no longer want cocaine because it isn’t “pure enough to be worth their money,” but that meth, which is now increasingly made by Mexican drug dealers, is better.

London and Napier both spoke about the science behind addiction, current treatment research and a look at the effects meth has on the human



brain.

Bucshon said it’s important to develop some type of national strategy, because in places like Evansville’s Tri State area, if one state passes a law and others don’t, criminals will cross the state lines to get what they want.

He said it’s important to continue funding for organizations the committee authorizes, including the National Sci-

ence Foundation, which does research including work on drug addictions.

Bucshon said in an interview that it is important for the public to know about the research being done at the National Science Foundation, what states are doing to combat meth abuse and how important federal funding is to those programs.

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# Zuckerberg wants Facebook to be ‘fabric’ of Net

Sean Bradley  
*Scripps Howard Foundation Wire*

Mark Zuckerberg wants Facebook to be a part of a “digital social fabric” for the future.

Zuckerberg, the founder of the social networking site Facebook, discussed a multitude of subjects in September, including the Internet.org project, the knowledge economy, the National Security Administration and immigration reform with The Atlantic magazine’s Editor-in-Chief James Bennet.

## He said Facebook’s legacy in five or 10 years is that it will be a building block for innovation.

Information is shared on Facebook and the wider Internet every day, and Zuckerberg wants the world to embrace this fact to make people’s lives better.

“Surprisingly, few people in the world have access to the Internet,” he said. “The Internet is a backbone for the knowledge economy and is going to be really important for delivering all of those things over time.”

In August, he, his company and a slew of partners, including Nokia, Samsung and Opera announced the Internet.org Initiative.

The goal of the project is to provide Internet access for the 5 billion people on Earth who do not have it.

Zuckerberg said that, although necessities such as food or water are more important for some people, Internet access will make their lives bet-

ter in the long run.

He said he does not view the ability and desire to be connected with other people as a “First World thing.”

“This is, I think, something that should be very fundamental for the world, and even though most people in the world don’t have Internet today, that’s something that we want to kind of pick up the flag on and help make that happen,” he said.

The world is going through an economic transition from a primarily agriculture-based system to a knowledge and information-based one, he said.

He said the main difference between a resource-based economy and a knowledge-based one is the idea ownership.

“If I own an oil field, you can’t own that same oil field,” he said. “That’s a pretty fundamental thing.”

The currency in a knowledge economy is not material wealth such as money but ideas and the ability to think, he said.

“Knowledge economies have the productive property which is that me knowing something doesn’t prevent you from knowing it,” he said. “The more information that you share, the more informed everyone is, the better ideas can generate and spread.”

The privacy of the Internet and Facebook users has become a component of this economic transition.

Bennet asked Zuckerberg about revelations that the National Security Agency, through its recently revealed PRISM program, has been collecting data on U.S. citizens.

He said the government has requested information about 9,000 times from Facebook in the last half year.

“We look at every request individually, and we push back on ones that we either think are overly broad or that aren’t legal,” he said.

The government’s job is to protect the public in a wider sense, particularly with safety and constitutional rights, while it is Facebook’s job to protect the privacy of its users, he said.

Education is also a part Zuckerberg’s knowledge economy idea and, because of this, he has been speaking out about that and immigration.

He advocated for changes in immigration policy in a Washington Post op-ed, including border security and a path to citizenship for the nation’s 11 million undocumented immigrants. The article said it is also important to

emphasize science and math-related subjects in schools and to make scientific breakthroughs and innovation available to the many instead of the few.

“Immigration is a really big issue because in order to be productive, you want to get the best folks into the country, and solving those policies is, I think, a big deal,” he said.

He said Facebook’s legacy in five or 10 years is that it will be a building block for innovation.

“No one company is ever going to be the whole thing, but I think we can help build it and set some examples and design principles that other companies can use to build a lot of the other services that we’re never going to be able to do because we don’t have the DNA to build a music company, for example, or much less a health company, but if can help out that is something that I’d be really proud of,” he said.



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# Dressing like your favorite video game character

Marie Frankson  
Campus News

I don’t know about some of you, but I have been obsessed with playing “The Elder Scrolls V: Skyrim” since it came out in November 2011, and as a girl, I’m kind of obsessed with clothing and make-up. I like playing with different materials and textures of fabric and combining different elements into an outfit, so I thought it would be fun to create outfits based on the characters in the video game. These are outfits that girls can wear that are fashion-forward and will show their love for the game and its characters without crossing over into cosplay territory. With this being October, I could have focused on cosplay and different costumes for Halloween, but I wanted to show you all how to take your love of a video game and incorporate it into your daily wardrobe. Before I get to the

**‘For this outfit, you can play around with color a bit, as the Redguards wear a lot of reds, blues, purples and greens.’**

good stuff in this article, I would like to make a special note that if you go to Etsy.com and type in “Elder Scrolls Skyrim jewelry” in the search bar, you will get a ton of results of awesome pieces for great prices (some are a little expensive, but keep in mind that everything on this website is handmade) that will all go well with the ideas I’m giving you in this article. For those who don’t know about the game, “Skyrim” is the fifth game in the “Elder Scrolls” series. The name “Skyrim” is the name of one of the provinces in Tamriel (the larger continent). It is large, snow-covered, and mountainous. The main character, you, is the Dovahkiin, which means “Dragon-born” in the Dragon language. Throughout the game, you slay dragons and get closer to your destiny. In this game, there are different paths you can follow to get to your destiny, and if you have the “Dawnguard” expansion pack, there are even more ways to get to your destiny. But one thing is certain: regardless of what path you choose, you will meet your foe on the top of High Hrothgar. There are 10 different races in the game, which some of the outfits in this ar-

ticle will be based off of. For the sake of this article, my outfits will only be inspired by the human races — the Nords, Redguards, Bretons, and Imperials. **Nords** The Nords are reminiscent of the Scandinavian Vikings. They were originally from the land of Atmora but were led to Skyrim and have called that their home for centuries. The Nords are tall, fair haired, and light-skinned humans. They are keen warriors and navigators. They thrive in cold temperatures and wear a lot of leathers and furs. Due to their nature of wearing a lot of leathers and furs, their clothing tends to be different shades of brown, but there is political conflict in Skyrim and depending on what side a person is on, there will be hints of blue or red in their outfits.

Basics are a great start for this outfit. Dark jeans or even skinny khakis will work well with this outfit. For the shirt, a navy blue or a deep red will work. For the footwear, since it is fall, you can wear all of these outfits with mid-calf or knee-high boots (for this particular outfit, brown boots will work the best). As mentioned above, the Nords are partial to wearing furs. However, we are lucky to be living in a time where an animal doesn’t have to be killed to wear it — you can get a faux fur scarf for under \$10 on Amazon.com, or you can find one in your local Target store in November-December. Accessorize with silver and leather jewelry; the silver will be reminiscent of the armor in the game for the Nords who do use it. You can find some great leather and silver jewelry at Forever21 or Rue21 at prices that won’t break your bank.

**Redguards** The Redguards are a race of humans from the land of Hammerfall. Hammerfall is a desert region. They excel in combat and due to their religion they don’t usually like the use of magic. They are dark-skinned and are depicted wearing a lot of cloth clothing, unlike the Nords

who wear furs and leather. Due to the differences in their skin tones, the Redguards can appear to look Hispanic/Latino, African, or Middle Eastern. For this outfit, you can play around with color a bit, as the Redguards wear a lot of reds, blues, purples, and greens in their clothing. A shirt in one of the listed colors and dark-washed or black skinny jeans tucked into black boots will be perfect for an outfit based on this race of human. To accessorize, wear black leather and gold jewelry, or even a blinged out headband — Forever21 and Rue21 have great leather and gold jewelry.

**Bretons** The Bretons are a race of both human and elven ancestry. They are from the land of High Rock. They excel in magic and have high intelligence, which makes them very good at abstract thinking and reasoning. They usually take up jobs as court wizards to a Jarl (an official in control of a province) or study as scholars at the mage college in Winterhold, although a few have taken up life in the city and have become merchants selling their wares. Like the Nords, the Bretons wear a lot of leather. Browns, blacks, and other earth tones are best for an outfit based on the Bretons. Black skinny jeans tucked into knee-high boots with a heather gray shirt would be best for this outfit. You can accessorize with gold or silver jewelry.

**Imperials** The Imperials are the final human race in this game series. They are natives of Cyrodiil and are well-educated and well-spoken. They are known for their disciplined and well-trained armies and have been in control of Tamriel for more than 2,000 years. The Imperials have pale to tanned skinned, but their skin tones are darker than the Nords’ and Bretons’ but



lighter than the Redguards’ skin tones. The Imperials usually work as traders, stewards, soldiers, and craftsmen if they are not part of the Imperial Legion (a faction in Skyrim; they used to be the strongest fighting force in all of Tamriel but by the time the “Skyrim” game came out, the Legion was seen as a shadow of its former self as groups who aided the Legion left). The Imperials are usually depicted in the Imperial Legion uniforms — blood red tunics and silver armor. Well, you don’t need armor to dress like an Imperial. Black skinny jeans tucked into black boots with a dark red shirt would work well for this outfit. To accessorize, wear silver jewelry to incorporate the color of their armor. With these different races as outfit inspirations, you’ll be sure to look great everywhere you go, and those Whiterun guards will be doing double-takes because of how good you look, not because they think you stole someone’s sweet roll. Make sure to check out what Etsy.com has to offer when it comes to “Elder Scrolls” jewelry. You’ll get a custom-made piece of jewelry to add to your collection and you’ll be supporting an artisan with a small business.

College of Criminal Justice. **October 15 – Social / Legal Dynamics of Being Stopped and Questioned by the Police (5:00 – 6:00 p.m.).** Have you ever been stopped and questioned by the police? Do you have concerns and want to know about best practices? To gain a clearer understanding of what is happening and why, attend this session of RCC’s Savvy Professor series. Learn about the social and legal dynamics involved when you encounter the police from three RCC faculty in Criminal Justice. Cliff Ader, Kevin Barrett, and Tim Mante, bring a cumulative 72 years of law enforcement experience to their presentation.

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# If summer = fun, then fall = ?

**Prof. Jack K. Mandel, MBA**  
*Nassau Community College*

Whether you're a college professor like me, or a college student like yourself, the "P" is easy to answer. Fall signifies a return to the college classroom to learn, inspire, and motivate (on both sides) as much as possible.

And yet, every Fall, I am amazed to find many students viewing professors in a very limited, one-dimensional

land Exotic Car Show" showcased an array of Ferraris and Lamborghinis on the Gold Coast of Long Island.

I am having fun while I "work the room" to meet potential "Guest Professors for a Day" who might be willing to come to Nassau Community College and lecture on their business and professional expertise.

Which now brings me to YOU ...

Did you have a particular experience that made the summer of 2013 a

memorable one? I hope so. Maybe you were fortunate

nate enough to travel? Maybe you had an internship that helped you in your quest for your future career? I assure you that employers do look to hire people who go above and beyond the usual.

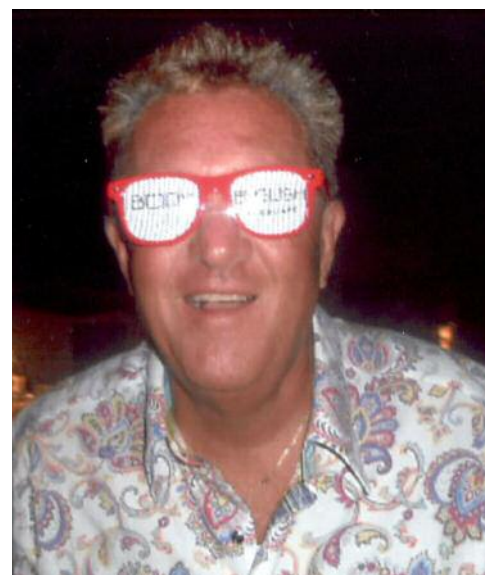
Regardless of what you did and did not accomplish this summer your future starts TODAY. Opportunities are yours for the asking. Make things happen for yourself!

Make a personal pledge to yourself that this semester will be your most successful one yet. Strive for an "A" in every class and accept a "B" ... nothing less. "C" grades and below should not be in your vocabulary. Arrive to class

on time ... keep the cell phones out of sight (SOOOO RUDE AND DISRESPECTFUL!).

In short ... have a gre"A"t semester. And if you attend Nassau Community College, come by my office and say hello!

*Professor Mandel teaches marketing at Nassau Community College in Garden City, NY. He is the recipient of the prestigious Outstanding Teacher Award conferred by the NYS Association of Two-Year Colleges. He is also a "Best of Long Island Winner" for in the Teaching category from the Long Island Press.*



Prof. Mandel wearing his 'Body English' spectacles at a summer party. Below: Wishing he could afford this Lamborghini at the LI Exotic Car Show.

**'Regardless of what you did and did not accomplish this summer your future starts TODAY.'**

manner. It's as though we teach 24/7 with no personal lives of our own.

Truth be told, professors are very much like their students. Well, perhaps we are a bit older, maybe even wiser, but we do enjoy our off-time from the classroom. In my case, I have a passion for power boating and getting a tan. I also "network" at numerous Long Island events.

Two examples: In June, I attended the Long Island Hospitality Ball held at Crest Hollow Country Club in Woodbury. Leading area restaurants and their suppliers donated products and services to raise over \$350,000 for cancer research. In July, the Long Is-



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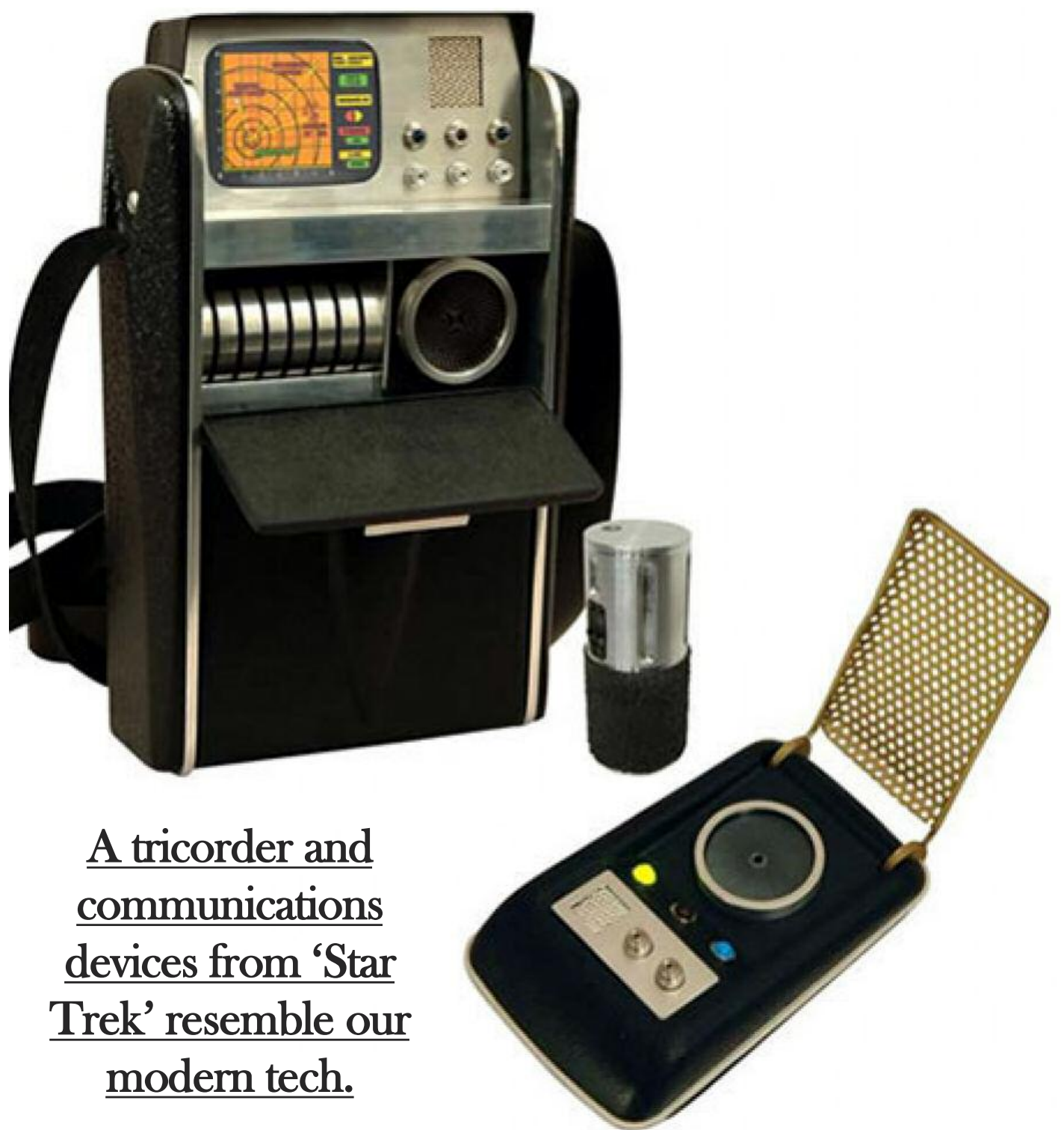
# Star Trek tech: Did a 1960s TV show predict our present?

Marie Frankson  
Campus News

In 1966, Gene Roddenberry's space opera "Star Trek" aired on the small screen for the first time. This series, as well as those that followed, not only showed a fictionalized version of what was going on in the world in the turbulent 1960s but also showed the famous Captain Kirk, Mr. Spock, Dr. "Bones" McCoy, and Mr. "Scotty" Scott using some pretty far-out gadgets. In the mid-1960s when man had not yet set foot on the moon, the crew of the USS Enterprise NCC-1701 were exploring new worlds, seeking new life and new civilizations, and boldly going where no man had gone before. Several series and movies later, including one that was released earlier this year, it seems that technology has changed with the times and many of the gadgets we take for granted everyday were first seen on "Star Trek." This article will highlight a few of the many gadgets from the "Star Trek" franchise that have since become a reality.

**Communicators:** "Beam me up Scotty" was an oft-uttered line of Captain Kirk's (usually as soon as the teleporter malfunctions). The tiny device everyone carried with them to talk to each other or to contact the ship was called a communicator. The device would be flipped open to reveal buttons and dials. Keep in mind that that was back in 1966. Nearly 10 years later, in 1973, Motorola's Martin Cooper placed the world's first mobile phone call. The call was made on the prototype for the Motorola DynaTAC 8000X (which hit markets in 1983). Weighing in at 2.5 pounds, the 8000X was a far cry from the "Star Trek" communicators, but as the years have gone by and technology has improved, so have our "communicators." The touch screens and sleek designs of the smart phones we have now are a far cry from the "Star Trek" communicators, but it's awesome to see a device from science-fiction become reality nonetheless.

**Hypospray:** Hardly an episode went by when we didn't see Dr. McCoy inoculate someone or give them a shot of something when they got injured. The sound of the air rushing when he pressed on the silver device is forever burned into our memories. The hypospray seemed so high-tech compared to being poked with metal needles. Hypospray had been a reality since before "Star Trek" aired, but it wasn't that common yet. Since the mid-1930s, jet injectors had been used to provide mass vaccinations around the world. Like the hypospray in "Star Trek," the jet injector uses a high-pressure narrow jet of the injection liquid instead of a needle to penetrate the skin. It can be powered by compressed air or gas or even electricity. There were a few concerns about the use of the jet injectors, especially when it came to the transfer of diseases like Hepatitis B. Since the jet injector still breaks the skin, there is a chance of bloodborne pathogens to be spread from patient to



## A tricorder and communications devices from 'Star Trek' resemble our modern tech.

patient. Due to concerns of infection or the spread of diseases, the US Department of Defense stopped the use of jet injectors for mass vaccination of the armed forces.

**Phaser:** "Set phasers to stun" was another line often spoken by Captain Kirk. The phaser was a gun that shot out photon masers (thus the name) and was used by nearly everyone on the show, at least if they were a member of the landing party. The phaser used energy to stun or kill whatever alien creature(s) was/were harming the landing party. A similar modern-day item for the phaser would be a taser or stun gun. Like the "Star Trek" phaser, a taser uses energy (electrical currents) to subdue potentially dangerous people. Although used by police as a non-lethal weapon, tasers have been known to kill victims.

**Telepresence:** Every episode, it seemed, some alien being and/or captain of another ship in the area would come up on the Enterprise's big screen to talk to Captain Kirk. This was referred to as telepresence. Captain Kirk could see and talk to beings face-to-face even if they were hundreds of feet, or hundreds of light years, away. An obvious modern-day technological equivalent to telepresence is video conferencing. Video conferencing

allows two or more locations to communicate by simultaneous two-way video and audio transmissions. The same technology has been applied to many classrooms all around the world as well. There are two different types of video conferencing: point-to-point (between two people or locations) and multipoint (more than two people/locations). As should be obvious to see so far between communicators and telepresence, "Star Trek" has changed the way we communicate with one another.

**Tricorders:** Last on this list is the tricorder, the device Mr. Spock used while in landing parties. The tricorder was used for sensor scanning, data analysis, and data recording. There are three types of tricorders in the "Star Trek" universe. The standard tricorder is what Mr. Spock used. It scouts unfamiliar areas, makes detailed examinations of living things, and records and reviews data. The medical tricorder is what Dr. McCoy used. It scans the body to diagnose diseases and to collect bodily information about the patient. The engineering tricorder is what Mr. Scott used. It is fine-tuned for starship engineering purposes.

There can't be a modern-day equivalent for this thing, right? Wrong. In the early 2000s, NASA scientists began developing LOCAD devices to assist them in areas related to space exploration (envi-

ronmental control and life systems support, medical systems, and remote exploration). One device in use now on the International Space Station is the LOCAD-PTS, which stands for Lab-on-a-Chip Application Development-Portable Test System, and is a handheld device used for microbial monitoring about the space station. The device weighs about 2.5 pounds and allows an astronaut to take swab samples of a surface, dissolve it in water, and analyze the sample all in under 15 minutes. Considering the traditional method for microbial monitoring was to grow the bacteria cultures over several days and often send the samples to Earth to be analyzed by scientists here, this was one small step for bacteria but one giant leap for technology.

Technology is always improving and hanging, and through these examples of technology we have available to us now that were once merely ideas in a science-fiction television show, perhaps we'll continue to see technology improve. Who knows, maybe one day we'll see the invention of the transportation or warp drive, but for now we can see how much easier our lives are with these inventions that were once science-fiction but are now a reality.



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

**Kristina Bostley**  
*Campus News*

Autumn is finally here and the TV lineup is fully in swing – or is it? Just as you began to think you were finished programming your DVR to record this fall’s hottest hits, think again. The fall isn’t over yet, and it brings a host of new primetime series ranging in categories across the cable channels for your viewing pleasure.

“**Super Fun Night**” brings us Rebel Wilson’s crazy antics on the small screen to kick off the October premieres. Wilson plays Kimmie Boubier, a junior attorney whose recent promotion prompts a night out on the town with her two best gals, Helen-Alice (played by Liza Lapira) and Marika (played by Lauren Ash). In an interesting twist, ABC producers have decided to air the show’s second episode first, due to less-than-glowing reviews of the pilot. Catch the premiere on Wednesday, October 2 at 9:00 p.m. on ABC.

New NBC crime drama “**Ironside**” comes with a twist: its lead detective, Robert Ironside (played by Blair Underwood) has suffered a spinal injury and is confined to a wheelchair. His sights are always set on justice, and nothing – not even a wheelchair – will stop him on that quest. Watch Ironside fight crime on the mean streets of New York on Wednesday, Oct 2 10:00 p.m.

Nathan Miller’s world is unraveling fast. His impending divorce is soon overshadowed by his parents’ separation. His mother moves into his apartment and his father moves in with his sister and her husband, and life seems to spin quickly out of control for both siblings. Nathan, played by Will Arnett, has to learn how to re-navigate single life with his mother in tow. Visit with him and all “**The Millers**” on Thursday, October 3 at 8:30 p.m. on CBS.

It’s not quite puppy love for Junior, an honors student planning on attending Stanford, and Molly, a student happy enough to have graduated high school and been accepted to college, when they learn they’re expecting a baby. The couple faces near-disaster when their families meet and have to adjust to the idea of a baby and their sudden engagement. Mike O’Malley, Mary McCormack, Ella Rae Peck, Joey Haro, Ricardo Chavira, and Justina Machado star in “**Welcome to the Family**,” which premieres on NBC on Thursday, October 3 at 8:30 p.m.

Sean Hayes makes his comedic return to television in “**Sean Saves the World**” on NBC. He plays single dad to teenage daughter Ellie (played by Samantha Isler), who has permanently moved in with him after his divorce. Sean suddenly finds himself balancing single parenthood, a demanding new boss (Thomas Lennon), and a meddlesome mother (Linda Lavin). Watch Sean perfect his juggling act on Thursday, October 3 at 9:00 p.m.

The CW introduces new supernatural hit “**The Originals**” starring Vampire Diaries veteran Joseph Morgan. The drama centers around the Original Vampire family, which time and circumstance has broken up over hundreds of years. Original Klaus Mikaelson (played by Morgan) returns to New Orleans, his family’s original city, after being exiled over a hundred years ago. He reunites with his family, old girlfriend, former protégé, and a whole new set of problems as the supernatural and mortal worlds combine.

Wednesday, October 9 brings the CW’s next new hit, “**The Tomorrow People**.” The drama focuses on a teen, Stephen Jameson, who has found himself stuck in a very unusual situation:

he is not fully human. At first, signs such as sleep teleportation appeared; then, he met others like him, dubbed the Tomorrow People.

It is a whole generation of people who, like Stephen, have supernatural abilities such as teleporting, telepathic communication, and telekinesis. The Tomorrow People are under attack by Ultra, a group of scientists looking to destroy those with paranormal abilities. Stephen faces the choice between the two groups at 9:00 p.m. on the CW.

To leave or not to leave? Alice faces this question as she debates between staying put in her reality, one where most people think she’s delusional, or jumping down the rabbit hole to face the unknown outcome of what could be the most magical life she never imagined, with a love she never expected. Does she leave her family or follow her heart?

Watch to see whether Alice takes the leap in “**Once Upon a Time in Wonderland**” on Thursday, October 10 at 8:00 p.m. on ABC.

The CW’s new medieval drama “**Reign**” weaves the tale of Mary, poised to be the future Queen of Scotland, and her arranged marriage to the French king’s son, Francis. The relationship starts off with tumultuous twists and turns, as Mary learns that her allies may be her enemies as she takes her seat on the throne. Things are further complicated by her attraction to Francis’ half-brother, Bash, as well as the objections of Francis’ mother to the royal marriage. Watch as the show takes reign of Thursday nights beginning October 17 at 9:00 p.m. on the CW.

The age-old tale of “**Dracula**” has been told time and time again; this time, it’s being told by NBC. Jonathan



‘Ironside’

Rhys Meyers stars as the title character in the new Friday night drama. The stage is set in 19<sup>th</sup> century Victorian England when Dracula, posing as American Alexander Grayson, makes his grand entrance. He elicits the attention of a woman he mistakes as his former wife as he seeks revenge on those who imprisoned him in immortality centuries ago. Sink your teeth into this drama starting October 25 at 10:00 p.m.

Although September and October hog the majority of fall premieres, November also sneaks two new premieres

of feeling human emotion. The two must learn to work together to solve crimes beginning Monday, November 4 at 8:00 p.m. on Fox.

Rounding out the new premieres for 2013 is “**Enlisted**,” a comedy focused on three brothers in the military. The oldest brother, Pete, is born to be a soldier, but is instead put in charge of a platoon of less-than-average soldiers – two of which happen to be his brothers. Randy is Pete’s youngest brother, constantly trying to prove himself to his brothers and the regimen. Derrick has a severe case of middle child syn-



‘Reign’

into the lineup. The first November premiere is a new J.J. Abrams futuristic crime drama called “**Almost Human**.” In the future, Detective John Kennex is returning to the police force after a 17-month coma as the result of a cataclysmic attack on the police department. Armed with a synthetic leg and a few mental illnesses, he traipses off to work only to find out he has been paired with an android named Dorian, who is somewhat surprisingly capable

drome, constantly stirring up trouble. Geoff Stults, Chris Lowell, and Parker Young star in this new Fox comedy starting on Friday, November 8 at 9:30 p.m.

Whether you’d like to laugh, cry, laugh until you cry, be shocked, be scared, or fall in love, the remaining fall premieres have something for everyone. So stay tuned – this fall has a lot in store that you won’t want to miss!



# Haunted (from p. 4)

Pennsylvania State University, which is famous for its multiple hauntings. Canfield relates stories by students of experiencing screams, glowing red eyes, and apparitions that walk through walls.

Other campuses, such as Southern Maine Community College, are perhaps less famous hubs of paranormal activity. Located in Portland, the school has several very spooky tales associated with its history. The grounds of the college have housed a brothel, a nursing home and a funeral home, and now include a ceme-

tery on part of the campus. Canfield says students of the Hillside Dorm, the former funeral home, have reported hearing animal sounds in the attic, and found objects moved. A paranormal investigative group conducted an investigation and caught an EVP of a woman talking to them. This report coincides with stories of an older woman haunting the dorms and a younger woman in a nightgown who wanders the staircase at night.

Another lesser known, but equally haunted, campus is North Hampshire Community Technical College on Pease. On this New Hampshire campus there are rumors of lights flickering on their own and an eerie feeling on the top floors of the building that for a long time were supposedly boarded up. The college, which was at one time used as a hospital for the Pease Air Force Base, made “New Hampshire’s Most Haunted Places” because of the footsteps often heard from above even while the top floors were boarded off and the elevator no longer worked. Students have reported hearing strange noises and, on the rare occasion someone ventured up there, seeing apparitions.



Southampton windmill. ground level



An unusual 1985 photo of Chris DiCesare.

Cold and unexplained drafts, human-shaped shadows on the walls, flashing clocks and lights, whispering voices, and “full-bodied figures standing in the room, watching you” are all signs of a haunting, says DiCesare. But, though the intensity of the encounters can vary from helpful laundry folding to horrific and terrifying attacks, ultimately, interacting with paranormal forces can change one’s worldview forever.

“When all of a sudden what you believed isn’t the case, you question everything you know,” explains DiCesare.

This can be an incredibly scary ex-

perience, scarier than any ghost, but it also can be illuminating and educating. “Whatever doesn’t kill you, will probably make you stronger,” says DiCesare, “and more aware.”

Though he has gone on to live a

**‘Students have reported hearing strange noises and, on the rare occasion someone ventured up there, seeing apparitions.’**

happy and fulfilling life, and come to terms with the traumatizing events of those month, DiCesare will never forget or fully escape the feelings of terror he experienced so many years ago. “If it happened once, it can happen again,” he says.

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# How to properly cram for the exam

**Colleen Gibbons-Brown**  
*Campus News*

It's one in the morning before a midterm and the realization that the perfectly designed study schedule has failed just sunk in. Every student faces this situation at least once during his or her college career. The decision a student must make at this point is what to do with the remaining hours before the exam. Do you turn on the coffee pot and settle in for a long and exhausting night? Or head to bed and hope you absorbed enough information during class to make it through the test?

Ideally, a student should begin to study several days before the exam and thoroughly review the material. But with tests, papers, and projects often all due within one week, this can seem impossible and cramming can seem inevitable.

For Thomas Staccio, who spent several days in the hospital prior to a statistics midterm, there seemed no other option. Staccio, a recent graduate of SUNY Empire State College, had a 6 p.m. midterm at Indian River Community College in Fort Pierce, Florida. He went to the library at seven on the morning of the exam and studied through to the test. "By six I could barely spell my name," Staccio recalls.

Unfortunately, this is a story many others relate to. Dutchess Community College Associate Professor Stephanie Roberg-Lopez believes that one of the most common mistakes freshmen make is waiting to the last minute to study for midterms. "Probably 80% of the time" students procrastinate studying and do not realize that "studying for the midterm exam begins the first week of the semester."

Keri Clearwater, a student at Columbia-Greene Community College in Hud-

son, New York, crammed last minute for a psychology exam: "I reviewed the chapter of the wrong book, got the test, realized I studied the wrong book, panicked, forgot everything, and bombed the test," Clearwater says.

Midterm exams are a stressful experience as it, but when cramming it can become even more overwhelming and it is easy to make mistakes like studying the wrong book or overworking to the point of exhaustion.

There are some things a student can do to ensure that cramming does not hurt a midterm grade more than it helps. "I don't recommend that students cram," says Brian Cleary, Director of the Academic Support Center at Manchester Community College, in Manchester, Con-

necticut, "but if it is a necessity, I'd recommend taking breaks regularly. Study for two hours and then take a

15 minute break."

This can help a student avoid the kind of mistake made by Staccio. By taking frequent breaks, students can make sure they still have the attention and focus left for the exam and do not suffer from burnout.

Highlight your notes, make key points, and study any handouts, recommends Kristina Ferrone, former Columbia-Greene Community College student and graduate of nearby Marist College in Poughkeepsie, New York.

It is important to realize that cramming is not studying; it is damage control. Learning everything for the exam is not possible. Instead, students should focus on key points that will help increase a score. Student of Ulster County Community College, located in Stone Ridge, New York, Schewana Barresi explains, "Don't attempt to learn everything and try to focus on...things that will



get you the most points."

It can also help to study with another student, Roberg-Lopez says. "You will benefit from a strong student's organizational skills."

"Take time to sleep and eat," Cleary says. Any knowledge a student has gained from homework and attending class can be lost in a tired and hungry mind. Take care of basic necessities, it will help your brain remain sharp and absorb information faster. Also, Barresi suggests, "Find a well lit place with no distractions."

Though there are ways to help a score in addition to studying, "knowing the material well, which usually involves studying well, is the best preparation for taking a midterm exam," Cleary says, and "successful students will learn that cramming is not the most effective way to study."

It is a lesson many learn the hard way. But it does not mean the next test cannot go better. If a student takes some actions before the exam, cramming can be avoided. Ferrone says, "Ask the professor 'what key points should I focus on?'"

Roberg-Lopez agrees, "Talk to your teacher. We get paid. You are not bother-

ing us by coming to us for help or counsel. We like you and want to help." She also suggests giving yourself a practice test.

Cleary advises students to "deal with weaknesses." If a student knows they typically procrastinate, then they should begin early and focus on time management strategies. There are also many resources on campus to help: "Students can meet with tutors, academic advisors, academic coaches/mentors." This can be a significant advantage.

At the end of the day, regardless of whether a student crams or not, there is no reason to make taking a test harder by stressing out over the result. "In the end, it is going to come down to this: either you know it or you don't," Ferrone explains. Students should take the test, move on; and if they do poorly, then talk to the professor and "do anything to improve your grade." Learn from the mistake and do better next time.

Above all, during the sleep-deprived states of panic and anxiety that all too often accompany midterm exams, it is important for students to remember to remain calm, keep everything in perspective, and just breathe.

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# Federal tech grant will help community college

**Sean Bradley**  
*Scripps Howard Foundation Wire*

The third installment of President Barack Obama’s \$12 billion reform plan for the nation’s community colleges announced late last month will benefit Lansing Community College and the mid-Michigan area in more ways than one.

The college will receive \$2.14 million from the U.S. Department of Labor and the Michigan Coalition for Advanced Manufacturing. It will use the money to focus on and improve its advanced manufacturing sector by providing

courses relating to fields such as certified production technician, virtual welding and robotic welding.

The college will buy equipment for these new and existing courses.

Eight community colleges across the state are receiving funding, including Mott Community College, Grand Rapids Community College and Lake Michigan College.

Bo Garcia, the executive director of LCC’s Business and Community Institute, said the manufacturing focus is in line with the rest of the region.

“It will reaffirm the core competencies for our regional workforce,”

Garcia said. “That lends itself to the ability to attract and retain industry. What that means to us is job creation and job retention.”

Last year alone, LCC trained more than 2,000 individuals and provided more than 50,000 hours of training in fields including pipe welding, robotics and hydraulics. He said a core mission of the BCI and use for the grant money will be to train workers in fields they are already working in or re-training workers for new fields.

“We are home to General Motors, and because of that, it’s our charge as a community college to enhance the as-

sets our region has,” he said. “Much of that is automotive and manufacturing

related.”

Lansing Economic Area Partnership CEO Bob Trezise said now is the time to use federal grant money to train workers who are not prepared for the manufacturing jobs available in the area.

“There could not be a better immediate investment the federal government could make for workforce development,” Trezise said. “If we continue to make that kind of investment, the local economy is on the verge of exploding.”

He said GM is adding 400,000

square feet to the 2.5 million-square-foot Lansing Grand River assembly plant, creating 200 new jobs.

Norplas Industries, a manufacturing subsidiary of Magna Exteriors and Interiors, announced in January the creation of a 350,000 square foot robotic paint line and injection molding facility, creating 400 new jobs in Delta Township.

A Michigan Department of Technology, Management and Budget industry forecast projects that more than 2,800 jobs will be lost in the manufacturing sector for Ingham, Clinton and Eaton counties from 2008 to 2018.

Although the grant’s immediate assistance is will benefit automotive manufacturing, Trezise said the grant will benefit similar areas in the future.

“A great example is Niowave,” he said. “They work closely with particle accelerator technology and create new kinds of lasers for military, medical and aerospace technologies.”

The payoff for job creation and employers such as GM is that training workers for high paying, high-skilled jobs will achieve three things for them and their families.

“The payoff is peo-

ple will have good jobs and not have to be on assistance and providing their own health care and becoming consumers again,” he said.

Garcia said that at the community college level the grant will help them meet the challenge of preparing students academically to compete on a global level with less funding than in previous years.

“We are very fortunate to use these opportunities to use these resources and additional funding for curriculum development and training programs leading to increased productivity for our region,” he said.



# Will menu-labeling law change how we eat?

**Sihan Zhang**  
*Scripps Howard Foundation Wire*

The menu labeling law that is part of the Affordable Care Act raises the question of whether any such rule can change Americans’ diets.

The menu labeling provision, attached to the ACA, better known as Obamacare, will go into effect by the end of the year. It requires all restaurants with 20 or more outlets to provide calorie counts and other nutrition information on menus and menu boards.

Several states and local governments, including New York, Philadelphia and Seattle/King County, already require nutrition labeling in restaurants. However, some experts say that forcing restaurants to provide calorie counts is government overreach that will be a cost burden for the restaurant industry.

Nita Ghei, a policy research editor with the Mercatus Center, and others criticized the assumption that the government knows the best dietary choices for the public – that choosing a higher-calorie meal is not necessarily evidence of inadequate information but rather is based on complex personal preferences.

“You measure the gratification more than future wellbeing. So the pleasure you get from eating a cupcake right now, or that beer, or the bagel or the extra serving of fries ... that outweigh the risk of weight gain or whatever health problems you may have in the future,” Ghei said last month.

She was part of a panel discussion

about about what the conservative Heritage Foundation, which hosted the discussion, called the Food Police.

According to a 2013 restaurant industry forecast issued by the National Restaurant Association, 71 percent of adults say they are trying to eat healthier now at restaurants than they did two years ago. In addition, one-third of all adults have gone online to get nutrition data on restaurant food; the percent jumps to 45 percent for adults ages 18 to 44.

Dan Roehl, senior director for government relations for the National Restaurant Association, said the growing number of cities with their own nutrition-labeling laws created confusion and administrative issues for restaurants operating in multiple states.

“It makes good business sense to have a uniform and national standard, so that customers have access to consistent nutrition information nationwide,” Roehl said.

The National Restaurant Association represents more than 500,000 restaurant locations. It is working to ensure restaurants have flexibility in putting the new standard in place, including how the information is displayed on a menu or menu board, and when operators must comply.

Margo Wootan, director of nutrition policy at Center for Science in the Public Interest, said nutrition labeling provides an

incentive for companies to reformulate products and introduce healthier options.

“There is an average of 40 percent calories cut off entrees in chain restaurants” when they post calorie counts, Wootan said. For example, Applebee’s introduced its “Unbelievably Great Tasting and Under 550 Calories” menu featuring lower calorie alternatives to its regular menu items. A healthier substitute for the grilled shrimp and spinach salad (940 calories) is the grilled shrimp and island rice (370 calories).

Wootan cautioned that not all studies are able to measure the effect of menu la-

beling, and the sample size has to be large enough to show the relationship between menu labels and lower calorie selections.

The center advocates for nutrition and health, food safety, and alcohol policies.

J. Justin Wilson, a senior research analyst with the Center for Consumer Freedom, warned that changes in labeling can have adverse effects on consumer behavior. Wilson’s group lobbies on behalf of the fast food, meat, alcohol and tobacco industries. Wilson cited the health-halo effect, in which customers misjudge the unhealthiness of their food when it has an organic label.





# The etiquette of eating in class, and how to make up for lost energy

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

Ten minutes into a review of my course syllabus one of my students raises his hand with such fervor and excitement it took me by surprise. “Mr. Podos I have a question.”

I assume he has a question regarding something he did not understand and needs clarification regarding the syllabus. His question however takes me by surprise.

“Can I eat this sandwich?” he said, as he reveals what is apparently something edible wrapped in wax paper.

“No,” I reply. “The school has a policy that students cannot eat in the classroom.”

You would think I just told him I was going to fail him no matter how well he would do. The sandwich disappears back into his knapsack; all the while he is looking like a balloon that just had all the air sucked out of it. I also happened to take note of the time, more on this in a few minutes.

Later that day I began to think about the situation. In fact I began to think about when I was in college. We not only could bring in a sandwich and nosh away to our hearts content, we could smoke in class as well. I know it is difficult to believe but that’s how it was well — at least at the college I was attending. While those days are long gone and of course so many things have changed on college campuses, what hasn’t changed is the capacity for a student to easily become distracted from lecture, everything from the day-dreamer who is staring out the window

so desperately needed that sandwich.

Syrena Styles from Demand Media says, “An afternoon slump is the result of your body’s natural energy cycle preparing you to rest. ... A healthful energizing lunch should include low carbohydrates and a serving of protein to prevent blood sugar fluctuations.”

Sound familiar? We all have experienced it. The National Sleep Foundation had some other interesting tidbits of information, a.k.a. the post-lunch dip. Here is their definition: a temporary lull in alertness in the afternoon a function of our biological clocks. This seems to happen with higher frequency between 1:00 and 2:30 p.m. Other sources that I came across also tend to agree. So here is this student of mine who wants to have a sandwich; remember I looked at the clock, it was just shy of 1:00 p.m. Coincidental?

So why do we have rules that prevent students from eating in class? Well here’s the most popular. It is distracting, distracting not only for your professor, but

distracting to other students in the class. I don’t have to tell you that most college classrooms are not big. If you cram 30-40 students into the typical college classroom, it doesn’t give you much wiggle room. Now imagine that half of that class brings in their breakfast and or lunch, assuming you are attending morning or afternoon class. I would think that between the potato chips and pickles, the slurping and slopping of soup, the smell of McDonald’s Egg McMuffins (I still don’t know if that is real food), and not to get gross, but dodging incoming food particles (some people are just sloppy eaters who love to talk with their mouths full), could you concentrate?

But wait. What if policy was passed that students could in fact bring something into class to eat, something that did not sound like a garbage truck devouring the contents of a garbage can or garbage bag every time a student chewed? And what if those students brought into class “soft foods” that

were for the most part no fuss no muss, and were actually healthy for you, like a chewable protein bar, would that be so bad? I think not.

Except for the crackling sound from unwrapping the package, how much noise can a student make? And there wouldn’t be any offense odors to boot. Of course, if there were a policy that did allow soft, nutritious foods, how would the school enforce that policy? How could we be sure that you would bring in a nice, wholesome, healthy, energizing protein bar instead of a Milky Way bar?

And then there would be the proverbial student who would always be trying to sneak into class a steak sandwich, perhaps bacon and eggs, a pepper sandwich, potato chips, and on and on and on. You get the picture. Of course food allergens are another concern. If someone is allergic to peanuts and you happen to hand off a hunk of your protein bar to the student next to you who has all but begged for a piece, your butt is in big trouble if that bar has any trace of peanuts. Anaphylactic shock is not pretty.

So, all of this thinking brought me back to another time in my life when I worked in various positions as an Executive Director. Those days I was always running back and forth to meetings and was constantly attending training sessions or conducting them. It would not be uncommon for me to hold a training session for any number of my colleagues several times a month at minimum.

And then it hit me. I remembered I would always try and do any trainings or any important meetings and seminars always in the morning, and never between 1:00 and 2:00 p.m., if it was at all possible. Why? Because that same dreaded afternoon slump that Syrena

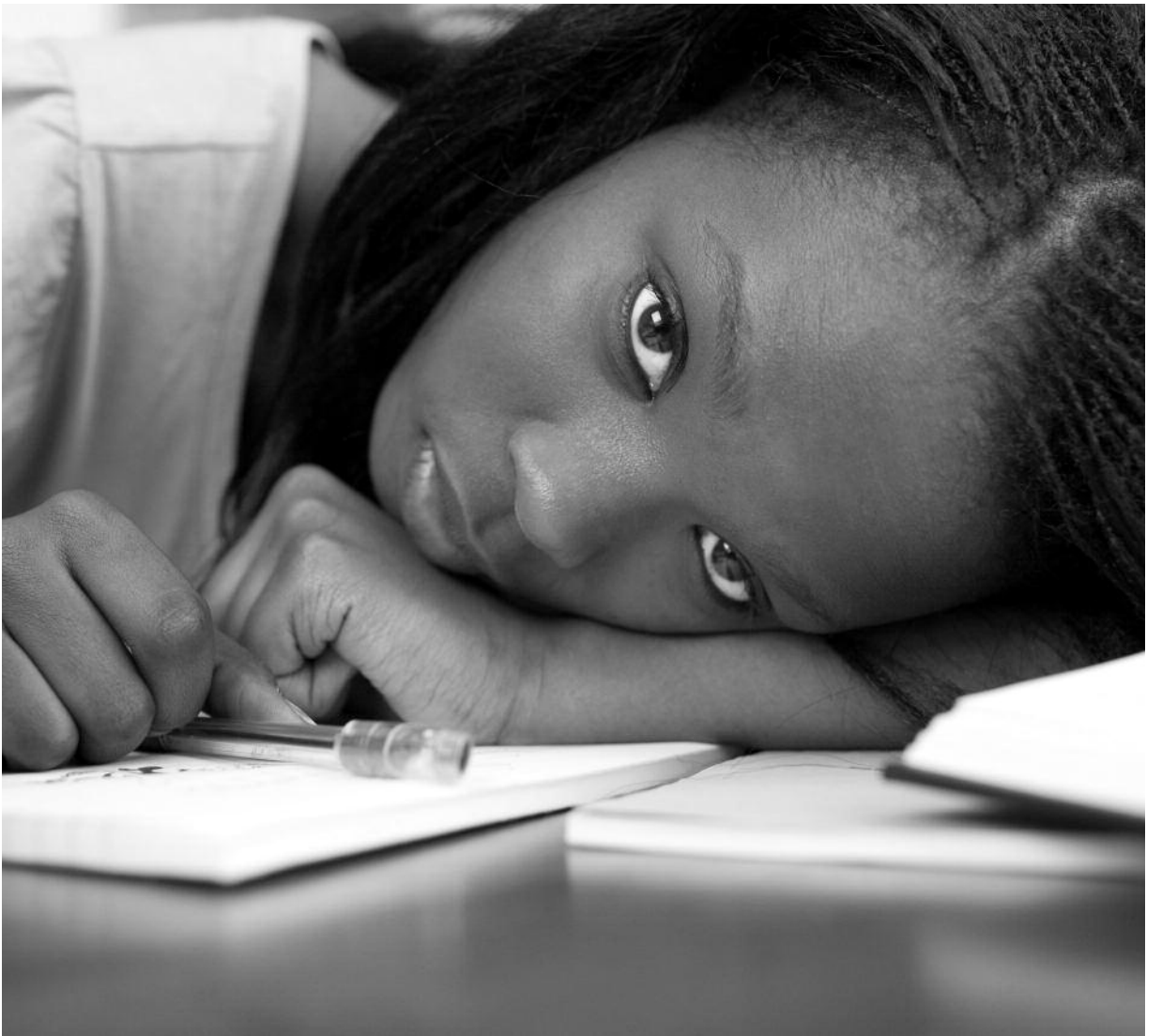
Styles talked about would hit most participants.

Let me tell you from experience it’s not fun stepping up to a podium to conduct a conference for over 200 attendees who look like they are about to pass out because their blood sugar levels have dropped to their toes, and this would happen always, without fail, between 1:00 and 2:00!

So, would it have been to my benefit and to the benefit of those in attendance who had to hear me moan on about statistical outcomes, financial projects, and collaboration efforts to have had, say, a protein bar to munch on when they came back from lunch? Maybe, just maybe that would have given them the extra energy punch to keep them focused to at least when I announced the refreshment break, which happened around 2:30ish.

So maybe it’s not a bad thing to allow students to eat in class. I am up for anything (within reason) to help my students pay attention; and if having them munch down a protein bar would help, so be it. How to keep students from coming into class with a five course meal, or at the very least that salami sub, that’s something I can’t answer. But, I’m not opposed to bringing in a bunch of those protein bars to class. I can place them in a basket of sorts have them on my desk and as each student comes in I can hand out to them one bar at a time with a smile on my face, knowing that maybe, just maybe, they will avoid that dreaded afternoon slump. I just need to make sure they are not allergic to peanuts.

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



## ‘How could we be sure that you would bring in a nice, wholesome, healthy protein bar instead of a Milky Way?’

to the clock watcher (if you in fact have a wall clock in your room).

God help me, are my lectures really that boring, for students to just be zoning out and falling asleep? And, of course, if you’re hungry, good luck on concentrating on economic and management theories or on anything for that matter.

Furthermore, we now have the ever present electronic devises that all students have to carry wherever they go and the need to constantly use them wherever they are, including classrooms. This obviously becomes a distraction not only to the student who is using it, but to the other students in the class.

So do we really want to have students coming in and woofing down a salami sub as well? Perhaps that isn’t as crazy as it sounds, but there are substitutes. Still thinking about my student, I decided I would do some quick research on the dreaded afternoon slump, thinking perhaps that is why he



# The push for military transfer credits, accessibility

**Gavin Stern**  
*Scripps Howard Foundation Wire*

Indiana higher education official Ken Sauer testified before a House subcommittee last month about the importance of college transfer credits for servicemen and women and the need for more information on credit recommendations.

Individual colleges and universities have the ability to decide how an incoming student's military training and experience transfers to courses offered – with help from The American Council on Education's credit recommendations.

But Indiana and six other Midwest states have created a consortium to discuss the issue – saying there's more to be done to make college accessible to veterans and military members. The Multi-State Collaborative for Military Credit began about 18 months ago in Indiana, Illinois and Ohio – with the initiative later expanding to Kentucky, Michigan, Minnesota and Missouri.

The collaborative is working to better understand and apply those national credit recommendations, said Sauer, a senior associate commissioner with the Indiana Commission for Higher Education.

"On the college side, it's understanding exactly how a service member's training and experience gives them certain competencies and skills that are covered in other courses" Sauer said. "It's just not easy to do that."

He said the ACE credit recommendations are solid, but some small colleges need more information than is now offered.

For example, he said, a military basic medical corpsman's training is very similar to that of a licensed practical nurse. A returning corpsman would need only a few "gap courses" to be eligible to work in a civilian hospital.

But the discussion isn't just about credit distribution – it's also looking at

the increased accessibility to college for military students.

"There's also obviously the idea that time really is the enemy of completion, to the extent that if somebody can get credit for something they already know, it shortens the time a student – in this case a veteran student – would need to complete their degree," Sauer said. "And obviously it saves money too – both for the service member as well as the state who is funding the instruction."

Sauer, along with Kimrey Rhinehardt from the University of North Carolina, Arthur Kirk from Saint Leo University in Florida and Russell Kitchner with American Public University System, testified before the Higher Education and Workforce Training subcommittee on some of the collaborative's findings.

Rhinehardt spoke of the University of North Carolina's military partnership programs to create specialized courses designed for students to transfer their military experience into a civilian career.

But Rep. Susan Brooks, R-Ind. – who formerly worked for Ivy Tech Community College in Indiana – wanted to know how to take individual university success stories and apply those techniques nationally.

"What will it take to move us further rather than program by program ... what can we do to have a much stronger collaboration between the Defense Department and our colleges and universities so it's much more seamless than what it sounds to be a bit more happenstance right

now?" Brooks said. "I appreciate and applaud what is happening, but yet it seems like it is just not systematic at this point – and I think we're missing an opportunity."

For a university system like the University of North Carolina – and its 17 affiliated campuses – there is a military resource advantage with the state's Seymour Johnson Air Force Base, Fort Bragg Army post and Coast Guard and Marine bases in the university's backyard.

Kitchener, the vice president for regulatory and governmental relations at American Public University System, said one primary goal for his institution is not only to provide for the veteran student academically and financially

but also to provide emotional support.

"One of the things that I think is absolutely essential is to prepare our faculty to work with our veteran students," Kitchner said, "Understanding they come to the classroom with some special challenges and in all likelihood have life situations and experiences that are different from your traditional college-aged student."

Subcommittee chairwoman Rep. Virginia Foxx, R-N.C., told the panel of experts that higher education policies for veterans and military students are heading in the right direction.

"I think progress is being made, and it's obvious in the things that you're saying that progress is being made," Foxx said.

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# Lawmakers flirt with missing October deadlines in Obamacare standoff

Gavin Stern

*Scripps Howard Foundation Wire*

Republican lawmakers have turned the Affordable Care Act into a sieve, through which the entire world economy must pass, by leveraging two critical October deadlines – a raise in the debt ceiling and a bill to fund the federal government – to defund or delay the Affordable Care Act, better known as Obamacare.

However, these tactics have drawn the concern of economists, who say that the political fight is damaging the economy.

“You have both the debt ceiling and the fiscal new year budget. They’re both coming together and producing a huge amount of uncertainty,” said Matthew Canzoneri, a professor of economics at Georgetown University. “Somebody needs to resolve it.”

Last month, The Federal Reserve Open Markets Committee released a surprise policy statement, in which it described a weaker-than-anticipated economy as a reason to continue its recession-era stimulus program of buying Treasury bonds, called “quantitative easing.”

The Gross Domestic Product expanded by 2.5 percent in the second quarter of 2013, according to the Bureau of Economic Analysis, representing modest growth that was slightly below the Fed’s June economic forecast.

Canzoneri said that legislative policy is “holding the economy back.”

“The Fed is just hanging in there and trying to show it’s worried about the recession,” he said.

## Lew said he expects reserves to run out by mid-October.

Susan M. Collins, a professor of public policy and economics at the University of Michigan Gerald R. Ford School of Public Policy and a senior fellow at the Brookings Institution in Washington, described the recovery as “fragile” and said she was glad that the Federal Reserve would continue its \$85 billion per month bond-buying program.

The unemployment rate was 7.3 percent in August, according to the Bureau of Labor Statistics, above the Fed’s target of 6.5 percent, when it plans to wind down the stimulus. The Fed now forecasts that the country will reach “full employment” by 2016.

Collins blames Congress for injecting uncertainty into the market by taking the country’s finances to the brink.

“The recovery is fragile in key sectors, and uncertainty is going to add to those risks,” Collins said. “The fed has been the grownup in the room and has been handling the challenges remarkably well.”

Many Republicans in Congress said they would not vote for a bill to fund the government – called a continuing resolution – if that funding in-

cludes Obamacare.

The Republican-controlled House of Representatives passed an Obamacare-defunding continuing resolution on Friday, but it is certain to fail in the Democratic-controlled Senate or by the stroke of President Barack Obama’s veto pen.

As Congress failed to pass a resolution by Oct. 1, the federal government will shut down for the first time since 1996.

In addition, Republican lawmakers have refused to raise the debt ceiling, which would allow the government to borrow money to pay its bills, unless Obama agrees to delay Obamacare, cut spending and approve an oil pipeline from Canada to Texas.

Treasury Secretary Jack Lew, who spoke to the Economic Club of Washington, said failing to raise the debt ceiling is an unprecedented – and highly destructive – political bargaining chip.

“The debt limit has nothing to do with new spending. It has to do with spending that Congress has already approved and bills that have already been incurred,” Lew said. “Failing to raise the debt limit would not make these bills disappear.”

The government breached the debt ceiling in May, but has been continuing to fund its operations using cash reserves. Lew said he expects those reserves to run out by mid-October. If that happens, the government will fail to pay its bills and will be in default of its obligations – possibly at the same time as a government shutdown.

The default would be a stronger blow to the economy than a government shutdown, Canzoneri said, because foreign investors would lose confidence and stop buying U.S. debt. Interest rates would shoot up, and the country would be faced with higher taxes or more budget cuts to make up the difference.

“We’re really getting a free ride based on the safety of U.S. government debt,” Canzoneri said.

The first time Congress flirted with default was in 2011. That gambit led to a downgrade in the U.S. credit rating.

“Trying to time a debt-limit increase to the last minute could be very



Jake Lew

dangerous,” Lew said, calling the resulting turmoil “a self-inflicted wound.”

Obama has said he won’t negotiate with Republicans over the debt ceiling.

“They want to threaten default just to make sure that tens of millions of Americans continue not to have health care,” Obama said Friday in a speech at a Kansas City auto plant. “The entire world looks to us to make sure the world economy is stable. We can’t just not pay our bills. And even threatening something like that is the height of irresponsibility.”

Even if the government avoids default or shutdown, defunding Obamacare would have serious consequences, said Stephen Zuckerman, a health economist at the Urban Institute in Washington.

Zuckerman said that insurance companies have already invested significant resources into setting up Obamacare. A delaying would harm an insurance industry that expected the law’s health-insurance exchanges to open Oct. 1.

“You have a lot of health insurers that have already sent bids to the exchanges, and all these bids are conditional on the individual mandate,” Zuckerman said. “They’re expecting new customers drawn from the general pool of the uninsured population, many are healthy younger individuals.”

Zuckerman said insurers would claim that their bids were no longer valid, because they were relying on healthy customers to offset the cost of those with significant health issues.

Further, there would be confusion about the expansion of Medicaid, a program that provides health-care coverage to the poor. Zuckerman said it’s unclear if the Medicaid expansion

would be lumped into a defunding of Obamacare.

“The most important thing that the ACA does is it expands Medicaid,” Zuckerman said. The District of Columbia, California, Connecticut, Minnesota, New Jersey and Washington have already expanded their Medicaid programs, with 19 more states set to join them in 2014. The Supreme Court ruled in 2012 that states can refuse to participate.

In addition to the Medicaid expansion, Zuckerman said several popular insurance regulations have already taken effect, including a 20 percent cap on administrative costs and expanded coverage for dependents up to 26 years old. The mandate that all Americans must have health insurance coverage begins in 2014, with open enrolment running from Oct. 1 to March 31.

The Congressional Budget Office estimates that the Affordable Care Act will reduce the budget deficit by \$200 billion over a 10 years, while insuring 93 percent of nonelderly, legal residents by 2022, compared to 82 percent in 2012.

Collins said avoiding the economic consequences ahead is no mystery.

“There are very clear options on the table – it’s not a question of if there are ways to address the challenges going forward,” Collins said. “It means they have to work together.”



# How to get more hours out of your day

**Darren Johnson**  
*Campus News*

You know the student. He or she takes 18 credits, works an hourly job, maybe plays on the lacrosse team, too, and writes for the school newspaper. Maybe this student is fitting in other things as well — family life, romance, exercise, personal reading.

Meanwhile, you may know someone — maybe you? — who barely can handle 12 credits, let alone any of the other things.

How are the two students so different? Is one just more talented in all those different ways?

I can tell you how it's done because I was that former student, and still employ the same tricks today.

The answer — get in, get out.

Properly assess your goals, know when the task is complete, and then move onto the next task. Quickly. Decisively.

Also, know when you have to compromise and move on. Take a B instead of an A if the A will require that much more time, and not really give you more knowledge. There is always next time.

I have no special brain — my SAT score was above average but not stellar by any stretch. My family did not push me at all. One parent only had a high school diploma, the other didn't even have that. I had a friend with one of those more academic-minded parents who once derided me by saying: "You do the exact minimum and nothing more."

But isn't that the point?

What is the point in over-studying for a math test? Over-exercising to get ready for a sports season? Probably running a mile a few times a week with some sprints and pushups added in is fine to get in shape for most field sports. No need to train for the NYC Marathon.

As regular readers of my columns know, I juggle a lot of different tasks — college administrator, PT instructor, newspaper entrepreneur — and also maintain a family life. It's all complicated, but doable.

How do I do it? An attention to just plain competence. Not trying to be the best at any one thing, just better than most. And fast. And decisive. Decisions have to be made.

I'd say I'm better than 80 percent of administrators, 75 percent of instructors and 70 percent of small publishers. Still passing!

But I do all three things, while most people with my training can only manage one, if that.

And that's how I got through high school (with honors), and college (double-major) and grad school (3.8 GPA), all on time or ahead of schedule while also working, playing sports and writing for publications. Fast competence. Take that B- if you have to and move on. Sure, there's the occasional A, but everything comes at a price.

The 20 extra hours you gave to a course to go from a B- to an A — was it worth it? Did you learn anything more that you will take with you for the future? Or were those 20 hours of rote memorization, that you will lose soon after the semester ends?

Those 20 hours — could you have used those to do other things? Perhaps learn a new computer program. Perhaps create something. Perhaps take more credits.

Just like if you keep a financial diary, you'll see where your money drains are (coffee at Starbucks?). Just like if you keep a food diary, you'll find out where you're caloric weaknesses are (Wonder Bread?).

If you keep a diary of how you spend your time, you will find where you waste it. Turn that wasted time into projects.

What is a project? Something

where you either make money or learn a skill that will move you forward.

Cut the BS. And know what is work and what is "busy work." Cleaning your desk is not work. Scheduling meetings that go nowhere is not work.

Work results in actual, respectable output.

one thing aren't even competent at that. There are deans who do little but attend meetings and give the appearance of accomplishment. There are instructors, full- and part-time, who are totally mailing it in, doing whatever the teacher's version of the textbook tells them to do.

## 'Keep a diary of how you spend your time. That way, you will find where you waste it.'

All in the same week, I may put in 40 hours or more running a department of a college — been doing this very capably since 1999 — teach two or three three-credit courses, write some articles, organize ads and stories for a newspaper (maybe even distribute it some weeks) and still find time to go pumpkin picking and cook an Italian dinner with the family.

I got rid of the time-wasters over the years. The video games were a big one. Watching sports was another.

I still have time-wasters — I love movies and online Scrabble — but I

So one needs a sense of integrity, too. Deliver what you should be delivering.

But, if you find that you aren't accomplishing as much as people in situations similar to yours, it may not be because you are less talented. It may be because they aren't wrapped up in the quest for perfection.

They simply do what they have to do — and put on blinders — finish without fanfare, and move on.

That's how you find enough hours in the day. And that's how you can go through life, accomplishing so many

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usually am multi-tasking while these things are happening.

Why should I just focus on one thing, like most people do? I LIKE doing all the things I do. I also add the occasional side project — currently I am writing science fiction on the side. It may pan out, it may not.

Keep moving, keep going.

And if one of the three paying jobs is going a little south during a stretch of time, I can just devote energies to another to make up for that lost income. My course canceled? With those 45 hours gained, I can move a few more newspaper ads. It all evens out in the end. Financial people call it "diversification."

In the professional world, I'm stunned that some people who just do

things.

For a while, I wrote obituaries. It struck me how some of the deceased's stories were so full and interesting with a lot of accomplishments and diversity, while others simply were about a person who was born and died in the same place and maybe did an uninteresting job for most of the decades in between. Amazing that these two types of folks were of the same species.

Don't let yourself get stuck as time passes by. Get in, get out, move on. Do it all!

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## OPEN HOUSE Sunday, November 3