

Community & College CAMPUS NEWS

A Print Newspaper
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Two-Year Colleges
in the Northeast.

Volume 8, Issue 4
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January 2014

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Is 2014 going to be your big year?

Darren Johnson
Campus News

This new year may be one of the most important of your life. Think about it, you may: Graduate from a 2-year college, or at least get a lot of credits, making this milestone come near.

Then you may either transfer to a 4-year college, where you will get intensive training in a career that will consume your next 40 or so years.

Or you may go directly into a career based on the credentials of your associate's degree.

Either way, when you look back at 2014 some day, you will mark it down as one of your periods of great transition.

This new year will require great focus. Mistakes at this time — taking the wrong courses, failing, putting your job or your personal relationships before your studies, picking the wrong transfer college — could end up



setting you back years. Perhaps mistakes you may make in 2014 will be unrecoverable.

This may be the year you make progress to graduation, or transfer.

In this article, I will collect the best advice from the various topics we covered in 2013.

Succeeding at Your

Next College

In February 2013, we had an article with tips for succeeding when you go from community college to a 4-year college. Donniece Cooper, Coordinator of Transfer Admission at the College of Mount Saint Vincent, told us that students should bring a notepad with them when they tour college campuses:

“Ask questions: Make a list of questions you can ask during the interview. The whole purpose of the interview is make sure you are informed regarding your options as a transfer student. Feel free to ask as many questions as possible about scholarships, financial aid, study

continued on page 4

FAFSA woes hold back applicants

Nick Prete
Scripps Howard Foundation Wire

College hopefuls might think getting good grades and activities are the only barriers between them and the school of their dreams, but for many students, the Free Application for Financial Student Aid is one, too.

The financial aid process could be reworked next year with the Congress' reauthorization of the Higher Education Act, and the system's problems are now under the microscope.


Every year, the Department of Education awards more than \$150 billion in federal financial aid to college students through Pell Grants, campus-based aid and student loans. Pell grants can be up to \$5,645 per year, and students can also get loans from the federal government for up to an \$138,500 aggregate total over their time in school.

Despite the amount of financial aid, there is a gap between students who are eligible and who receive aid because they apply for it through the Free Application for Federal Student Aid.

The FAFSA gathers tax and income information to determine what a family's contribution to college costs should be and how much financial students need.


According to a 2009 study by Mark Kantrowitz, a financial aid and college planning author, 76.8 percent of Pell grant-eligible students at four-year public institutions applied for federal financial aid.

continued on page 2



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FAFSA woes (cont.)

“The complexity of the FAFSA form is a contributing factor to completion rates, with 18.9 percent of U.S. citizens and permanent residents who did not submit the FAFSA saying that it was because the forms were too much work or too time-consuming,” the study said.

One proposal to solve the application gap is to simplify the process. Financial aid experts at a Nov. 14 Senate Health, Education, Labor and Pension Committee hearing suggested cutting the FAFSA to two main questions: family size and family income.

The average student completing the FAFSA faces 61 questions. No wonder nearly 2 million qualified students never bother to apply for aid“ The average student completing the FAFSA faces 61 questions. No wonder nearly 2 million

The form averages 61 questions.

qualified students never bother to apply for aid,” Kristin Conklin of HCM strategists, a lobby and research group dedicated to post-secondary education, said at the hearing.

But simplification may not be the answer, according to Terry Hartle, senior vice president of the American Council on Education, a higher-education advocacy group that represents universities.

“It would be easy to streamline the Free Application of Federal Student Aid

by simply asking for less information from applicants, but doing so would inevitably make more individuals eligible for aid and increase the cost of the federal programs,” he said in a statement before a House committee hearing in April.

This is the ninth time the Higher Education Act of 1965 has been up for reauthorization, most recently in 2008. The FAFSA has been modified many times in recent years, as well. The most noted change was an IRS data-retrieval tool that allows applicants to automatically transfer income and tax data from their income tax forms, filling out most of the 10-page application with a few keystrokes.

“I think they’ve done a great job with making a lot of the process automated; such as the IRS data retrieval tool ... I think that was a great enhancement,” said Ashley Reich, president of the Virginia Association of Student Financial Aid Administrators, an organization that attempts to give greater understanding of financial aid to students.

Another option is to keep the current FAFSA system but give students more assistance when they are filling it out.

A Department of Education study found that high school seniors and recent graduates who received assistance filling out the FAFSA were significantly more likely than a comparison group to submit the FAFSA and attend college. Programs that help prospective college students fill out the FAFSA already exist. “I think students are on information overload,” Reich said. The Virginia group is one of

those organizations, hosting events in Virginia throughout the year to increase public knowledge about how to get financial aid.

“Some students may not even realize that the FAFSA is a tool that could provide them with something like the federal Pell grant or loans that they would need to attend school,” Reich said.

The Virginia group says more students have filled out FAFSA since it began helping students, and it has set a goal of a 4 percent increase (about 15,000 more completed FAFSAs) for this year.

Congress isn’t the only place that this problem could be solved. President Barack Obama could issue an executive order, or the Department of Education could change the form. The Education Department did this recently when it added more options to the marital status choices to get a better measure of who is contributing money to the student's college education, which could include an adult other than a parent.

[Read more about FAFSA on page 17](#)

CAMPUS NEWS

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

Publisher/Editor: Darren Johnson.

Regular Writers: All writers are college students or faculty, including Nathaniel Villano, Marie Frankson, Kristina Bostley, Colleen Gibbons-Brown, Prof. Jack Mandell, Laura LaVacca and Prof. David Podos. Additional writers include the publisher/editor, the occasional student freelancer and college interns working for the Scripps Howard Foundation Wire.

Original Layout Template: Thomas Johnson.

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

Subscriptions (\$36/year): Campus News, 39 County Route 70, Greenwich, NY 12834 or, better, editor@cccnews.info

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How to keep your New Year’s resolutions

Laura LaVacca
Campus News

It’s that time of year again...the time to make New Year’s resolutions. The time to debate what you will change in yourself for next year and for some, the time to debate just what month you will break them.

“I usually quit after two months,” Nassau Community College student Kathia Hernandez states. “It’s hard.”

“I try to stay on task but I sometimes push it off from time to time,” Liberal Arts major James Vail notes.

But why is it so hard? Students may find trouble with just how to create goals and stick to them. Some may be unrealistic or too impossible to actually accomplish in a year.

“My friends make New Year’s resolutions, but some are too far- fetched,” Nassau Community College student, Kim R. states, “Like ‘win lotto,’ and others are generic like ‘lose weight.’”

Students may need to stop thinking of New Year’s resolutions as broken promises but rather think of them merely as goals to set. New Year’s resolutions have taken on a negative connotation because people feel pressure to change something in themselves and guilt when they do not see it through the whole year. New Year’s resolutions can be created any time since they are merely goals. January 1st doesn’t mean it’s the only time for change.

Psychologist Allison Azuz explains the reasons why New Year’s resolutions

may not stick and the importance of goal-setting.

There are ways to set yourself up for success, psychologist Azuz explains, “You are most likely to achieve goals that you set if they are specific. For example, ‘I will lose 20 pounds,’ versus ‘I want to lose weight.’” Goals should be detailed enough and not general, so students can keep their eye on the prize.

Other tips Azuz advises is to make sure that the goal is “moderately difficult to achieve, not too easy or near impossible, and make sure it is measurable.” Goals don’t have to be so large that they seem daunting or unmanageable. Consider creating two to five smaller goals that help you achieve a larger one. Achieving any goal, no matter how big or small, is still a positive.

Food and beverage management major, Briana Schneider, recognizes the need for just that, “People shouldn’t set their goals to something unrealistic...I have seen many people do this!”

She continues, “Resolutions help with my goal setting because from that one resolution I make I create smaller goals so I can achieve what I want throughout the year.”

Azuz advises setting up a “feedback system that will allow you to track your progress throughout your journey.” This is arguably often the part of the goal setting process that is forgotten. “This feedback will provide needed reinforcement towards your specific



goal,” Azuz continues. Nassau Community College student Aura Yanes likes to do just that, so she can note her accomplishments, “I like to write down what I would like to do and change this year so that later on I can see if I did what was on my list.” It’s not enough to just set the goal but to track your journey throughout. Gain insight into why things work for you and what does not. Ask yourself why you failed? What didn’t work? How can I learn from this? And remember...failure isn’t always a bad thing.

“It’s a learning process,” guidance counselor Lisa Demarco notes. “Failures are part of it all. If you don’t have them, then how do you grow as a person?” In other words, keep resolutions short, simple, to the point, and if you feel like quitting, it’s okay— just make sure to get up and try it again.

**START THE
YEAR RIGHT
— WIN A
KINDLE FIRE!**

see page 10

Getting the best value in a community college

Jonathan Lopes
Campus News

Students attend community colleges for a variety of reasons. They can be based on finances, academic performance, or simply for a fresh start at building an educational foundation. I am a community college alumnus and I attended Raritan Valley Community College in Branchburg, N.J., for all of those reasons.

I didn’t let those reasons hold me back though. I realized that this can be a new start. Faculty, staff and administrators clearly enjoy their work, as they are not doing it for the underwhelming pay. So why not interact with them and take advantage of this fresh start at college? Regardless of one’s views towards community colleges, this is the first step in your undergraduate career.

Most of what students pay for at community colleges are tuition and books. There are plenty of services and resources students can use to get the most bang for your buck! Especially as first-year college students, this time of transition is huge and can set the momentum and build your confidence.

I don’t consider myself special and

only achieved success because I was able to put in the time. I gave a lackluster performance in high school and don’t come from a wealthy family. School can be fun and rewarding, if students take advantage of what’s offered. I realized this after graduating high school.

The offices I keep vaguely mentioning include Student Life, First-Year Experience, Career Services and the offices of your respective professors. These resources

can reduce the intimidation and nervousness of starting at a new school.

Your first-year adviser can help you adjust to campus and academic life with programs and events to consider attending, along with advice and guidance on which courses to take and when. I still keep in touch with my first-year adviser. The office of student life/activities is based around getting students engaged with events, seminars, clubs, organizations and opportunities for leadership

development. Not only is it fun, but that is how you meet people and gain that memorable college experience. Becoming involved in some aspect of student life enables you to develop skills such as public speaking, event planning, advertising, and team building. These skills are invaluable and will assist you with our next highlighted office.

The office of career services may seem like a place to consider once

you’re on your way out, but that’s not the case. Developing a resume, cover letter and professional social media accounts early allows students to prepare and apply for jobs, scholarships, and internships. Career counselors can also converse with you on what careers are within your field and provide information on how to network and interview well. The mindset of waiting until your junior/senior year will put you in catch-up mode. That’s when the application process tends to be at its most competitive.

‘Develop a resume, a cover letter and professional social media accounts.’

Lastly, your professors can be more than people you just interact with a few hours every week. Occasionally e-mailing them and/or visiting their office can translate in an eventual mentor-mentee relationship. Who better than individuals with years of experience in the field you are interested in? You arrive at college first for a degree and these people can serve as an incredible support system! I’ve always considered students and colleges to be a relationship. The school offers resources and services, but we as students have to make that first step. They don’t know what we want or struggle with, unless we ask. I speak from experience as a student. College is expensive and can be nerve wrecking; get the most bang for your buck and meet some cool people along the way.

Jonathan Lopes graduated from Phillipsburg High School in Phillipsburg, N.J., in 2009, and attended Raritan Valley Community College from 2009-2011. He earned an A.A. degree in Education K-12 and transferred to Ramapo College, currently completing his final undergraduate course while working at RVCC as a part-time admissions recruiter and service learning intern.

Is 2014 your big year? (cont. from cover)

abroad opportunities and academic programs. You want to get the most out of your transfer experience.”

March 2013

The following month, our cover story asked: “Is a ‘top’ college better for you?” We debated whether it is better to go to a brand-name college or a lesser-known college that may more specifically fit your intended career goals. Our experts were split.

Vicky Oliver, author of the best-selling “301 Smart Answers to Tough Interview Questions” (Sourcebooks, 2005), stated: “I believe you should aim to get into the best college possible, and not worry too much about which major will lead to a particular career goal. It’s always helpful to have a ‘brand-name’ college on your resume – ample evidence to future employers that you’re smart and work hard.”

But Michael Ray Smith, Professor of Communication Studies at Campbell University, disagreed: “In the day, names meant something. Now it’s about the candidate. What can she do for the organization?”

April 2013

Our cover story this month informed readers on: “How to ace your final exams.” Missed it? Look for it in our archives at ccnews.info. A 4.0 student at Hofstra told us: “I find that I have to start a week before the test. I re-write my notes into an outline, and I go through the text-

book noticing anything that is important that is not in my notes. I’ll review my outline daily.”

May 2013

We asked four Suffolk County Community College students where they are going after graduation in this issue. We also mostly sided in favor of community college students taking summer courses for a variety of reasons: They are shorter, more intensive and students can concentrate on one course at a time. Professor Jennifer Sherman noted, “Summer classes can be a great idea for students to learn responsibility. There are no summer breaks in the real world.”

June 2013

Yes, we publish in June. That issue gets great pick-up from summer students. In this issue, we examined, “How 4-year colleges are different.” The short answer – a lot!

This article hopefully was helpful to students transitioning to a 4-year school.

“NYIT was definitely more challenging than Nassau Community College because there were more projects, tests and a lot more requirements on students. There was a large emphasis on students getting internships, being involved with extracurricular activities like clubs centered around their major,” NYIT graduate Lauren Calder explained. “I loved NCC. It was just different at NYIT.”

Fall 2013 Semester

We came back for the fall semester with monthly cover articles, including:

“Making it through the first month,” about how the first month at a community college is the most important when it comes to longterm success in college;

“Haunted colleges,” where, for Halloween, we investigated the paranormal at campuses in the Northeast (mostly for fun); and, last month, “Adjusting to life at your new college,” where Campus News writer Nate Villano, who had transferred from Suffolk to UAlbany, gave helpful advice for students with a similar plan.

Hopefully this advice has helped. We will come up with similarly useful articles in the new

year. If this is your transfer year, be sure to follow us online. Our stories are also pertinent to what you will experience when you move on.

Best of luck in 2014!

Guest Professor



Popular WBLI (Long Island) radio personality Astra visited Prof. Jack Mandel’s marketing class recently as a part of Nassau Community College’s Guest Professor for a Day program. Astra discussed the radio and broadcast industry along with internship possibilities.

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Shin Dong-hyuk: The man who made it

Nathaniel Villano
Campus News

Take a moment and ask yourself where you were eight years ago. Eight years ago Shin Dong-hyuk was escaping North Korea after living in a political prison camp for 23 years. He is the only known man to have been born into political prison internment camp in North Korea, escape, and live to tell the story. He was born in Kaechon internment camp (camp 14) a slave labor camp where prisoners are detained for life and on average die by the age of 45. On Thursday, November 14, Skidmore College had the opportunity to meet him as he told his story of torture and escape. He was accompanied by Hyun Song, a Washington D.C., area

‘Ninety percent of those imprisoned in North Korean camps will die.’

based North Korean human rights activist, who translated Mr. Shin’s incredible story.

Mr. Shin proposed a question to the crowd: “I want to ask you a question. Since most of you know about North Korea, when you think of North Korea, what’s the first thing that comes to your mind?” Answers ranged from starvation to control, but that is not the answer he was looking for. “It seems like most of you know about North Korea but none of the answers so far given are anything positive. All the answers or all the comments made are negative or something that most people find very difficult to go through or deal

with.” Other than the nuclear issue there is one other issue the UN is keeping an eye on and that is the political prison camps of North Korea. He even stated the Jewish community was keeping a keen eye on this issue and is worried about this. The reason why particularly the Jewish people are concerned about the political prison camps of North Korea is because the suffering they went through 70 years ago they thought was over. Unfortunately it’s not, which is why they are keeping close watch on what is occurring.

“The 24 years I was in the prison camp I thought that life was normal, and I accepted it as my destiny, and I could have lived there, just accepted this as something that was normal.”

Throughout the time he was there, he witnessed prisoners being beaten to death and publicly executed, making him desensitized and accepting this as a normal lifestyle.

He stated the reason

he could live like this was because that was all that he knew, even his first memory were guards carrying around rifles and the prisoners wearing the prison uniforms. “If I were to come up with a word to describe my opinion of what would best fit the prison camp in North Korea it would be ‘Hell.’”

In 2006 after his escape, while residing in South Korea, he said he hadn’t given his life much thought. “I just thought, well, I was born and raised in a prison camp, escaped, and that was about it. I didn’t really think about my life or the situation I was in.” In 2008 Mr. Shin was given the opportunity to come to the United States. He was



brought to the U.S. Holocaust Museum in Washington D.C. and after seeing the two exhibits that’s where he said he felt like something had hit him with great awareness in his head. “The reason that I say this to you is that today, or tomorrow, or one year, or two years from now, the inmates in the North Korean political camps, 200,000 of them, will come to the same demise as the Jewish victims of the Nazi Holocaust.”

Mr. Shin describes that even the dogs, the rats and other animals ate better than the inmates and how the birds had more freedom by just flapping their wings and flying away. It would seem to Mr. Shin that it would take more than just a civil discussion to end what is going on. “Perhaps I might even describe it as foolish if we were to try to solve this situation where by the prison camp inmates are living like animals by trying to engage in normal conversation or in a very normal type of atmosphere.” About ninety percent of the inmates have no idea as to why they were sentenced there and what laws that they broke.

“What I fear the most is having a

repeat of what happened in the Nazi concentration camps happening again in North Korea.” Unfortunately history has a weird way of repeating some of the mistakes that have already happened. Prisoners don’t know life outside of the camps. Not only are the camps heavily guarded under maximum security, they also are also located in the middle of nowhere, isolated from the world. “Right now in camp 14, where I was born and raised and escaped from, my father is still alive, and my relatives are still alive, and my fellow inmates are still alive in the prison camp. Even though I see there destiny right before my eyes, unfortunately there is nothing that I can do.”

About ninety percent of those who are imprisoned will die; about five to 10 percent have the ability to have a chance to survive. Mr. Shin stated the percent that will survive depended on the audience by showing their support and spreading the message. “The only story I can tell, the only thing I can share before all of you is how I was born, how I lived and how I escaped from camp 14. That’s the only thing I can share with all of you.”

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Plenty of science jobs for students with A.S., B.S.

Jessica C. Wray
Scripps Howard Foundation Wire

When astronaut Mae Jemison prepared for her launch into space, the chemist and physician had to test her flight suit – working with her personal flight suit technician to keep the special outfit in working order.

The bulky, orange suit helped protect Jemison during launch and re-entry and was maintained by Sharon McDougale, who Jemison said she depended on to be skilled in STEM – science, technology, engineering and math – to keep her safe.

“My life depended on her having a great degree of STEM literacy, yet she was a high school graduate,” Jemison said.

Jemison used her flight suit technician as an example of a science career that required a high school diploma and extensive training – not a doctorate in astrophysics.

“It’s really important for us to think about things in a different way,” she said at a conference last month about STEM education and the workforce.

She and other experts said there is still a shortage of skilled workers for a number of STEM jobs in the United States – and that most of those jobs do not require advanced degrees.

According to the Labor Department’s O*Net database, a person graduating with a two- or four-year degree in STEM can work as a lab technician, making a median salary of \$42,000 a year; a computer system analyst, earning about \$80,000 a year, or a marine engineer, who can make on average \$88,000 annually.

A report released last month by Bayer Material Science surveyed 150 talent recruiters from U.S. Fortune 1000 companies.

Jemison, the first female African-American astronaut and Bayer’s “Mak-

Corps in Sierra Leone and Liberia, she practiced medicine in California while she took graduate engineering classes. In 1987 she was selected by NASA for the astronaut program. She flew to space in the Endeavour on an eight-day mission in 1992.

Change the Equation hosted the STEM conference with Bayer.

The survey found that 67 percent of 150 talent recruiters who responded to the survey said there are more STEM jobs being created than non-STEM jobs today at U.S. Fortune 1000 companies.

Talent recruiters said in the survey that job candidates with two- and four-year STEM degrees are “as” or “more in demand” for non-STEM jobs than candidates without the science and math background.

Jennifer McNelly, president of the Manufacturing Institute, said it’s time parents, teachers and administrators change the way they view the manufacturing industry and encourage students to think about training for trade jobs.

“We need to engage in our supply chain and offer work-based learning. We need to change how we talk about the world of work and the respect for work and what it means to do and make things,” McNelly said. “I think about how we make life-saving medicine and we make jets fly. But people don’t understand that.”

Kelly Mack, executive director of Project Kaleidoscope with the Association of American Colleges and Universities, agreed with McNelly – but added that increasing the number of students who decide to study STEM majors and stick with it will only happen once many instructors change their mindsets.

“We still have professors who pride themselves on low pass rates. For many of them, that’s a sign of good teaching,” Mack said. “We need to



require a bachelor’s degree. STEM jobs make up 20 percent of all U.S. jobs.

Jonathan Rothwell, associate fellow at the Metropolitan Policy Program at Brookings, worked on the “Hidden STEM Economy” study. He said that, from 1980 to 2010, there was an in-

crease of 4.3 million STEM jobs in the U.S. for workers with some college but no bachelor’s degree and a 10 million job increase in STEM positions at the bachelor’s degree level or higher.

‘We still have professors who pride themselves on low pass rates. For them, that’s a sign of good teaching.’

ing Science Make Sense” spokeswoman, said it’s important for schools and local governments to provide students with information about STEM jobs that don’t necessarily require doctoral degrees.

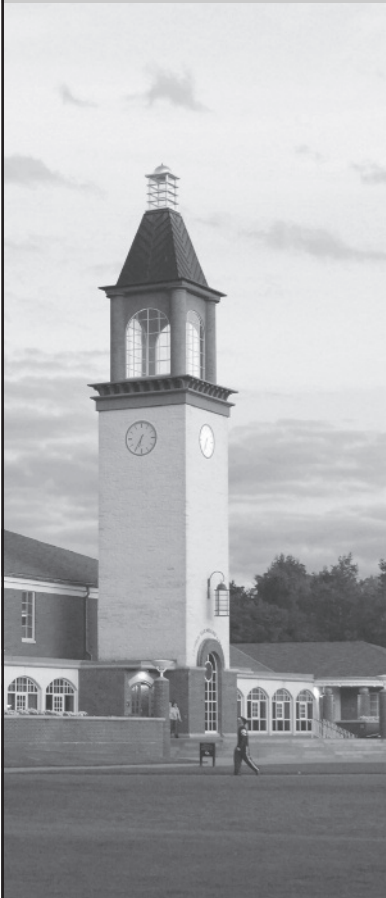
Jemison has a chemical engineering degree from Stanford University and a medical degree from Cornell University. After two years in the Peace

change the mindset from weeding out talent to cultivating talent.”

A study done by the Brookings Institution breaks down the number of STEM jobs and what education they require.

The study found that 50 percent of STEM jobs – which Brookings defines as any job that requires specialized knowledge in the four areas – do not

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**TRANSFER
INFO SESSION**
January 9, 2014

Upcoming Issues:



February: Campus Presidents



March: Spring Break

In upcoming issues, we will interview campus presidents for Presidents Month and gear up for Spring Break.

Nominate subjects by email: editor@cccnews.info.

Overuse of antibiotics in livestock leads to superbugs

Zahra Farah
Scripps Howard Foundation Wire

Nestled in the hills 90 miles west of Washington, D.C., sits Smith Meadows, a farm stocked with free-ranging animals who graze on 5,000 acres of land.

As pigs scurried to get mouthfuls of fresh pasture where early morning dew had settled, Forrest Pritchard, a seventh-generation farmer, and his team were preparing to slaughter a flock of 50 grass-fed, antibiotic- and hormone-free turkeys to sell for Thanksgiving.

Pritchard's farm is one of the first grass-finished farms in the country. He didn't expect such an unprecedented demand for his livestock when he switched to sustainable farming.

"There's nothing in these animals' history, and there is nothing in nature that mirrors our need to medicate these animals," he said.

Pritchard, who holds a degree in English and geology from the College of William & Mary, went from earning less than \$20 from his first harvest in 1996, to running a profitable grass-fed farm.

His success comes at an especially important time.

Last year, the Food and Drug Administration recommended more restraint in the use of antibiotics in livestock, including phasing out the use of antibiotics for growth promotion.

Even though antibiotics are used to kill or prevent bad bacteria from reproducing, individual bugs that survive the antibiotics can grow and potentially create a whole new population of drug-resistant bacteria.

Gail Hansen is the Pew Charitable Trusts' senior officer for human health and industrial farming, a project aimed at phasing out the overuse of antibiotics in food production.

Hansen said whether someone uses antibiotics for the right purposes

or misuses them, every purpose can help drive resistance.

Many scientists say that antibiotics are used for too many reasons other than treating sick animals.

Noting that 9 billion animals are raised annually for food, Hansen said, "Virtually every one of them gets antibiotics at some time, so you have 9 billion places to drive that resistance."

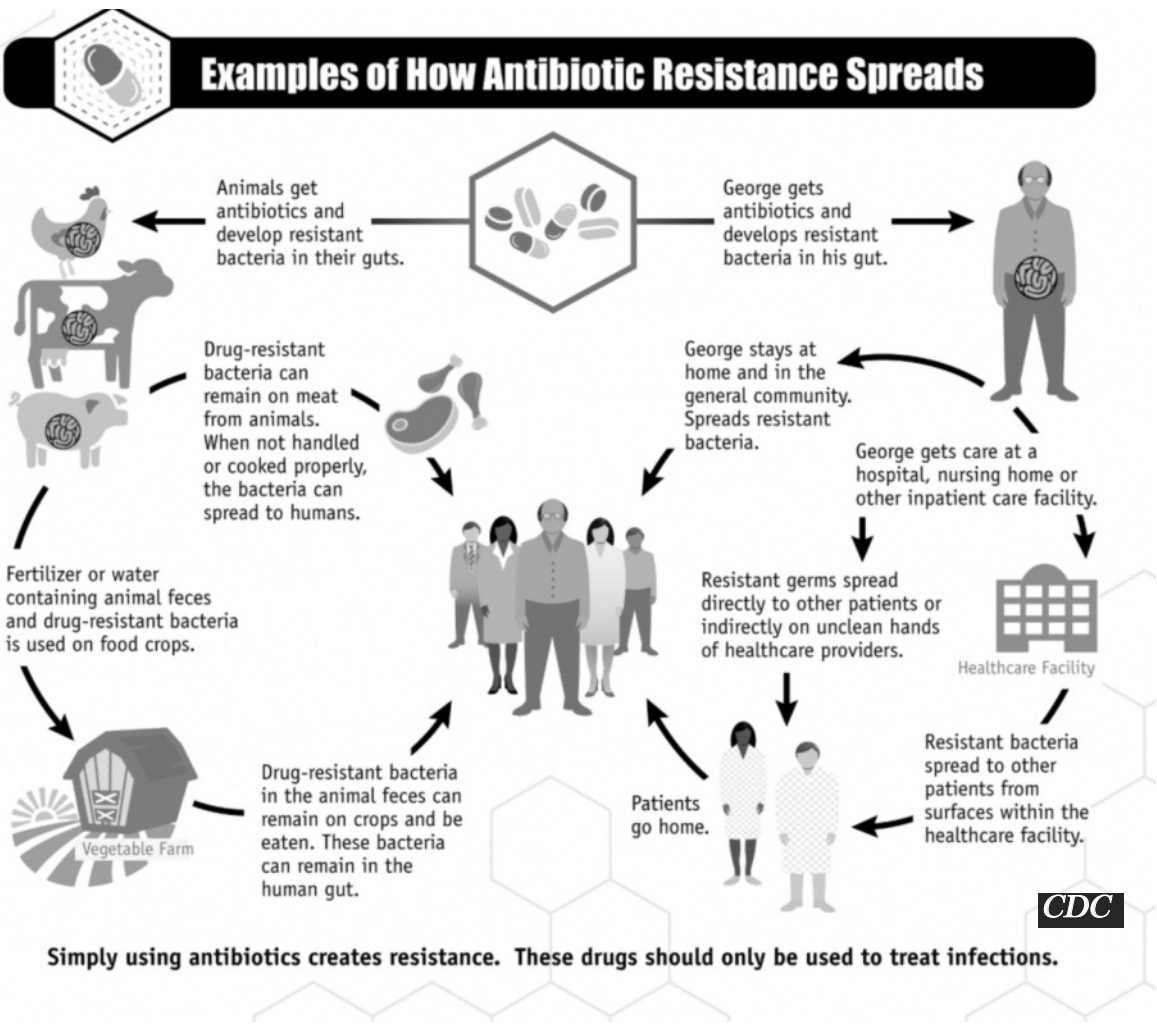
Resistance spreads in animals when they are given low doses of antibiotics and develop resistant in their guts. When the animals are slaughtered, they can still contain drug-resistant bacteria and if the meat is not handled or cooked properly bacteria can spread to humans.

Dr. Scott Hurd is a veterinarian and an associate professor and director of food risk modeling and policy laboratory at Iowa State University's College of Veterinary Medicine.

Hurd said what people don't realize is farms are like nurseries.

"The goal of a farm is to get the mommas to have babies and to get those babies to the market," he said. "There are plenty of opportunities for babies to get sick, just like a daycare."

However, the FDA is taking three steps to promote the judicious use of medically important antibiotics in food-



Simply using antibiotics creates resistance. These drugs should only be used to treat infections.

said his agency is looking at drugs that are used in animals that are also important for human health.

"Many of the antibiotics we rely on for human medical needs are some of the same antibiotics or classes of antibiotics used in animals and animal agriculture," Flynn said.

These same antibiotics, including penicillin and tetracycline, have been used in animals produced for food since the 1950s.

The FDA is recommending veterinarian oversight on drugs, because most drugs used in animal feed or water are now sold over the counter.

Keith Williams, vice president of communications and marketing for the National Turkey Federation, said farmers use antibiotics so animals won't suffer. "It's not only humane, it's the proper thing to do if you're going to run a well-ordered business," he said.

The FDA will spend three years putting the voluntary recommendations into effect. It is up to the drug companies to accept FDA's recommendations.

"The use of antibiotics in animals or animal agriculture is not the sole cause or driver to this problem," Flynn said. "It's one piece to a bigger puzzle."

Every year, more than 2 million people in the United States get infections that are resistant to antibiotics, and at least 23,000 people die as a result, according to a study by the Centers for Disease Control and Prevention.

Dr. Steve Solomon, director of CDC's office of antimicrobial resistance, said a growing concern is that new antibiotics are not being produced at the rate they were from the 1950s to 1980s.

Pharmaceutical companies can

make more profit producing drugs people will use every day for a chronic disease, rather than the now-cheap antibiotics taken only occasionally by most people.

Solomon said so much of modern medicine, such as cancer chemotherapy, organ transplants and artificial hips and knees, depends on effective antibiotics.

The CDC has come up with four actions that must be taken to combat resistance: First, to practice stewardship and use antibiotics to fight infec-

‘Every year, more than 2M people in the U.S. get infections that are resistant to antibiotics, and 23,000 people die as a result.’

tions; second, to avoid infections; third to track data on antibiotic-resistant infections, and fourth, to begin developing new drugs, because antibiotic resistance occurs as part of a natural process in which bacteria evolve.

"We're right on the edge of this cliff," Solomon said. "I think now that people see if we don't act in an urgent and immediate way we could go over that cliff and plunge back into this pre-antibiotic or post-antibiotic era."

Pritchard carefully plucked the feathers from each turkey's wing on a recent day. As he thoroughly washed each turkey, Pritchard said his customers range in age, income and background, but all expect the same thing - quality.

He sells the turkeys at a farm stand and farmer's markets.

"The kind of farming we do is a collaboration with our customers at the end of the day," he said.

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Holla Back: End Street Harassment and the Perpetuation of Rape Culture

Marie Frankson
Campus News

I have been a staff writer for this newspaper for two years and in those two years, I have written a wide range of articles—fashion and make-up tips, about the gaming/geek communities, relationship advice, various feminist pieces, author interviews, etc. This month, instead of making a holiday wish list for college students like I had planned on writing, I’m going to be writing about something important not only to myself but to women, and men, and it’s something that a lot of people don’t even realize is a real issue: street harassment.

What is street harassment? According to the website www.stopstreetharassment.org, street harassment is “any action or comment between strangers in public places that is disrespectful, unwelcome, threatening and/or harassing and is motivated by gender or sexual orientation.” Street harassment comes in different forms, such as leers, whistles and cat-calls, rude or vulgar comments, vulgar gestures, flashing, public masturbation, stalking, unwanted sexual touching, assault, rape, and murder.

Ready for some numbers? In 2008, Stop Street Harassment conducted a survey using 811 women between the ages of 12 to 80. From the study, they concluded that one in four women will experience some form of street harassment by age 12 and nearly 90% by age 19; and no one is safe—women in their 80s had also shared stories of street harassment.

‘It’s a concept that links rape and sexual violence to the culture of a society.’

I’ve experienced various types of street harassment over the years, from rude comments to unwanted touching to even stalking, and what’s scary is that if you speak up, you don’t always know how the perpetrator is going to react. If you brush it off, the action may continue until you or the perpetrator leaves the area; if

you speak up, the perpetrator may threaten you with violence or may become violent.

I’ve shared my stories with men and women alike. Luckily for me, most of the men I associate with are decent men who are sympathetic toward what a large population of women, and members of the LGBT community, face on a daily basis. Others sometimes feel as though it’s necessary to tell me to “Lighten up, it was just a comment,” or “Why can’t you just learn to take a compliment? Jeez,” or “Well, maybe you shouldn’t have worn (insert clothing item here), if you didn’t want to get attention.” Well, they’re not the ones who got grabbed at work on multiple occasions or have to deal with the rude comments **ALL THE TIME**.

What these street harassers, and those who condone their behavior, are doing (besides making others uncomfortable to be out in public) is perpetuating rape culture (and possibly victim-blaming as per the comment about wearing certain clothing items).

What is rape culture? According to www.wikipedia.org, rape culture is “a concept that links rape and sexual violence to the culture of a society, and in which prevalent attitudes and practices normalizes, excuses, tolerates, or even condones rape.” These are the same situations that mask the seriousness of rape and make it into a joke.

America is guilty of perpetuating rape culture. How many times have you heard someone blame the victim for what happened? How many times have you heard

stories of rapes being covered up by the towns they occurred in? How many times have you heard young girls and women being given the “don’t do something that will

get you raped” speech instead of hearing boys and men getting the “don’t rape” speech?

In my opinion, and the opinion of many others, there isn’t enough attention being given to rape culture. The fact that there is a link between street harassment



and rape culture is not surprising to many, and many also feel as though the victim is at fault because of their choices (wearing a particular clothing item, not dressing modestly, drinking too much alcohol, going out late at night alone, etc.). According to an article on www.policymic.com by Sunhay You, titled “Street Harassment Isn’t That Different From Rape,” she says that “The prevalence of rape and street harassment against women has nothing to do with women and their choices but rather a culture that supports and makes mundane acts of violence against women.”

Rape culture demands that women need to be sexually subservient to men, that we must behave in a certain way to any and all attention we get on the street from strangers, that we should be flattered by all attention we get whether it be wanted or not, that if we speak up, we are told that “the street doesn’t belong to you” and “there are women who WISH men would talk to them like that” and “I know a lot of strong women who would react differently in that situation than how you did,” but if we don’t speak up about what happened, then we were “asking for it.” I don’t know any woman who wants to be objectified—who wants to be told, “Hey

baby, you got a fat ass,” or “I love the way your tits bounce when you run.” Also, for the record, everyone reacts differently to certain situations.

This article is me being a strong woman and using my voice to tell others that street harassment is wrong and that we can put an end to it together by calling it out when it happens. I “holla back” when I see harassment, whether I experience it myself or am a bystander and witness someone else being harassed, and you can too.

One way that we can potentially put an end to street harassment is to document where and when it happens and to share our stories with others. I believe that everyone has the right to feel safe when walking down the street and to not have their personal space violated. I believe that we can all work collectively to eradicate this behavior that makes millions of people uncomfortable to walk down the street and make the streets and other public spaces safe for everyone.

All it takes is one person to make a difference, but let’s all work together to put an end to street harassment and the perpetuation of rape culture in our society.

RCC adds trustees

The Board of Trustees for Rockland Community College welcomes two recent appointments; MariEllyn Dykstra-Donnellan was appointed by the legislature in July, and Joseph Rand was appointed by Gov. Cuomo in September. The College also recently welcomed several new appointments to the administration, Bruno Casolari, Director of Resource Development; Elizabeth Kendall, Director of Grants Management; Joseph Marra, Associate Vice President of Finance/Controller; and Tammy Richardson, Director of Student Involvement.

MariEllyn Dykstra-Donnellan is a familiar Rockland business community leader, with many years of experience devoted to her family’s business, A. Dykstra Florist and Greenhouse in Chestnut Ridge. Her husband, Jerry Donnellan, serves on the RCC Foundation board and is an RCC alumnus. Dykstra-Donnellan has been active in several community organizations. She is a past president and current board member of the Spring Valley Rotary, a recipient of the Rockland Business Association Pinnacle Award in 2011 (for Outstanding Achievement by a Woman in Business), and is currently enrolled in Leadership Rockland’s class of 2014. Dykstra-Donnellan earned a BS in education from Cortland State University, SUNY, and an MS in exercise physiology from Long Island University.

Joseph Rand is a managing partner and general counsel for Better Homes and Gardens Rand Realty, the largest real estate company in the Hudson Valley. Rand also brings to the Board an academic background, having been a teaching

fellow at Stanford Law School, a full-time instructor of law at Brooklyn Law School, and an adjunct professor of law at Fordham Law School. He is a graduate of Georgetown University, Georgetown Law School, and Stanford Law School. Rand also serves on the board of United Hospice of Rockland and he and his family were recently honored by the American Cancer Society’s Hudson Valley chapter for their fundraising efforts.



Now on Netflix (and vinyl): ‘A Band Called Death’

Darren Johnson
Campus News

What would you do if, for a large sum of money, the biggest publisher in the industry said that they would buy your book ... or the biggest art buyer your painted canvas ... or the biggest music producer in the industry your album, if, and only if...

You would change your name.

That was the issue three brothers from Detroit were faced with in the mid-1970s. And what happened when their lead singer refused plunged them into despair and obscurity.

Thus is the key moment in the documentary recently posted on Netflix, “A Band Called Death,” as the atypical trio had a bona fide offer from Clive Davis but the band’s heart and soul, David Hackney, wouldn’t budge on the name.

He felt that the name went hand-in-hand with the band’s concept.

This is a review not only of the documentary, but also Death’s lone album, as with documentaries of this sort, the music goes hand-in-hand and the responsible reviewer immerses himself in both.

previous documentaries with the same theme.

Previously, I reviewed the documentary about forgotten band Pentagram (“Last Days Here”), where the band was revived many years later by obscure record collectors. “Searching for Sugarman” had a similar idea. That movie got a lot of press, so I did not review it.

I sought out both the Pentagram and Rodriguez albums after these inspiring documentaries — who doesn’t like the idea of an artist who almost made it decades ago being pulled from obscurity? — and while their albums were very good, they certainly were of their era.

So the documentary “A Band Called Death” seemed to have a similar recipe as those two docs, and I expected the lone, failed album from that group to be decent, but a bit over-hyped. I was completely wrong.

“For the Whole World to See,” available on vinyl LP, CD or probably by download, is fantastic and truly one of a kind. I bought the LP, new, off of eBay.

The documentary tells the story of three African-American musicians who developed a very unique brand of punk at least a couple of years before the punk movement started. If their album were published then, it could be argued that Death invented punk, but it



wasn’t.

The album itself — released finally just a couple of years ago — is outstanding and the seven songs on it surely can compete with any seven random songs by the Ramones, the band we all can agree perfected punk in the late 1970s and early 1980s. Also a band of brothers, the Ramones and Death seem to be very close together in sound, even though neither group had heard of the other.

In the early 1970s, as Death was forming, there was hard rock and the beginnings of heavy metal, and Death does seem to be influenced by that, and the songs also have an ethereal quality at times, like Hendrix’s posthumous “The Cry of Love” album. An older brother refers to it as “white boy music” in the film.

The fact that Death was in Detroit plays into this. Detroit was the home to America’s most prominent and mainstream recording labels, such as Motown, of

continued on page 16



And I really wanted to hate the previously lost Death: “For the Whole World to See” album.

I had just seen the “A Band Called Death” documentary, which had some samples from the album, but not enough to tell if it were good or not, and had seen



Adriana '13
BIOLOGY, MINOR: CHEMISTRY
First-year student, University of Glasgow
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Counting down the top 10 holiday shows

Kristina Bostley
Campus News

The holiday season is already in full swing this year, but with the tree already up, the halls already decked, and the Christmas cards already sent, what's left to do? Snuggle up in front of the crackling fire with a mug of steamy hot chocolate and settle in to watch these top 10 Christmas classics. Watch as Kevin McAllister, Ebenezer Scrooge, the Grinch, Buddy the Elf, George Bailey, Ralphie, and Bob Wallace and Phil Davis try to get you into – or keep you in – the Christmas spirit.

10. Home Alone

The classic tale of a young boy stranded at home while his family vacations in France is none other than “Home Alone.” Macaulay Culkin stars as eight-year-old Kevin McAllister in the comedy about a kid who outsmarts two would-be thieves trying to hit the jackpot on Christmas Eve. Kevin sets all sorts of traps for Harry and Marv, played by Joe Pesci and Daniel Stern respectively, making a would-be simple robbery into one of mischief and mayhem for the two burglars. See the 1990 classic on ABC Family at various times in December.

9. Love Actually

“Love Actually” is the story of eight interwoven tales of love and life in England during the holiday season. This romantic comedy has it all: the excitement of starting a new relationship, falling in love, heartbreak, divorce, scandal, family drama, rock stars, politicians, and more. The movie focuses on its main theme – love – regardless of age, sexual preference, ethnicity, social status, occupation, or anything else. Though the movie does not have main characters, it does star celebrities including Hugh Grant, Keira Knightly, Colin Firth, and Liam Neeson. If you have a Netflix account, you're in luck: This 2003 movie is available to subscribers.



8. A Christmas Carol

The Charles Dickens novel is one of the greatest-known Christmas stories, introducing readers to Ebenezer Scrooge and his visits from the three all-knowing ghosts. The story of what was, what is, and what will be spawned several adaptations in film, television, live theater, and even opera and graphic novels. Though

audiences can't forget memorable versions such as “Mickey's Christmas Carol” or “The Muppet Christmas Carol,” there's a recent remake that deserves just as much attention: Jim Carrey's version of the classic, a 3D animated motion capture movie directed by Robert Zemeckis. The different style gives a whole new look and feel to the story as Scrooge bah-humbugs his way through the story of how his past, present, and future affect those all around him. Catch the remake on the ABC Family channel on December 23 at 3 p.m.

7. Miracle on 34th Street

The 1947 classic “Miracle on 34th Street” about the controversy of Santa's identity begins in New York in none other than Macy's Department Store. When the man hired to be Santa shows up drunk, Doris Walker hires an old man to reprise the role. It turns out to be much more than Doris bargained for when she discovers that the man goes by the name Kris Kringle, and he insists that he is actually Santa. Though he has many of the qualifications Santa would have, his outrageous claim is written off by Doris and other Macy's employees – that is, until the store's psychologist tries to have him committed to a mental institution. The debacle leads to a court case, but it turns out that Doris doesn't need a jury's decision to realize who Kris Kringle actually is. Stream the movie on Netflix to find out his true identity.

6. How the Grinch Stole Christmas (ABC Family)

How exactly did the Grinch steal Christmas? Right out from under the noses of his friendly one-time neighbors, the Whos. The only Who he doesn't fool is Cindy-Lou Who, and she somehow knows that the Grinch's heart is just a bit too small to appreciate the true Christmas spirit. Originally a Dr. Seuss book and then made into a cartoon in 1966, Jim Carrey reenacted the story with his 2000 release of “How the Grinch Stole Christmas” directed by Ron Howard. “Inside a snowflake, like the one on your sleeve, there happened a story you must see to believe,” is one of the movie's taglines, and you can see the story yourself throughout December on ABC Family.

5. Elf

Comedian Will Ferrell stars in “Elf,” a recent but memorable movie about a human, Buddy, who is accidentally sent



to be raised in the North Pole. Funniness ensues when he is sent back to the very real world of New York City to reunite with his real father and forced to acclimate to the New York way of life. After a long trip and a disastrous encounter with a “fake” department store Santa Claus, Buddy begins to find his way into the hearts of his father, his father's wife, and his half-brother, not to mention a young girl working as an Elf in said department store. As Christmas draws near and the real Santa finds himself in trouble, he calls on Buddy to save the day. It's available to Netflix DVD subscribers, and if you missed it on Encore on November 28, keep an eye out on the TV Guide Channel for its next showing.

4. It's a Wonderful Life

Guardian angel Clarence is forced to appear to George Bailey on Christmas Eve when George wonders if everyone else would be better off if he were dead. George Bailey has a reputation for getting the short end of the stick, like when he saved his brother from an accident but lost hearing in his left ear, or when he was forced to forego his long-anticipated European travel plans to take over his father's business after his death. When his mortgage and loan company threatens to go under, George despairs, and it's up to Clarence to show George what a tremendous impact he has on the lives of others. See just what kind of impact that is when you watch “It's a Wonderful Life” on December 14 at 8 p.m. and December 24 at 8 p.m., both times on NBC.

3. Polar Express

“Polar Express” is the highly acclaimed stop motion animated Christmas drama about a young boy who begins to doubt the existence of Santa Claus and the North Pole. He's awakened on Christmas Eve by a magical train that zips him and other children his age right up to the North Pole. On board, the boy gets himself tangled in a bit of trouble, but nothing that can't be worked out with the help of the train's conductor, the few friends he's made along the way, and a mysterious man on the roof of the train. Upon their arrival to the North Pole, the children get to meet Santa, and the boy receives a special gift that restores his belief in the jolly man in red. What did the boy receive? Find out when you watch throughout December on ABC Family, starting on December 1 at 5 p.m. and con-

tinuing throughout the month.

2. A Christmas Story

TBS is airing “A Christmas Story” for 24 hours straight on Christmas Eve this year. The Story is one of a slightly dysfunctional, yet at the same time mundanely normal, family living in Indiana in the 1940s. All poor Ralphie dreams about is getting an Official Red Ryder Carbine-Action Two-Hundred-Shot Range Model Air Rifle for Christmas, but as it draws nearer to Christmas, it seems like a dream that will never come true. Ralphie faces opposition from his teacher, Santa, and especially his own family, and the nine-year-old becomes desperate to prove he's worthy of the BB gun. If you've never seen it, and even if you have, find out whether Ralphie receives his prize possession during the marathon on December 24.

1. White Christmas

The classic tale “White Christmas” embodies the Christmas spirit with everything that is good and pure about the holiday season. It encapsulates the spirit of love and friendship and the season of giving and ties it into an old-fashioned bundle of music and dancing and true American chivalry. The voices of the legendary Bing Crosby and Rosemary Clooney are accompanied by the fantastic dance moves of Danny Kay and Vera-Ellen as they float over the screen in the tale of two soldiers-turned-entertainers who team up with a sis-



ter entertainment act to make their former general's Christmas one that he will never forget. Watch the magic happen on December 7 on TV One at 5:30 p.m., or stream it through Netflix.

Some holiday gift ideas for college students

See all the red pictures on this page? It seems red is the color of this holiday season, as our annual investigation of gifts for college students just happened to turn up items that match.

Our annual gift guide looks at several factors for gifts that fit college students, especially community college students, including: Affordability, trendiness and need. That's a tough combination, as trendy items tend to either be expensive or superficial.

These are what we found this year. Full disclosure: We put out queries to PR agencies who send us gift ideas, and we only request physical samples of the ones that we think will make this guide. Some of the items we give away (see page 10).

Let's review:

Yankee Candles with college logos — As many community college students are about to transfer, if they are going to a "brand-name" college, this may be an inter-

esting gift. The company sent us UMass and Boston College labeled candles to sample in Black Cherry (smelled great) and Midsummer's Night (only one of our three reviewers liked this musky scent). Check out YankeeCandle.com to see if they have your future college's candle. They are \$28.

iLuv headphones — Ear buds are out, headphones are in. They shut out the other sounds better - for example, at the gym, there is usually corny music playing over the speakers. With these headphones, you will only hear your music. The exact ones we sampled are about \$100 and are called "ReF-Deep Bass On-Ear Headphones with Canvas Fabric Exterior." The sound and comfort of these was extraordinary. We aren't used to spoiling ourselves. What we've learned is, the mp3 player doesn't matter that much, but the headphones do. These are premium and stylish. You can find them at major retailers, such as BestBuy.com.

onto the hand heart monitors when jogging. With this watch, you won't need to. You can also take it on a jog through the park. The FT7 will tell you your heart rate for optimal performance; whether your goal is fat burning or improving fitness. It also tells you calories burned. As of press time, this item was on sale on BestBuy.com for \$90 in men's and women's styles.

London Phone Booth Dry Erase Decal — A company called WallPops (wallpops.com) sells creative and durable wall and door decor for about \$27, including the dry-erasable London Phone Booth pictured. They also have products with calendars and cork boards. These would be nice for a dorm room door, for those of you going away to college. The phone booth is perfect for an Anglophile, say a fan of a band like One Direction.

GE - Power PRO Series X2600 16.1-Megapixel Digital Camera — You can see a picture of this great camera on page 10. While the iPhone is now America's No. 1 camera, sometimes you want something better. A camera with a bigger and better lens simply takes better pictures that look more professional. This camera has SLR quality and durability at a point-and-shoot price (for sale for \$120 on KMart.com as of press time, for example). This camera would be acceptable for most Photography 101 classes. It comes in black and dark blue.

Polar FT7 fitness watch — Speaking of going to the gym, if you are into cardio, this watch is for you. For example, on the treadmill, you really should not hold



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Aiming to add more minorities to STEM

Andrés Rodríguez
Scripps Howard Foundation Wire

After graduating from high school, Crystal Brockington plans to pursue a degree in biology or chemistry. She knows that, as a black woman, she's part of the minority of students pursuing degrees in science, technology, engineering and technology, or STEM fields. But she's not daunted by the numbers, she said, instead she's encouraged by the support she's received.

Since 2000, the number of blacks, Hispanics and American Indians who earn degrees in engineering and the physical sciences has been flat, and participation in mathematics has dropped, according to a 2013 study by the National Science Foundation. Of the 62,211 degrees awarded in the sciences and engineering in 2010, 3,692 were awarded to black women, the study found, but prominent tech companies are hoping to get those numbers up.

"It's definitely an area where you don't find a lot of minorities, especially me being a female," Brockington said. "So it's definitely a good opportunity to go to the magnet school that I do go to, to have all these amazing opportunities and today it's just amazing to see how a lot of people are actually pushing it."

Brockington, 18, with classmate Aaron Barron, won this year's Siemens We Can Change the World Challenge! for their work on nanocrystals. The two seniors at Rockdale Magnet School for Science and Technology in Conyers, Ga., presented their research at a symposium at the Capitol.

Brockington is applying to Auburn University, University of Georgia and Emory University, where she plans to pursue a pre-medicine track in biology or chemistry.

The symposium was sponsored by

Discovery Communications, a company committed to diversity in STEM fields, according to its Executive Vice President Debbie Myers. "It's a driving force in keeping that spark alight," she said in a statement.

The White House announced in November that \$100 million will be made available to Youth CareerConnect grants partly to increase employer engagement with students interested in STEM fields. This is part of the collaboration between the Departments of Labor and Education to "provide high school students with the industry-relevant education and skills they need for a successful future."

While the White House announcement seeks to serve all students regardless of race or ethnicity, prominent tech companies have come out in support of diversifying STEM education.

A study released last year by Excelencia in Education states that in the 2009-2010 academic year, 8 percent of all certificates and degrees in STEM fields were awarded to Latinos.

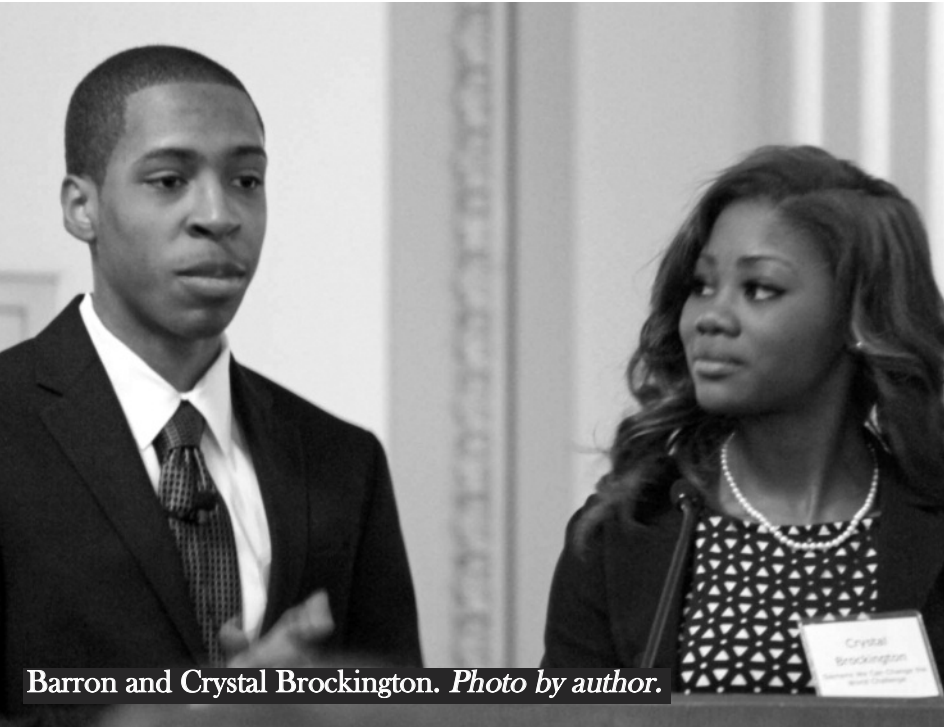
Google recently formed a partnership with Manos Accelerator, a mentorship program that recruits Latino startups and teaches them about the tech business.

Mark Lopez, head of U.S. Hispanic audience for Google, said that while they are committed to tapping into the growing consumer power of Latinos, they are also committed in helping Latinos create new technologies.

"We also need to make sure that Latinos in this country

have the ability to take risks and be able to have ideas and make those ideas become the next Google, the next Facebook," Lopez said at the Congressional Hispanic Caucus Institute public policy conference in October.

Tony Jimenez, president and CEO of MicroTech, said that growing up Hispanic he never thought about being CEO of an



Barron and Crystal Brockington. Photo by author.

IT company.

"Nobody knew how to explain to me 'si se puede.' Nobody talked to me about the possibility of someday being the CEO of an IT company or even, for that matter, what the importance of STEM was," Jimenez said at the conference. "I ended up as an IT CEO because eventually I understood that there is nothing I can't do as a Hispanic in America."

Getting students interested in STEM fields has to start early, Robert Kirken, the dean of the College of Science at the University of Texas at El Paso, said.

UTEP is the top producer of undergraduate engineering, mathematics and statistics degrees among Hispanics in the U.S., according to a report by Diversity Education.

"We know that to get the kids to come into STEM disciplines and stay in STEM disciplines we can't just begin working on them once they get here," Kirken said.

Kirken said reaching out the El Paso youth in Spanish and English is critical to getting enrollment numbers up. The College of Science does this through science demonstrations, by judging science fairs

and providing lab tours. During the 2011-2012 academic year, UTEP awarded 895 STEM degrees, a 39 percent increase over seven years.

Providing paying research opportunities is also important, Kirken said. Students tend to have multiple jobs outside the university and that can be a distraction.

UTEP was recently awarded \$2.1 million in STEM research grants to help strengthen minority interest, education and participation in STEM related fields.

"It prepares them for life after UTEP," Kirken said. "They'll be more confident because they'll have good mentors, they'll have worked on or cutting-edge equipment and technology."

Kirken said that, although there's no one strategy to get students excited about STEM, creating better teachers, funded research opportunities and community outreach are helping get Hispanics in the classrooms.

"I think for the U.S. economy to move forward, it's going to be built on the STEM disciplines," Kirken said. "And if we don't have underrepresented minorities in those plans, we're destined to fail - there's no question about that."

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A college looks at creating a sustainable menu

Jessica Wray
Scripps Howard Foundation Wire

Students at George Washington University are being urged to set down their cheesy beef burritos and take up an apple or a plate of broccoli instead.

It's part of a campaign over a week last month to celebrate healthy eating and promote an initiative to increase the amount of good, affordable and sustainable food in the United States. The George Washington University Urban Food Task Force is trying to end bad eating habits not only on campus but also in the nation.

Smrithi Narayanan, 18, from Downingtown, Pa., studies international affairs at GW and attended the Apple Day Crunch – the first Food Day event on campus this year.

She said she was on her way to an economics class when she spotted the tables of food and baskets of apples at University Yard and stopped to grab an apple. She found herself in the middle of the Food Day celebration.

"I think it's a really good idea," she said, "because eating healthy is a really hard thing to do in college."

The Urban Food Task Force – run by nutritionist Diane Robinson Knapp – is working to push education about

'The brain can become addicted to the pleasure responses that eating fast foods provokes.'

healthy food preparation and eating and create awareness about sustainable urban food policies. Knapp is married to university President Steven Knapp. She and Spanish chef José Andrés, owner of multiple restaurants as part of his Think Food Group, led apple crunchers in taking pictures to post to Twitter.

The weeklong food celebration included a pop-up produce market to provide healthy food for families in a D.C. area with few grocery stores, a live cooking demonstration and a free meal service for people in need. The food week culminated in a healthy dinner for winners of the Healthy Eating Passport Challenge – a competition in which members of the GWU commu-

nity earned points by buying food at farmers markets and choosing healthy meal options.

One event, "The End of Overeating," was led by Dr. David Kessler, who talked about his book by the same name.

Kessler, former commissioner of the Food and Drug Administration and a physician, explained how the brain can become addicted to fat, sugar and salt.

Food companies have made food available to eat at any time, and they encourage people to eat more than three meals a day, he said, and at earlier and later times during the day. Kessler said food companies have taken away boundaries.

"When I was a kid, I ate three times a day," Kessler said. "When do you eat today? You eat all the time. What's Taco Bells' tag line? The fourth meal."

He described how the brain can become addicted to the pleasure responses that eating fast foods provokes. The social acceptability of eating more than three times a day at any time, the pleasure of eating fast food and the colorful advertising make it extremely easy to fall into a habit of eating unhealthy foods.

"Have you seen a food court? What does it look like?" Kessler asked. "It's a carnival."

He used his book's cover – a piece of carrot cake and a bundle of carrots – as an example of where a person's eye naturally falls. He asked the audience what they noticed first. Only a few people said they saw the carrot bundle.

"You now have in front of you one of the great public health challenges," Kessler said. "And what is the rest of the world saying about us when they come over here? They go, 'We don't want to look like them.' And who is them? Us."

Connecticut chef Michel Nischan urged students and members of the GW community to see food as more than just fuel for the body.

He talked about the importance of buying healthy food not just in a grocery store, but also at local farmers markets. Farmers markets, he said, can provide people with food education and create a sense of community for local areas.

Wholesome Wave, spear-



Smrithi Narayanan. Photos by author.

headed by Nischan, works to improve accessibility and affordability of locally grown fruits and vegetables.

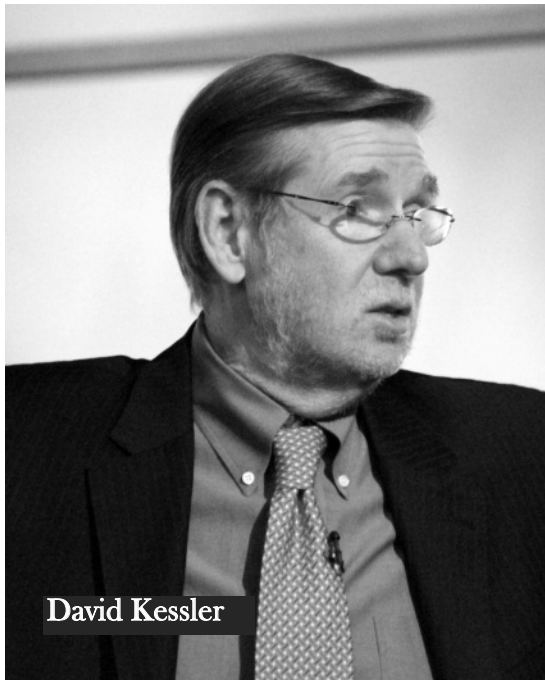
Such transactions benefit farmers and their customers. He described a Connecticut man who saved money by buying 10 pounds of inexpensive kohlrabi at a farmers market to feed his three grandchildren. The farmer gave him cooking tips.

"Imagine when food can be the opportunity to not need food stamps in the first place," Nischan said.

Wholesome Wave also works with doctors' offices in "prescribing" fruits and vegetables to lower-income families that need to improve their eating habits. The families meet with a nutritionist and have a guide at a farmers markets to provide recommendations and recipes for fruits and vegetables.

Nischan is co-owner of the popular Connecticut diner he cooks for, the Dressing Room. Nischan built it with actor or Paul Newman. The restaurant uses locally grown produce and livestock and focuses on natural and organic foods.

George Washington University also sponsors Apple Day when bushels of apples are available for students to grab. The Urban Food Task Force works with the restaurant Founding Farmers to raise and study honey bees on the Foggy Bottom campus. The student beekeepers hope the bees will eventually produce honey for the campus restaurant.



David Kessler



Chef José Andrés and Diane Robinson Knapp

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Student success and advisement

David L. Podos
Mohawk Valley CC

For many of you who have read my past op-eds you know I have given voice on everything from on-line degrees, to gun violence on our college campuses, to what makes a Professor a “Professor” and a whole lot more. What I have never written about (in any detail) is my position as a part-time College Adviser, and while my passion is in teaching, I have come to realize and respect the importance of College Advisers and the impact that they have on our students. I also have come to recognize and appreciate that this position has rewarded me professionally, for by the very nature of advising it has challenged me to constantly improve my skills of listening, speaking, problem solving and empathy. In many ways advising has made me a better Instructor, and for this and so much more, I am grateful.

In the classroom with the typical 50 minute class, it is just about impossible to connect with students on an emotional level. For those of us who instruct, we know the pace can be fast, and if you’re lucky enough, you will hold your students attention for maybe 40 minutes of that 50 minutes, even if you are a great lecturer. When we are fortunate enough to have students come by for office hours, it may be only a one time stop throughout the semester, hardly enough time to connect

on a deeper plane. As Advisers we have the time to make those connections (even though we are quite busy). This is because many of the students we see are repeat students who come to see us three, four, five or more times in a semester. And once we make those connections we are creating a trusting relationship. When a student does come to the advisement department it seems to create a safe environment for them. They tend to open up more. In many situations for that half hour in advisement, we become their mentor, their father, their mother, their priest, rabbi, minister, brother, sister, or their best friend. We have a chance to drill down and try to come up with answers to their questions, and solutions to their problems that they are facing.

The typical problems we face when seeing students are similar to all college advisers such as, change of majors, drop /add courses, prerequisite problems, class scheduling, and re-matriculations. As benign and routine as many of these situations may seem to us, they are quite important to the student, and once the situation is taken care of it makes their lives a whole lot easier.

Of course there are some issues that students deal with that are far from simply dropping or adding a course, or completing a change of major. For instance, the anxiety that a returning adult student is experiencing going

back to college after a long absence can be quite daunting, or a student who is failing all of his/her classes, or perhaps the student who is in jeopardy of losing their financial aid. For all of these situations and more, a student is well served by seeing a College Adviser.

It wasn’t all that long ago that I was working with a returning adult student. She had so many questions, and I did my best to answer them and get her on the right track. Over the course of several months she e-mailed me with additional questions and concerns. Last week I received a thank you e-mail from her saying how appreciative she was for all my help, In fact she actually apologized to me for being such a pain in the ... well you know what I mean. My reply to her was short and simple. I said there is no need to apologize; I am here to serve you.

I still have a lot to learn regarding advising; in fact, our Advisement Coordinator told me, “No one knows it all;



it is a work in progress.” For sure, I have made plenty of mistakes in my short three years as a College Adviser, and while I’m not for the most part a gambling man, I would bet on the fact that I will make plenty more mistakes; but just like in my capacity as a part-time faculty member, as a part-time College Adviser, I will always do my best, whatever my best may be, for I am here to serve the student.

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

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A lot can be learned from student newspapers

Darren Johnson
Campus News

On Halloween, The New York Times ran a story called “Black and White and in the Red,” about the economics of college newspapers and how many colleges are cutting production of print newspapers in favor of online ventures. Or, at least, converging a reduced print product with online so that the two entities work in tandem.

But a representative from Re:fuel, an ad agency that sometimes places ads in Campus News, warned in the article: “[S]tudents still enjoy picking up copies, free and convenient as they are, stacked in the student union and dorm lounges. In 2011, 60 percent of students read their college paper — a testament, if you will, to its importance as an outlet for student concerns, from tuition increases to the quality of food in the cafeteria. Of those readers, 60 percent preferred print, while 16 percent preferred to get their college news online.”

While Campus News is its own unique entity, we do hope that campuses keep their official print editions. However, many colleges, especially community colleges, seem to be going the online-only route for their journalism efforts.

Here’s what can be learned for student journalists working for a web-only newspaper: Writing and how photography and/or video complements the writing.

Here’s what can be learned for student journalists working for a print newspaper: Writing “for space” (with specific word counts, resulting in exercising the use of copyediting), the art of layout, Photoshop (more so than for web photos), working with a printer (business skills), headline writing for space (along with pull quotes, captions, subheads, etc. — a type of poetry, for sure), color vs. black and white (more art), billing, paying bills, collections, finance, soliciting advertisements (more business), prioritizing stories, real deadlines (if you miss them, the paper doesn’t print) and circulation (how do you get the paper into the hands of readers?).

You can see that the print experience is much fuller than just writing for a Word Press site.

But it is a lot easier — and cheaper (maybe) — for a college to go online-only, and modern newspapers aren’t going to necessarily hire a journalism grad who only knows how to work for a print edition.

Yet, I guess the larger question is — are we training them to learn to add video and other interactivity to their stories? Are we training them to work for modern media, per se, or should we really be hammering home writing and editing for space? On the web, space is virtually unlimited. Loose writing can be quickly glanced over by the reader. But, on the page, many more decisions have to be made. Does this story need more text? Need less? What is the pull quote? How can I write a headline that’s between 32 and 40 points and fits on one line? Does this story need to “jump” to another page, or can we pare 300 words and still keep its essence? Is this story worthy of being on the cover? On a color page?

While the online component of media is important to learn if such students are actually going to work for a media company, can we admit that the majority of journalism graduates may not choose journalism as a career? Or they will do it for a few years and move on to something more 9-to-5? In those cases, if they at least graduate with stronger writing and editing skills, they can serve their future employers well. And even if that future employer is an online newspaper, the students who can write the strongest will move up the ladder fastest.

Quality writing is a commodity, especially on the web. Anyone can take a passable photo.

I’d contend that making videos and such, anyway, can be learned over a weekend for most of today’s students.

In the 1990s, I broke into teaching with a course titled Microcomputer Analysis and Report Writing, which later would be called Writing With Computers. In essence, it was teaching students how to write better reports using Word, Excel,

PowerPoint and Windows 95. I was a writer who was adept with computers, and really made some headway with the class, showing then-19-year-olds how to add graphics to presentations and use formulas. And this course was three credits.

Today, it’s assumed that students will come into college knowing all of the above. If they don’t, they can pick it up in their spare time.

We shouldn’t be treating making 2-minute web videos as gee-whiz journalism.

‘We shouldn’t be replacing learning the writing of journalism with making videos.’

It may be to a 40-year-old, but not a 20-year-old. (Yes, there are age 40+ students, but they will do fine! It’s the times that change, not the level of adaptability.)

The journalism students largely don’t care. They are writing for “clips” — articles that they can use to either transfer to another college, get into grad school or show a potential employer. And those groups would rather just have some URLs they can click on for writing samples, as opposed to having to rifle through Xeroxes of grey articles from some print paper.

When I advised an official student newspaper at a two-year college for a stretch of four years, I did see the student interest veer away from print. Many of the best writers just wrote for a campus blog, not wanting to be bothered with the clubhouse atmosphere that sometimes is a school paper. No one except the journalism students read the blog, and about 2000 students actually picked up the school paper, but these writers didn’t care about audience. They cared about getting an “A” with the professor who managed the

blog and getting some clips so that they could apply to be on the staff of the school paper at their next college or as a part of their admissions application there. But “audience” is supposed to be what real writing is all about. Who will read this? Who will like it? Who will dislike it? (I’ve gotten plenty of cranky letters from the Dean of Something Something over my years either writing for school papers or managing them. And that’s a good thing!)

So, dear college decisionmakers, think twice before canning your campus’s official print paper. Students can learn a lot there.

But if you are going to go the web-only route, do it right. Really embrace it. Put it in the student portal with a really good graphic to draw clicks. Get its hit count at least as high as the print product’s circulation was. Make it a resource. If Dean Something Something gets offended, all the better!



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‘Death’ (cont. from page 9)

course, but there were labels that handled black acts and white acts.

But what about a black band that plays music that is considered white?

Punk surely is a genre that is white, and had its bases in New York and Southern California. Even racist elements sometimes crept in, thus a reactive song by the group The Dead Kennedys, “Nazi Punks Fuck Off.”

So being black, let alone not in New York or L.A., doomed Death. They were allowed to record — but when they wouldn’t compromise on the name, they were given their master tapes back, which sat in a box for three decades in an attic.

And regular readers of mine know I really like this genre. I run the 1980s punk/alternative online station 631Radio and do go through a lot of forgotten gems to pick some to add to the playlist along with the songs we all know from that genre and era. I have added a couple of Death songs to the 631Radio playlist, as they deserve to be there.

Watching this film, I couldn’t help but wonder, “What if?”

By the late 1970s, there were lots of bands with crazy names. Eventually, a heavy metal band took the more extreme name Megadeath. The band Living Color was an African-American band in that genre who had commercial success. One of Living Color’s members is interviewed in the film.

I would think in a city like New York, if Death hit the hardcore clubs like CBGBs, they would have made a name for themselves and had big time success. Their sound is that strong and unique.

But, his dream deferred, David Hackney went into depression and alcholism while his more compromising brothers went on to be weekend reggae musicians and maintaining menial jobs by day. David would die young, but still had the belief that those master tapes would be heard one day.

So, here’s your chance. Queue up “A Band Called Death” on Netflix and then get a copy of their LP “For the Whole World to See.” And play it LOUD.

FAFSA not important

Nick Prete
Scripps Howard Foundation Wire

The Free Application for Federal Student Aid is not necessary, financial aid experts told senators at a hearing about how to make applying for federal aid a friendlier and easier process.

“Do we even need a FAFSA form? Do you think? Could we get rid of it all together?” Sen. Michael Bennet, D-Colo., asked. Before becoming senator, Bennet was superintendent of the Denver Public Schools.

“Absolutely,” Kim Cook, executive director of the National College Access Network, said.

“Is that the view of everyone on the panel?”

From the four witnesses came a resounding, “Yes.”

In addition to Cook, Bridget Long, academic dean at the Harvard Graduate school of education; Judith Scoot-

Clayton, assistant professor of economics and education at Columbia University; and Kristin Conklin, of HCM Strategists, testified Wednesday, about the state of federal student aid in the U.S.

The members of the Senate Health, Education, Labor and Pensions Committee asked the witnesses about how to simplify the process of applying for federal aid.

“If you simplify this process, a lot more students will go to college,” Sen. Lamar Alexander, R-Tenn., said.

The hearing was part of a series examining critical issues in post-secondary education. These issues will be taken into consideration when the Senate has to reauthorize the Higher Education Act of 1965.

The law was amended for the ninth time in 2008, with the Higher Education Opportunity Act, and will be up for renewal again in 2014.



Photo by author.

FAFSA is a 10-page form with 64 pages of instructions that all students requesting federal financial aid must fill out. The form gathers tax and income metrics to determine a student's estimated family assets and how much financial aid the student needs.

A simplified questionnaire would

only focus on two main metrics, family income and size.

The committee also discussed streamlining the loan process, how to better allocate federal funding and the impact of changes on non-traditional college students.

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Hate your job? Look to sci-fi.

Darren Johnson
Campus News

Many souls get crushed in the years following college as people enter the work world.

While it's great to be idealistic in college, it is hard to keep that spirit going as you get older and enter a workforce where you realize that most of the people you work with are ... well ... jerks. Self-serving, crass specimens — however educated they may be — who make you question humanity as a whole.

You may quickly find yourself getting disengaged with life. Before you know it your commute becomes mind-numbing. You get in the car, put on talk radio, and without thinking, you appear at work, do tasks, get back in the car, more talk radio, home and too tired and emotionally drained to do anything decent, watch TV, go to sleep, lather, rinse and repeat the next day.

Here are some reasons you may feel disengaged:

Incompetent hires around you — they earn the same as you, but you do most of the work!

Corrupt supervisors — they make decisions that harm the company but help themselves, whether it be financially, or just based on ego.

Bureaucracy and turf wars — you have to go through a maze of paper pushers just to accomplish simple tasks.

Lack of passion is in the air — no one has any oomph.

Micromanagers — you're working hard on the big picture and under-qualified bosses come in with busy work, nit-picking about some tangential project that ends up eating your quality time.

Your talent isn't being recognized — you clearly are good, but others (perhaps they are prettier, cooler, etc.) get the promotions, good gigs, raises, etc.

Extra effort goes unnoticed, or others take credit for it — you're doing a great job but it's a tree falling in the forest.

So, what can you do? Below are some tactics to keep your own individuality when confronted with an oppressive work environment.

For fun, and to add some graphics to this page, I will use sci-fi analogies to enhance my points.



Mentally disengage.

For this example, let me mention the Borg from “Star Trek: The Next Generation.” They just did the minimum and nothing more, but they got the job done.

If Picard beamed an away team into the Borg Cube, the Borg members would totally ignore them, as if they were inconsequential. Now, if Riker started firing a phaser or if Data started playing with the Borg computer, the Borg members would respond, but, otherwise, they just went about their normal business.

The lesson: If your job situation is not enriching your soul (but you need the money), just do the minimum the job entails and look for outside pursuits to make up for the lack of challenge and

proper financial reward for the day job. Show up at 9 exactly, leave at 5 exactly. Take the full lunch you are allowed and just do other things. If you have a spare moment during work hours, think about your other pursuit.

As a writer, I have taken this tactic when a daytime administration job isn't going my way, despite my previous best efforts. I find side writing gigs, or even make some web sites for fun. Keep your personal passion alive somehow.



Nuclear annihilation.

For this example, I will use the Death Star from “Star Wars.” Run by Darth Vader, this was a massive orb the size of a moon that could blow up whole planets.

If you find that your work environment is toxic, wage an all out, dirty war on your fellow staff and supervisors. Bullies only calm down if you fight back. Wait for them to make mistakes, document it and capitalize. Gloat when they stumble and rub your triumphs in their faces. Maybe some of these creeps may actually see the writing on the wall and move on. Perhaps they will be replaced by better people, and then you can calm down and be your nice, normal self.

I've gone into some situations where I have had to play bad cop for a bit. Some people really do act like animals (and it gets worse the higher up the ladder you go). The be-tough route will set the ground rules so that they know not to mess with you anymore.



Whistleblower.

If things are really bad at your work place, perhaps even illegal things are happening, you may have to take the role of whistleblower.

It was harder thinking of a sci-fi example for this one, as whistleblowers don't make for great stories. Usually, the whistleblower is a minor character, and often they get offed for snitching.

But I will go back to the 1976 cult-classic “Logan's Run,” about a future in which people are killed at age 30 as a part of a brainwashed culture where they believe it is impossible to live past 30. Computers do all the dirty work. Logan makes a run to outside the domed city and finds an old man, proving the belief wrong. He must then go back to the city to tell everyone that the 30-year-limit is a big scam.

As in science fiction, whistleblowing seldom works, but if you sense something is seriously amiss, it is your duty to look for an outside agency to intervene. If the local dean is steering contracts to his friends, go up the ladder — to the president. If the president is in on it, go to a higher power. Maybe the state comptroller or attorney gen-

eral or your local DA. Chances are, they may not feel it's worth the bother to intervene, and it's hard to beat city hall, but at least you will have created a paper trail documenting the corruption. In many instances, the law protects whistleblowers, though you may want to consult an attorney.



Play the game.

Just because your co-workers and supervisors are lazy and/or unethical, it doesn't mean that they are necessarily breaking the law. In such cases, develop a strategy where you take on a persona — say the persona of a slick politician. Buy bagels for the office. If the Secret Santa limit is \$20, be a real jerk and buy a \$50 item just to show everyone who's boss. When you go on vacation somewhere exotic, send the office a postcard with a photo of a beach, saying how great it is there in 85 degree weather under the palms. It's all about the mind games.

Most people can't tell the difference between being truly good and being a good conniver. That's why so many bad people get elected over and over.

Think of the “Twilight Zone” episode “To Serve Man.” The aliens came and were very gracious. *Come aboard our flying saucer. Our goal is to “serve man.”* People went joyfully onto the saucer. How nice. But, it turns out, “To Serve Man” was the title of an alien cookbook!

Ha! They don't make shows like that anymore.

And you can play the role like an Oscar winner. If you have a flair for the dramatic, you may even have fun charming everyone into submission.

Sometimes I wish I had that talent.



Get three to five bullet points for your resume and move on.

This is the most practical advice. Hate where you work? Well, at least accomplish some very tangible things to put on your resume and start sending it to other employers. It's much more acceptable to move every couple of years nowadays, as long as there are no serious lapses of employment.

Treat the job like a class that you really dislike but still want to get an “A” in. It will be over soon enough. The thoughts of finishing keep you from getting too gloomy.

Eventually, Captain Kirk gets promoted to Admiral, despite all the times he broke the rules to save mankind. His bullet points included going back in time to save the world from a Nazi alternate reality, beating the wrathful Khan (twice) and bringing Spock back to life.

Though, Kirk discovered, the new job wasn't all it was cracked up to be. It was those bullet points that made him who he was, not the title.

So, do take time to enjoy the voyage, no matter how bumpy your path to the final frontier may be.

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Don't throw out that old Wii or PS3 just yet

Darren Johnson
Campus News

You may be seeing ads for the latest video game console and think your older console is obsolete. But try to think of that original Wii or PS3 in a different way – picture it as the cable box of the future.

You already know you can get Netflix through an older console, and, soon, other networks, like HBO, may be there. The key will be diversifying so that you also get live TV channels.

Bruce Springsteen wrote a while ago about there being “57 Channels and Nothing’s On.” Well, that problem even seems worse today, and the average cable TV bill is about \$128 in the U.S. – not worth it!

This holiday season, consider these gadgets to help cut the cable cord.

Let me introduce the living room of the future, which surely will be cheaper to operate.

Mohu Curve 50 HDTV Antenna –

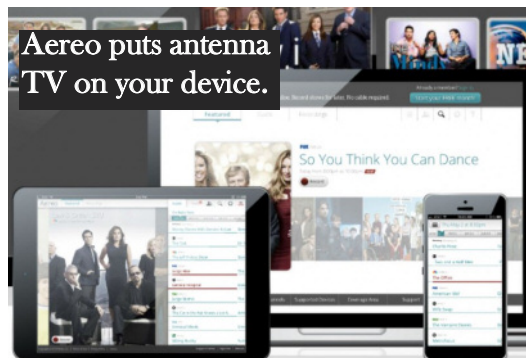


The Seagate Wireless Plus broadcasts your movie and music files to all devices.

The past couple of years in my student media-use surveys, I have noticed that more students have moved to antenna TV. Until I tried this stylish Curve 50, I mostly chalked it up to the lousy economy. My bias was my own experience with antenna TV – very spotty, staticky and limited with some huge contraption on the roof. But the Curve 50 dispelled my bias. The FCC required broadcast TV stations to go digital a few years ago, and the result is, with this device about the size of a sheet of paper, you can pick up a bunch of channels crystal clear. I live pretty far from civilization and got 18 channels with the Curve 50, including the major networks. And it was very easy to install. It is \$90 on Amazon.com.

Aereo – Another service that will get you live TV is Aereo (go to aereo.com), provided you have Internet. They give you channels you would normally get via antenna, and a few more, along with the ability to record them. However, it is not available on Wii or PS3 yet, so you will be limited to watching this on devices. It's \$8 a month.

Seagate Wireless Plus – If you



haven't gotten one yet, you may want to acquire a wireless hard drive.

You can just leave it on and broadcast to the various devices in your house, whether you are storing music, movie, photo files or whatever. You can download to it, too, saving space on your device. It is as easy to access as a wi-fi router. As well, you can take this drive with you, say on a plane, and connect to it from any device. We tested the 1 terabyte Seagate Wireless Plus and it worked flawlessly, reliably and quickly. It's not cheap – about \$200 on seagate.com – but for important files, I wouldn't buy a lesser brand. As well, at 1TB, this should give you several years of usefulness.

Kindle Fire HDX – And what device should you use? I'm finally going to make a determination on the tablet wars. Recently, “60 Minutes” did an interview with Amazon owner Jeff Bezos where he stated that they sell their Kindles at a break-even price, hoping to make money on downloads. At about \$230 on Best-Buy.com, the Kindle Fire HDX is a

The Curve 50 picks up HD broadcast channels from 50 miles away.



The Kindle HDX has the quality of an iPad.



much better deal than the iPad Mini (\$300). I do love my full-sized iPad – I got it off the refurbished section of Apple.com for \$300 a couple of years ago – but this Kindle seems just as sharp and bright, and the operating system is as easy as Apple's. That said, the Kindle is still only 7 inches, and bigger models cost more, so you will have to examine the fine print to find the model right for your use (for example, if you need a lot of storage space for downloading). In general, for a 7-inch tablet, I'd go Kindle Fire HDX, but for a 9- or 10-inch tablet I'd first look for a possible Apple bargain.



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