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Volume 9, Issue 2 Enjoy! Free on Campus!

Balancing your life vs. school

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Nathaniel Villano Campus News

The new freedom of being a college student, whether you are away from home or not, challenges your ability to find a balance between having a social life and still maintaining a high G.P.A., and is a constant struggle. With little to no supervision, the temptation to go out and socialize and put your homework on the back burner can become very easy. "You need to effectively manage your time," said Kai Raub, a sophomore at the University at Albany. "You need to strike a balance...both are important, but you need to focus on the priorities."

While Hollywood might glorify the freedom of being away from home and partying, the reality is, it just isn't like that. Yes there are plenty of parties every week, but you

need to ask yourself why you're away at school. Is it to party and socialize or is it to engage yourself in your major to prepare for the real world? This is an important decision every college student needs to make before thousands of dollars worth of loans are taken out.

The first thing any college student should do prior to classes starting is purchasing a weekly plan**ner.** By writing homework down for each class

throughout the day you can organize what needs to be done and when. Not only are they



useful for organization but also being able to physically see what you have accomplished and what work still needs to be completed can help time management and a social life.

Clubs are another great way to keep your grades high and maintain your social life. Typically most clubs only meet a few times a week for about an hour or two depending on the type of club you're in. They allow a window of opportunity for a break and the ability to socialize without impeding on your work.

"First of all you need to make a schedule of everything you need/have to do, this in-

continued on page 4

College gives you new freedoms. How to juggle exploring them and grades.

Helpful advice for transferring

Darren Johnson Campus News

You may hear some of your fellow classmates snicker about community colleges, as if the education you are getting is somehow sub-par compared to a "real" college - meaning, one with stricter ad-

Don't let you get that down. Chances are, your fellow classmate is not going to complete his education. He is just being defensive to brace the fall.

But, the stats say, community college students who actually complete their degrees have a better chance of not only doing better in life, but also of going on to a four-year college and graduating from there, too. And such students actually do a little bit better than students who took the SAT and were admitted as freshmen. studies sav.

According to John McLoughlin, Director of Strategic Recruitment at Mercy College, "Our transfer students are very focused, smart and hard working. They come to Mercy College well prepared to succeed inside and outside the classroom. Our transfer students are best prepared for the college experience and more likely to graduate if they complete an associate's degree prior to coming to Mercy."

Even so, students need to be very proactive when choosing a transfer college. Once a student - even if he or she is just a freshman at a community college knows which four-year college he or she may attend, that student should contact the four-year college to ensure all courses will transfer properly. Don't just rely on

Find a four-year college that can help you transition.

information from your community college when signing up for courses there.

Becky Wai-Ling Packard, Ph.D., Associate Dean of Faculty at Holyoke College (Mass.), stated: "Community college students need to reach out early to fouryear institutions to make sure the courses they are taking now will transfer into their intended major. Many students lose credits and time because the credits will transfer generally but not necessarily for the

Once at the four-year college, the work will be a bit harder, as well as socializing with new people in a new place. But many four-year colleges are geared up for transfer students from community colleges.

Kellie Raffaelli, Assistant Director for the Center for Diversity and Inclusion at Michigan Tech University, has three tips for success: "Connect to on-campus resources and utilize those resources early and often; get involved with student and campus organizations; and don't wait to utilize tutoring until you're having a problem, be proactive."

Mercy's McLoughlin noted that his college takes incoming transfers very seriously. They have 20 people on staff to help students streamline their credit transfer. Mercy is generous with the credits that are accepted, as well: Up to 75 credits may transfer from a two-year college, so you may be able to take some summer courses at your local community college after you graduate with a two-year degree. Approximately 66% of Mercy's students are transfers.

McLoughlin added another benefit to

continued on page 5

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The ultimate guide to spring break

Marie Frankson

Campus News

It's March, which means that spring break is right around the corner! I know it doesn't look like spring in the Northeast, but at least we can all look forward to a week of no classes or homework. Some of you may be going somewhere warm and exotic while others may be planning on a staycation. Not everyone can go somewhere exotic for spring break; sometimes there is no choice but to stay close to home, but that doesn't mean you can't enjoy yourself anyway. After everything you've endured during the first half of the semester and having to take mid-term exams, you all deserve the break! This is a guide of 15 ways for those of you who are staying close to home to enjoy your staycation.

Relax! Relaxing while on spring break doesn't have to be expensive. There are some simple ways you can unwind while on break and they're all under \$5. One way you can relax on break is to buy a magazine and read it. Doing some mindless pleasure reading will help you and your brain relax instead of focusing all your time on academic reading. Another way you can relax while on break is to visit a small coffee shop or bakery and buy yourself a little treat, like a cup of coffee and a homemade muffin. Who doesn't love fresh coffee and homemade baked goods? And with this winter weather, just imagine how good a warm muffin and hot coffee will be. A third way to relax on break is to go to the mall and sit in one of those massage chairs. For a couple of dollars, you can get your back massaged and feel completely relaxed.

Volunteer! Want to do something good while you're on spring break? How about volunteering? You don't have to travel far to do something good. No matter how small or large your community is you can find some kind of organization or volunteer project to devote some of your time. You can even volunteer on campus or with a local religious organization, if that is your interest.

Road Trip! You can go on a spring break road trip without going too far from home. With a little bit of research, you can find all sorts of cool stuff to see in your own state. How about traveling to go to a museum or to see a theater performance you haven't been too before? How about going to see the weirdest thing your state has? Visiting www.roadsideamerica.com is a great place to start to plan your in-state road trip. Don't forget to take a camera!

Get in Shape! Use the vacation time to get active. Go to your local YMCA or a local gym; run on a treadmill for a little while with your favorite songs playing on your iPod or go swimming in the pool. Being active will boost your endorphin levels and put you in a good mood.

Have a Get-together! What college student doesn't love a good party?

Spring break is the perfect time to get together with friends you haven't seen in a while. Invite your friends over to watch that big sports game or to just hang out and play some video games, and make it a pot luck where everyone can bring their favorite foods to share.

Get Organized! Use the
week to get yourself organized. Do
laundry, clean off
that desk you
never use and put
it to good use,
wash your bedding, sweep your
floors, buy a planner for when

classes resume and use it, color-code your class materials. Getting organized and cleaning your space can put your mind at ease so you can enjoy the rest of your break.

Create Something! You don't have to be an artist to create art. Print out some of your favorite photos in black-and-white and frame them, paint something with watercolors, frame dried flowers, or use washi tape (Etsy.com and Amazon.com are great places to shop for washi tape) to decorate almost anything you can think of.

Have a Scavenger Hunt! Gather some of your friends to wander around your hometown for a day and have a scavenger hunt. Make a list of things everyone has to find, tell everyone to bring a camera so they can take a picture of the item on the list for proof, and break up into teams. Make sure to have some little prizes to give out to the winners. Although a bit childish, this will be a fun way to hang out with your friends and get a little competitive.

Go Shopping! What's a better way to enjoy your spring break than to go out and do a bit of shopping? Pick up some new tee-shirts or a bright pair of leggings to wear when the temperature warms up. Going to school once classes resume in a new outfit is sure to boost your mood.

Have a Movie Night! Everyone loves going to the movies, but it gets to

be expensive. Save some money by having at movie night with friends at your place. Have everyone bring their favorite movie and a favorite movie theater candy to share, make popcorn, turn off the lights, and enjoy the movies!

Catch Up on Sleep! Classes can be rough this time of year, and with the end of the semester right around the corner and homework piling up, you're going to need your rest because you won't be getting much of it during the remainder of the semester. Take ad-

vantage of the fact that you're on break to get a bit of shuteye. Sleep in until noon or take an afternoon nap without any guilt! Use your time off to relax, get organized, travel or do something completely different.

Pamper Yourself! On spring break, it's important to relax and to make sure you feel your best for when classes resume. One way you can feel relaxed is to pamper yourself. Give yourself an at-home facial or go to a salon and get a manicure and pedicure. You can feel relaxed and you can get clear skin. Guys, this one is for you too; you don't have to be a girl to take care of your skin, hands, and feet.

Get Your Game On! While home

for spring break, you can go see your local sports team play a game. You don't have to go to every high school basketball game or track meet to support your local team; many places have their own AHL hockey teams and other minor league teams. Seeing minor league games can be just as exciting as seeing major league games but without the ridiculous ticket and concessions prices.

Bake something! Not everyone can cook, but nearly everyone can follow directions and bake something. Cook-

ies, cakes, cupcakes, cheesecakes, bars, and more are all simple to make and the ingredients are inex-

pensive. You can bake for your friends, family, or for yourself. Be sure to enjoy the treats in moderation though.

Go on a Date! Have a significant other you haven't seen in a while or have you just met someone new? Go on a date! Going out for dinner and doing a fun activity like bowling, miniature golf, or seeing a movie together is fun whether you've been with your boyfriend/girlfriend for a while or if you're just starting to get to know one another. Each date and each activity is a way for you to get to know that special someone better and maybe kindle, or rekindle, a spark.

These are only a few ways that you and your friends can have fun on your spring break without spending a lot of money and without traveling far from home. Be sure to make the most of your spring break and to enjoy every minute of it. Relaxing for a while can help you focus once classes resume for the remainder of the semester.



Tell Us What You Did During Spring Break!

Send us ~100 words stating what you did during Spring Break. We will publish the top responses here and even give a prize worth \$100 to the best story (decided by us). Email: editor@cccnews.info.

Balancing life and college (cont. from cover)

cludes your social activities and your schoolwork," said Berni Reynoso, a sophomore at the University at Albany. "You need to organize your time so you can give everything the time it deserves." Effectively being able to manage your time properly is a sign of maturity and growing up. If you're unable to manage your time in college chances are those poor habits will continue to haunt you after you graduate. Your professors may accept a late assignment but when you're put out into the real world your boss is not going to accept projects past their deadline, instead you will be fired and replaced.

The **"reward system"** is another effective way to stay on top of things while maintaining a social life. The reward system is being able to buckle down, put your work first and then going out to socialize. By doing this not only will the feeling of having something hanging over your head disappear but also stress levels can dramatically decrease. What some students don't realize is that the college parties are not going anywhere. There will be nights that you won't be able to go out and that is OK your friends will understand and if they don't then it might be time to look for new

"Set deadlines so that you are pressured to finish your work at a certain time and leave room to hang out. I do all of my classwork from 10 a.m. to 9 p.m.," said Vertis McMillan, a junior at the University at Albany. "... The only time I didn't have good grades one se-

mester was when I didn't do this. As someone with a learning disability

and ADD, this helps a lot."

Going to the library in groups is also another great way to keep your nose to the grindstone and socialize. Often times doing work alone can make one miserable. By going in a group you can get your work done and socialize at the same time (just make sure you're actually doing your work not just fooling around.) The saying goes "misery loves

company, so why not be miserable together as you do your work?

'You need to organize your time so you can give everything the time it deserves.'

room to hang out.'

Attendance does count. Sometimes students tend to think just because they are away at events they can miss three, four, even five classes. Most classes typically allow you two sometimes three absences, but every one after that will begin to negatively affect your grades. Absences should be saved in the case that there is an actual emergency and you aren't just hung-over. This also applies to lecture halls that don't take attendance. In some classes you may just be a number and the professor will not

According to

scientificamerican.com, students who don't get enough sleep have poorer attendance and lower grades than those who do. It was also noted in a study published in Learning & Memory that students are better off just going to sleep rather than staying up all night cramming for an exam. However if you manage your time correctly, there isn't much of a need to stay up the night before and cram. You may want to think twice about deciding whether you should attend that fraternity party or



take attendance. While classes like these are very easy to skip, they are also very easy to fall behind in.

Not only are doing homework and being able to socialize main priorities, but also being able to get the required amount **sleep** is just as important. As

student not to abuse the freedom your work, socialize and get enough sleep are not hard to balance as long as

'Set deadlines so that you are mans we rely pressured to finish your work sleep at a certain time and leave to replenish our body's

and to function properly. Students who put socializing above doing schoolwork are the ones who typically pull "all nighters" to finish that nine-page paper they had two weeks to accomplish. All nighters usually lead to ruined sleep schedules, which in turn will begin to reflect on your performance in class. Lack of sleep will affect the ability to socialize properly. Going out on minimal amounts of sleep is not the ideal situa-

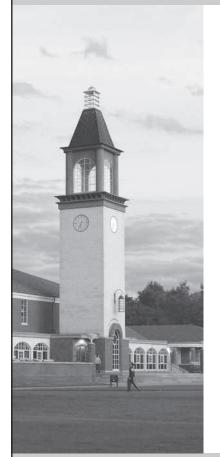
every college student wants to put him or herself in.

spend the night studying.

Being away at school gives you the ability to live a lifestyle however you please but it is the responsibility of each they're given. Being able to accomplish

you manage your time properly. The choices you make in college are the ones that will make or break your experience, so choose wisely.

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Caitlin Turner

Scripps Howard Foundation Wire

Michelle Obama urged students to apply for federal aid as they apply for college.

"Don't leave money on the table," Obama said recently. "Fill out the form."

She and Education Secretary Arne Duncan visited T.C. Williams High School, a diverse school with nearly 2,600 students across the Potomac River from Washington.

"What is heart breaking to me is that sometimes forms are incomplete," Duncan said. "It is really interesting when you survey young people who had good grades and didn't go to college. Eighty-eight percent of those who didn't go thought they couldn't afford it."

Last year, almost 22 million students submitted a FAFSA. The federal government gave out \$150 billion in federal

grants, loans and work-study aid to students nationwide. More than a million students who were eligible for federal college and trade school funding did not fill out the form, according to the Department of Education.

Filling out the Free Application for Federal Student Aid is easier than ever following improvements to the form's website, Duncan said.

Obama visited with students to encourage them to fill out the FAFSA to receive Pell Grants and loans.

"When you look around this room, we can't afford to lose any of your talent," Obama said. "We need you to be educated and prepared because you all are awesome individuals who have the potential to do some amazing things for this country. So it's up to us to support

T.C. Williams is the only public high school in this Washington suburb

of 146,000 people, and 80 percent of seniors fill out the FAFSA each year, Gregory Forbes, the Alexandria City Public Schools director of school counseling, said.

The first lady, Duncan, and school counselors worked their way through the room of about 50 students and parents to help with any confusion as they filled out the form.

"You have got your school counselors who are there to answer your questions," Obama said. "They are tracking you down and nagging you until you complete that form. Yay for nagging."

In partnership with Viacom's "Get Schooled" campaign, the first lady and Duncan explained how, on average, filling out the form takes half an hour.

"We've done a lot to simplify the form," Duncan said. "Our dream is to one day have no FAFSA at all and just to go off the IRS tax return. We aren't quite there yet, but we are going to continue to work hard to get there."

For T.C. Williams senior Laura Olliveerie, 17, getting into college to major

either in pre-law or psychology will not be possible without financial aid. She said filling out the form was easier than she thought it would be.

She hopes to attend the University of Mary Washington or the University of Richmond.

"Personally, I was really worried about it," she said. "[I] worried about if I was going to get it done or worried about if it was going to be too hard for me. But it only took me like 20 or 30 minutes, and that was with people helping us."

Since it began working with FASFA.gov, the Obama administration has cut the number of questions students are asked.

"You don't have to be the valedictorian," Obama said. "You don't have to major in a certain subject. You don't even have to be at the very bottom of the income ladder to receive the money. Almost everyone is eligible for some form of financial aid, and all you have to do to access that aid is fill out this one little form."

Tips for transfer (cont.)

contacting a transfer college early – money. The sooner you can get on the financial aid and scholarship radar, the more likely you are to get a good part of your tuition covered. "Mercy College is one of the most affordable private schools in the Northeast," he said. "We offer a large number of transfer scholarships, loans and need-based grants designed for transfer students."

But Holyoke College's Dr. Wai-Ling Packard added a bit of caution.

A big difference between community college and four-year students is that many more commu-

nity college students work a lot. Many may put their jobs first. At a four-year college, you should look to either work less or, at least, find a job that complements your education by offering flexible hours or, in general, low impact.

"The biggest issue that a student can face is trying to work as many hours in a part-time or full-time job as they did at the community college," Dr. Wai-Ling Packard said. "Finding a job that will allow for flexibility in scheduling can help. More often, a student will need to gauge their ability to work as compared to completing the credits. Often, the time vs. money can be at odds because in order to take as many credits as needed, the student cannot work as many hours for pay as they did."

So, going to a transfer college will take a good deal of planning – credit-wise and financially. Contact your potential four-year college early on in the process, and save as much as you can. That said, the odds are in your favor to succeed once you get there – especially if you choose a college that specializes in transfers.

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First Lady looks to overhaul nutritional labels

Cathryn Walker

Scripps Howard Foundation Wire

Food packages are about to receive an extreme makeover for the first time in 20 years.

First lady Michelle Obama announced a proposal to revise nutrition fact labels last month as part of the four-year anniversary of her Let's Move! initiative to fight childhood obesity and promote healthier choices.

The new label will highlight calorie counts and serving size, while including "added sugars" and nutrients such as Vitamin D and potassium.

"We're overhauling these labels to make them easier to read and understand," Obama said. "Unless you had a thesaurus, a calculator, a microscope, or a degree in nutrition you were out of luck."

The new labels might appear on store shelves as early as next year, though it could take several more. About 700,000 products use a nutrition facts label.

Obama said it's not too soon to practice healthy family living.

"Parents deserve to have the information they need to make healthy choices for their kids. And this isn't a particularly radical idea," Obama said.

Obesity among school-aged children has more than doubled in the last 30 years and quadrupled among adolescents. Data from the Centers for Disease Control and Prevention shows that obese school children are five times more likely than normal-weight



children to become obese adults with health problems, including heart disease, diabetes, cancer and shortened life span.

A study published in the Journal of the American Medical Association Tuesday shows progress: the obesity rate among preschool aged children decreased by about 40 percent from 2003 to 2012.

Kathleen Sebelius, secretary of U.S. Department of Health and Human Services, said the country still has a lot of room for improvement.

She said statistics show that by 2018 obesity will make up 21 percent of all health costs and by 2030 half of all U.S. adults will be obese.

"Simple changes to food labels can make a big difference," Sebelius said. "We're helping moms and dads by making it easier to make healthy food choices on a daily basis."

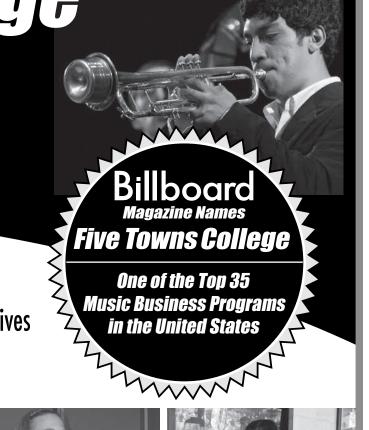
The Food and Drug Administration is seeking public comments about the proposed design of the nutrition fact labels for 90 days.



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Myths and Reality: Commuting vs. Living on Campus

Jonathan Lopes Campus News

This isn't the fault of Raritan Valley Community College, Ramapo College of New Jersey, or Rider University, but the most frustrating thing about attending college is the time of transition. Regardless if one is transitioning from another college or high school, the adjustment period is a real thing and influences students differently. Students remain within one setting for a long period of time, then it suddenly stops and they are now in a more adult, realistic academic and social situation. Some students engage in activities that are stereotypical of the "college experience" and some embrace the change and opportunity to become diverse.

As a former resident assistant and resident at Ramapo College, I can say residence life is an important part of any student's undergraduate experience. Ramapo College does an excellent job at educating and engaging students on policies, procedures, and opportunities for civic and social development. Most people will be commuting to work for the entirety of their career, thus "dorming" is a privileged and rare opportunity. A large and very underrated aspect of college learning takes place outside of the classroom, living on campus allows life lessons that commuting may not offer. Living on campus makes the process of doing everything much easier, since it is literally in your grasp.

You are seconds away from the nearest computer lab, dining hall, classroom, lounge and pals.

If students are going to college and can afford all the amenities, then go all the way! Residing on campus allows one the resources and chance to go out and explore who you really are and/or could be. It may seem cliché, wrong. If you don't interact well, you can apply for a room change, but are not guaranteed one. Arguably the most appealing aspect of commuting, besides saving money, is that it gives you the opportunity to still live the college experience, but also keep intact that home connection.

Commuting forces students to be-

'Commuting may require getting up earlier and amending your work/personal schedule, but there are perks, as well.'

but the obligatory college experience that people remember most fondly and exchange stories about, in large part, deal with the experience outside the academic class setting.

Now then, commuting may require getting up earlier and amending your work/personal schedule, but there are perks, as well. For instance, you can drink and smoke, hotly contested topics, in your apartment or house, unlike when on campus. Residing on campus deeply extends your semester bill, in terms of the physical space and oftentimes mandatory meal plan, whereas staying home saves money unless you have to pay for the apartment. Additionally, the roommate(s) situation can go right or

come proactive in their personal, academic and professional endeavors. I was able to get involved in clubs and apply for jobs on campus while commuting my first two years. Even though it is commuter based, community colleges are meant to allow all student to obtain a quality education and engage in that community setting. Living on campus might seem like the obvious choice, because it permits you to be in closer proximity to everything concerning the college and assess your level of independence. However, it may stifle your productivity and allow you to become a bit lazy and too comfortable. This is all speculation, of course.

The myth regarding commuting

and residency is that one is significantly better than the other. The reality is that it is an individual's choice based on financing and personal preference. Due to multiple decisions and situations in my life, I've experienced both. I am neutral toward this debate, since I was fortunate in possessing a car and was able to work on campus. while commuting. Commuting requires much more time management, which in turn is an acquired and valuable skill, and I was required to make the most of both scenarios. Residing immediately allows you to feel like a member of the college community. Raritan Valley Community College enabled me to become much more productive and proactive, since all community colleges are commuter based, which translated in skills and confidence I gathered once I transferred to Ramapo College as a resi-

Don't believe the hype! Determine which experience is best for you through your finances, various school websites and how you may act if put in each setting.

Jonathan Lopes attended Raritan Valley Community College from 2009-2011. He earned an A.A. degree in Education K-12 and transferred to Ramapo College, currently he is a a part-time admissions recruiter and graduate student at Rider University.

Senators question the value of solitary confinment

Cathryn Walker

Scripps Howard Foundation Wire

After listening to Damon Thibodeaux's struggle to remain sane for 15 years alone in a 8-by-10 foot cell, legislators called on prison authorities to halt the use of solitary confinement as a means of punishment.

The Senate Subcommittee on the Constitution, Civil Rights and Human Rights held a hearing recently to weigh the human rights and public safety consequences of solitary confinement. Committee chairman Sen. Dick Durbin, D-Ill., said solitary confinement practices in many prisons are inhumane.

"It's torture, pure and simple, no matter what else we want to call it," Thibodeaux said.

In 1997, Thibodeaux, 39, was placed in solitary confinement 23 hours a day at Louisiana's Angola Prison for a crime he didn't commit. Thibodaux said he interacted with the outside world on five occasions by the time he was released in 2012.

Thibodeaux testified that releasing prisoners from solitary confinement to the general public is dangerous and therapeutic resources should be available before and after departure.

"I have suffered the long-term effects from solitary confinement, includ-

ing difficulty engaging and speaking with people on some occasions," Thibodeaux said.

Thibodeaux said solitary confinement does not rehabilitate prisoners but does the opposite. He saw men lose their minds from a lack of mental stimulation.

A 2006 study published in the Washington University Journal of Law and Policy showed that isolation can cause psychological disturbances to people who were not previously mentally ill. Those disturbances include hallucinations, delusions, panic attacks and obsessions.

Piper Kerman, author of the book based on her prison experience, "Orange is the New Black," was placed in a holding cell during her 13-month stay in a Connecticut federal prison. She testified that prison guards used solitary confinement as a means of basic punishment rather than as a method for protecting others.

"I felt sorry that there wasn't a rope to kill myself because every day was worse than the last," Kerman said. "Very minor infractions would send you into 'the shoe.' They could then keep you there as long as they want under any conditions they choose."

Kerman's memoirs were spun off into a Netflix show. She now serves on the board of the Women's Prison As-



sociation.

Rick Raemisch, executive director of the Colorado Department of Corrections, said at the hearing that prisoners are less violent in prison when they have access to the outside world.

Raemisch said 3.4 percent of Colorado prisoners are currently in solitary confinement, about half as many as in 2011. He plans to further decrease that number later this year.

Charles E. Samuels Jr., director of

the Federal Bureau of Prisons, said his agency has a system to monitor prisoners in "special housing units" so only those who are a serious threat are placed in isolation.

Durbin said he's working to create the 146-acre Thomas Correctional Facility Center in Illinois "to assure that all prisoners are treated humanely."

Being disabled on campus adds more challenges

Desirae Gooding Campus News

Names such as Stephen Hawking, and our nation's former president Franklin Delano Roosevelt are some of the most widely recognized in history. Both men possess[ed] extraordinary levels of intelligence, and both, respectively use or have used this knowledge to benefit the entire world, as well as shed many of the common misconceptions about those living with limited physical capabilities. Why then, are those living similar lives to these men this reporter included - met frequently with misconceptions about their intelligence and capabilities? Why then are the college campuses that these individuals journey to every day seemingly so lacking in the equipment and understanding that they - we - require in order to not only make the grade, but to feel truly a part of the college community?

Emma Lemanski is an 18-year-old Suffolk County Community College attendee. She is majoring in Theater Arts, and was diagnosed with a condition called Cerebral Palsy when she was very young. Cerebral Palsy – often referred to by its shorter acronym, CP – is a term used to describe a wide group of non-progressive and permanent movement disorders that cause physical disability as a person ages.

When asked if there was ever a particular instance, since beginning her college career, that she felt underestimated, Lemanski replies: "No, no time in particular. But, I feel like it's always

'I'm naturally shy until
I get to know you, [and]
having a chair makes
being social really hard
for me, at times.'

there." "It" referring to the misconceptions that exist within the minds of her peers. "... People are always just ignoring me or passing me by because they think I'm mentally challenged," she says.

"Even in the Theater Department, I feel that sometimes."

Of herself, Emma says: "I'm naturally shy until I get to know you, [and] having a chair makes being social really hard for me, at times. [This is] especially because I've been rejected numerous times before, so I'm always afraid to put myself out there."

When asked about the Department's accommodations proving bothersome, Emma says: "When I was in my Understanding Theater class last semester ... in one of the lecture halls ... there was no way for me to get onto the stage to give my presentations," she says. "So, my group and I had to present in the back of the room." I then asked Emma if she felt the design of the campus itself could stand a little improvement, "Absolutely." she replies, "I think there definitely need to be changes! The ramp of the Am-

merman Building ..." she says, "... is all the way around the back [of the building]. I think there should be [one] in the front!"

Brandon Lowell Meyers is currently majoring in Music Education at Five Towns College. He - much like Emma - was diagnosed with a disorder that takes its toll on an individual's physical abilities as well; Multiple Sclerosis. MS as it's typically referred to, is an autoimmune disease that affects the brain and spinal cord - and in the case of Meyers, it has made moving his limbs incredibly difficult. Confined to a wheelchair, the pianist, singer, and Ward Melville graduate finds himself frequently plagued by Five Towns' incredible lack of preparedness for the disabled percentage of its student body. "There's a lack of accessible bathrooms [at Five Towns]," Brandon says, beginning a long-list of understandable grievances. "There's only one in each building, and one of them has a fault design; the door swings in rather than out to the stall, which makes it harder to close after the wheelchair is in it."

Having an obvious love of music and the theater arts, the aspiring professor of music finds the design of his college's theater to be severely lacking in the accommodations necessary to suit him. "[The theater] is hardly accessible," he says. "It has stadium seating, which is multi-level, and the only place a disabled patron can sit to watch shows is on the end of the two back most rows. Meaning at any given time," Meyers continues, "... only

two wheelchair users can have a spot, because, if they put two wheelchairs side-by-side it would be [considered] a fire hazard."

It is a requirement of Five Towns for all students in Brandon's major, and those in one similar, to have the ability to play a certain number of instruments in order to obtain

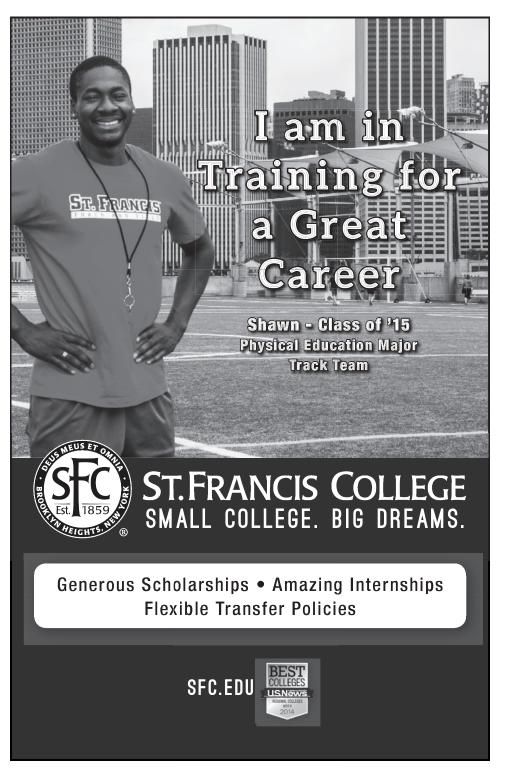
college credits. MS has made fulfilling these requirements not only challenging for the student but, in some cases, physically impossible. "I had to fight for two years for them to accommodate me [in that aspect]. I had to do a lot of self-advocating, and [I] basically had to research for myself, and spoon-feed them exactly what they should be doing." There is an incredible air of frustration in his voice as he continues. "Had I not done that ..." he says, "I would be getting no help. It's not that I needed the requirements waived, it's that I needed them to be reasonablely adapted to my situation." This request hardly seems unreasonable. "They are working with me though." Brandon says, with a slight smile. "They just waited until this semester when I'm [just about to take] those classes to finally open themselves up to going outside the box."

He adds: "[This is] most likely because I saw for myself, that it wasn't going to happen [on it's own] anytime soon."



Fortunately, since beginning his pursuit of a higher education, Brandon, it seems, has not encountered any of the ignorance that seems to plague Emma. Even though, when asked if certain individuals have, at times, called his intelligence into question, Meyers replies that such instances have "definitely happened," he adds that the college environment mostly seems to be free of these unfair judgments. "I

think, if anything, I'm overestimated [here]!" he laughs. "People see that I'm in a wheelchair, and they automatically think that it's just my legs that don't work! So, they usually think that if [an activity] just has to do with my arms, I'll be fine. I usually have to explain that to people. But, underestimated? Not really!"



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HBO's 'True Detective' vies for 'best show'

Darren Johnson

Campus News

In this space, I have been largely ignoring reviewing the premium channels, such as HBO. That's because the spirit of "It's New to You!" has been finding hidden film and TV gems you may have missed, and how you can get them on the cheap.

On the latter point, Netflix is just \$8 a month, and Redbox about a buck or two per movie, while HBO is an expensive add-on to an already expensive cable package, and is mostly about first-run series. Thus, I have mostly stuck to reviewing items on Netflix or Redbox.

However, many people get a free year of HBO when they subscribe to a new TV service, and there is talk of HBO going independent and becoming more of a Netflix-style entity. And, conversely, Netflix has gotten more like HBO, adding original shows, such as "House of Cards" and "Orange Is the New Black."

In the post "Breaking Bad" TV world, a lot of people in media have been debating what is now



THE great show. This is even though "The Walking Dead" is still going on, and still is a ratings dynamo; it somehow gets overlooked. Maybe critics are taking it for granted, or maybe that it's science fiction (and based on a comic book) hurts it, but it's hard to find

a show as well done and as addictive.

An HBO show that is starting to get that "Breaking Bad" type hype by critics and on message boards is "True Detective," which is only up to its sixth episode as of this writing. The series surely is excellent, but can we give this some time to breathe?

"True Detective" has only been on less than a season, for crying out loud. Lots of great shows have kind of petered out – "Homeland" and "Dexter" are recent examples – and fell out of contention for the "greatest" title, while "Breaking Bad," which now is fully on Netflix,

stayed fulfilling until the end.

It's the same argument "Seinfeld" used at ending when it did – save the series while it is still good. There is plenty of money to be made in repeats.

But "True Detective" is very well done.

Matthew McConaughey and Woody Harrelson, as
two now washed up former detectives reliving a serial killing spree from the 1990s with plenty of
flashbacks (it's amazing how a toupee can make a
person look so much younger!) is great TV. And with
HBO, an hour show is an hour show – not 42 minutes plus commercials. Each episode is like a movie,
shot stunningly in the open expanse of Southern



Texas and Louisiana. Even the opening theme song is great.

What makes this similar to "Breaking Bad" is that attention to detail that shows you the director and writer really care.

Writer Nic Pizzolatto is planning this season to end at episode 8, and future seasons may be completely different with different casts. It already has been reported that McConaughey won't be back. Will his character be killed?

Though this format doesn't lend itself to creating a "best ever" TV series, and perhaps I will give up on it like with the similarly self-contained "24" season one, for now, you are getting an eight-hour "movie" better than most of the traditional movies on HBO.



TV shows that are still here, and those that are RIP

Kristina Bostley Campus News

It's that time of year again when all TV shows, new and old alike, cross their imaginary fingers as they wait to find out whether or not they'll be returning to the air for another season. While the fate of many current television shows has yet to be determined, the networks have already decided for some shows whether its ratings are so stellar that it is imperative they grace the airwaves with their presence, or whether they've done so poorly that the cutting room floor is its final resting place. Beginning with the good news first, read on to see whether your favorite shows have made the cut.

Renewals

CBS is the most-watched network on television, and it has already decided to renew two of its greatest hits. "Big Brother" will premiere its 16th season in the summer of 2014. Casting is happening through April 4 both online and in person, in select cities

Shows that are being renewed: 'Big Brother,' 'Bones' and 'The Blacklist.'

throughout the US. "Survivor" has survived once again, making it the longest-running reality show on the air. The show was renewed in December 2013 for two more seasons.

Fox has renewed several of their shows, both old timers and newcomers to the network. Two brand-new shows have already been renewed, "Sleepy Hollow" and "MasterChef Junior." "Bob's Burgers," which premiered in

2011, will be back

again next year,

along with animated sitcoms "The Simpsons" (renewed for its 26th season) and "Family Guy" (coming back for a 13th season). "Bones" is jumping

to a Monday night timeslot for season 10, and "So You Think You Can Dance" is coming back to knock our socks off in the summer of 2014. "Glee" was renewed last year for its sixth season, but unfortunately, it will be the last one that Mr. Shue and his ensemble will sing and dance across our TV sets.

NBC has renewed its new drama "The Blacklist" for season



two. Though it isn't quite official yet, the director of the comedic hit "Parks and Recreation" has divulged the not-so-top secret that the show will be back for another season.

The CW has renewed a handful of shows already, including Tyra Banks' long-running reality competition "America's Next Top Model." Another CW veteran, "The Vampire Diaries," is sinking its teeth into the fall lineup for another season, as is "Supernatural" and "Arrow." Newcomers "The Originals" and "Reign" will also shower the airwaves with a flood of new

episodes coming this fall.

Ending

All good things must come to an end, and that's true for three popular shows that are ending this year. Ted's kids will finally find out, after six years, how he met his wife on the CBS comedy "How I Met Your Mother." Rogue assassin "Nikita" can finally settle down when her show ends on the CW this spring. And finally, though it's not technically ending, "American Dad" is

continued on next page



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Surprising failures include 'We Are Men,' 'The X Factor,' and 'Hostages.'

saying goodbye to Fox as it makes the big jump to TBS in late 2014.

Canceled

And now, a moment of silence for a few shows who have met their end a bit too soon. Several networks have decided that certain shows, dramas and comedies alike, have no future on the air next season.

ABC's gamble on "Lucky 7" was a risky one that didn't pay off; it was the first canceled show in the fall, yanked off the air after only two episodes. "The Assets" was the exact opposite of an asset to ABC, called the "lowestrated Big Four drama premiere ever" by The Hollywood Reporter. The drama, set during the Cold War, was given the ax after just two episodes. "Back in the Game," with Maggie Lawson and James Caan, will still air the 13 filmed episodes despite its cancellation status. Sofia Vegara's drama "Killer Women" certainly didn't blow anyone away; the show was cut short from eight episodes to six.

CBS had two failures this season. The network pulled "We Are Men" off the air after just two episodes due to dismally low ratings, despite a cast including Jerry O'Connell, Tony Shaloub (from "Monk"), and Kal Penn

(from
"Harold and
Kumar").
CBS confirmed in
mid-January
that

"Hostages" featuring Toni Collette and Dylan Mc-

Dermot, would not be coming back for a second season.

'Sean Saves the World

Fox has only canceled one show so far this season. In early February, Simon Cowell and Fox announced that "The X Factor" would not be returning after its third season, due to low ratings in the U.S. Simon Cowell will be heading back to the United Kingdom to continue the show there, in hopes it does better abroad.

NBC matched ABC in the number of shows canceled in the 2013-2014 season. "Ironside," the drama that followed wheelchair-bound Detective Robert Ironside as he solved various crimes throughout New York City, was canceled in October after he had just three cases under his belt. "Welcome to the Family," a show pregnant with hope and the lovechild of two

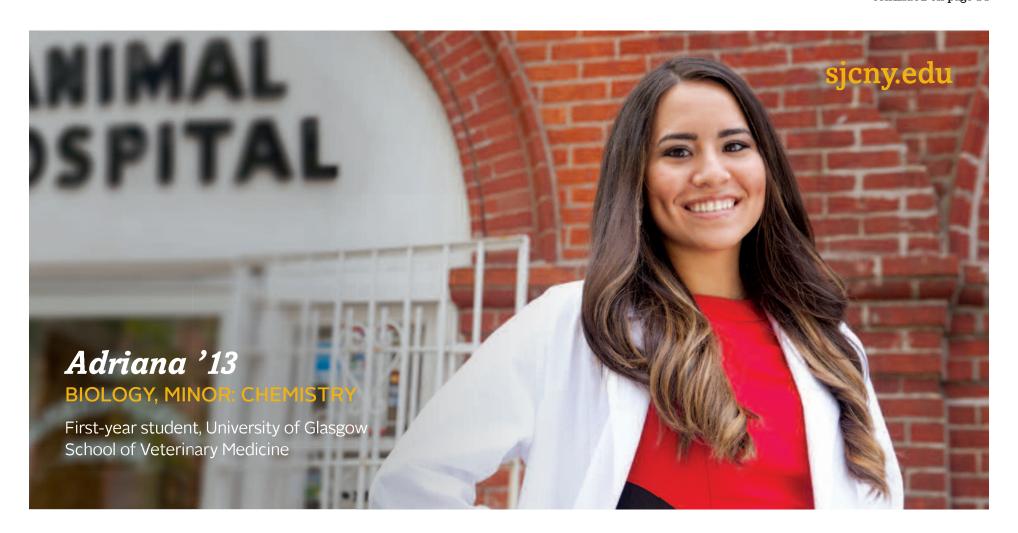
teenagers, was canceled after three episodes. Two comedies with veteran actors faced the chopping block this season and lost. Michael J. Fox returned to TV in the self-titled "The Michael J. Fox Show." The show premiered with high ratings and high hopes for the actor's return to the small screen, but as ratings started to fail, NBC pulled the show off the air with seven remaining episodes to go. Sean Hayes returned to television in "Sean Saves the World," playing a single gay dad trying to raise a teenage daughter with the help of his interfering mother and two well-meaning coworkers. Unfortunately, no one could helped Sean save the sitcom, much less the world, when it was given the order to halt production and effectively canceled in late January.



To Be Determined
Of course, the majority of shows are still waiting to find out whether they'll start filming to premiere in the 2014-2015 lineup. While some shows are very promising, others are on the precipice of disaster, facing the same fate as their fellow shows who have already fallen and won't get up.

ABC reality show "The Bachelor" is currently airing its 18th season, but there are no guarantees that red roses will be handed out next season. "Dancing With the Stars" has not yet begun its 18th season, reportedly premiering on March 17, so it's still early to tell what will happen next season. "Dancing With the Stars" has undergone some changes in the last few seasons: it

continued on page 14



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Is the growth of online learning worsening a digital divide?

A company called Satellite Internet Pros sent Campus News these interesting charts. As education becomes more and more reliant on Internet technology – and students with proper Internet access do get better grades – a portion of America is being left behind. A reported 20 percent of Americans have no Internet access at all.

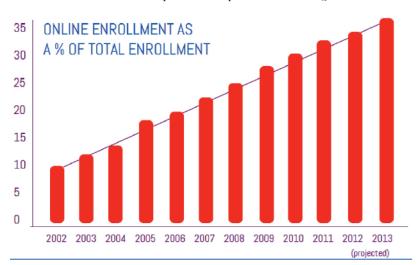
Here's what the charts and other data SIP provided report:

- Online enrollment has grown 233% as a percentage of total college enrollment since Fall of 2002.
- 119 million Americans still lack broadband Internet access while education experts agree that access is becoming critical to higher education.
- 61% of chief academic officers believe online learning is critical to long-term education.
- Studies in the United States show a strong positive correlation between Internet access, ACT scores, and GDP per capita.

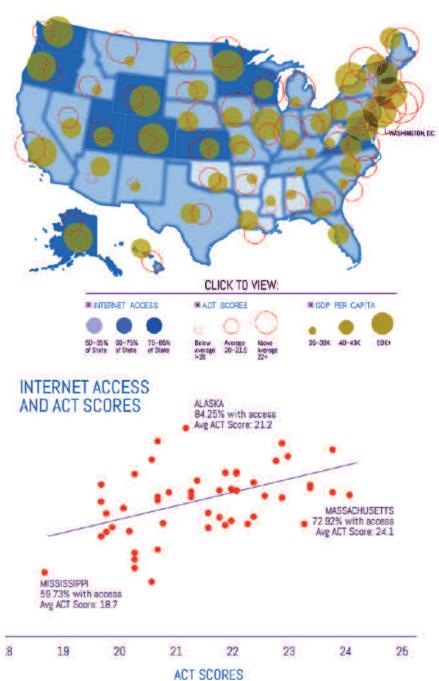
As for students, those who have access to decent Internet:

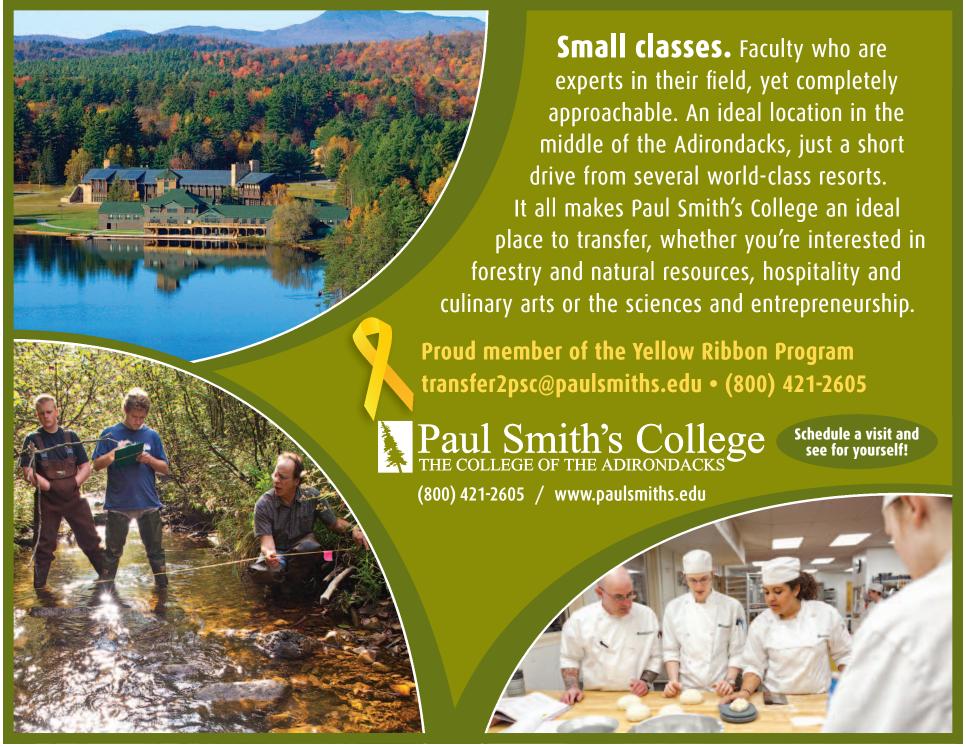
- achieve higher grades.
- have an advantage searching for and applying for jobs.
- are more qualified for jobs compared to a student with similar grades/experience without a history of Internet access (as more and more industries utilize online tools and solutions).

Ryan Grier, Vice President of Sales and Marketing at Satellite Internet Pros, added: "We know that students without consistent access to the Internet are at a clear disadvantage in the classroom. We're working to drive awareness to the growing digital divide and encourage those who've seen the impact of the divide, or felt it themselves, to share the information with their peers in hopes of addressing the situation."



What do you think? Write to editor@ cccnews.info (or the snail mail address in this paper) with your thoughts on the value of the Internet for your education.





'Volun-tourism': Students trading in tanning for tool belts

Dave Fidlin
Campus News

Images of spring break are oftentimes synonymous with Cancun or Miami – and the thought of vacationing to a warm climate this year could sound more alluring than ever as this stubborn, harsh winter holds its grip into March.

But across the country, there are college students who have other visions in mind beyond hanging out at the beach and soaking up some of the sun's rays.

During their weeklong hiatus from classroom lectures and bountiful reading assignments, groups of students are rolling up their sleeves and taking part in a variety of so-called voluntourism activities. The list of possibilities range from traditional Habitat for Humanity-style homebuilding trips to hiking for various causes.

This year happens to be the 25th anniversary of an annual spring breakthemed campaign Habitat for Humanity has dubbed Collegiate Challenge. Since its inception in 1989, organization officials assert more than 230,000 students in high school and college have devoted their spring breaks to assisting Habitat for Humanity.

In all, Habitat officials say about \$24 million in raised funds have gone toward the organization's efforts in the past quarter century.

Forego hot-weather destinations to travel to help those who need it during spring break.

"We are grateful to all of the students who have so graciously dedicated their spring break to helping others over the last 25 years," Mark Andrews, Habitat's international vice president of volunteer and institutional engagement, said in a statement. "Many families have been able to realize their dream of home ownership, thanks to the Collegiate Challenge program."

This year alone, Andrews said 178 organizations affiliated with Habitat will host spring break-themed efforts for college students. Habitat is anticipating more than \$1.5 million in donations through this year's campaign.

Student groups within a number of New England-based colleges and universities are taking part in this year's Collegiate Challenge. A complete listing of all institutions can be found through a searchable database at habitat.org/cd/youthprograms/col_chal/apply/setschool.aspx.

Deadlines for some groups have already been closed, but others are accepting applicants well into March.

A sampling of the participants include groups at Boston University, Cornell University, Harvard University, Massachusetts Institute of Technology, Princeton University, Queens College, Rutgers University, Syracuse University, several University of Massachusetts campuses, Wesleyan University and Yale University.

Habitat is not alone in is quest for volunteers during the weeklong springtime siesta. In the past decade, United Way has stepped up its recruitment efforts with an effort known as Alternative Spring Break. Several youth-appealing companies – including MTV and Six Flags – have part-

nered with United Way in getting the word out about voluntourism.

United Way's marketing materials state more than 2,500 students "have traded in their swim suits for tool belts" since the Alternative Spring Break effort began in 2008. An estimated 77,000

in man hours have gone toward United Way's various causes since the program's inception.

While many spring break voluntourism activities are south of the border, college students in some cases do not have to travel far. Case in point: In recent years, United Way has used its Alternative Spring Break as a launch pad toward helping New Jersey families identified in the ALICE (Asset Limited, Income Constrained, Employed) program.

ALICE program participants receive assistance from United Way because of limited job resources in particular communities. College students assisting in this particular United Way are involved in a number of activities, including the Boys and Girls Club and ongoing Hurricane Sandy rebuilding efforts.

United Way, in particular, has been putting significant muscle behind Hurricane Sandy clean-up efforts since the destruc-

tive storm ravaged swaths of the East Coast in late October 2012.

"People who experience a disaster like Hurricane Sandy face major challenges, like disruptions to their education, loss of income and even health risks," said Edwin Goutier, who oversees United Way's student-driven programs. "[Alternative Spring Break] will shine a light on young people who are doing something about it and hopefully inspire many others to join us."

On a similar note, a number of New Orleans-related trips have taken place since Hurricane Katrina struck the city nearly a decade ago. Each spring break, college students have been heading down to Cajun country through such efforts as the St. Bernard Project, an initiative aimed at helping rebuild homes in the city.

In a slightly different twist, a Silver Spring, Md.-based organization known as



the American Hiking Society is targeting philanthropic volunteers of all ages – including college students – who are looking to roll up their sleeves with the beauty of nature as the backdrop.

Gregory Miller, president of the American Hiking Society, said most of the organization's voluntourism activities are geared toward groups of 6 to 15 people. Many of the projects involve improving trails within natural habitats and include weeding, landscaping and other maintenance and beautification projects.

"While the trips are 'working vacations,' you can expect plenty of down time for hiking, local attractions and campfire camaraderie," Miller said.

Each spring, new organizations and activities sprout up as the concept of voluntourism continues to catch on for people across a variety of new age groups.

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TV shows that are on the bubble (cont.)

continued from page 11

moved to a one-day-a-week format rather than two, thus changing the way contestants were eliminated. Recently, Brooke Burke and the show parted ways, and Erin Andrews has been hired to replace her. "Shark Tank," a reality show connecting aspiring entrepreneurs with established businesspeople, has yet to learn its future for Friday nights next season.

ABC sitcoms "The Neighbors," "Trophy Wife," and "Super Fun Night" all saw subpar ratings this year, but have not yet been canceled. 80s flashback "The Goldbergs" and suburban-themed "Suburgatory" both had decent ratings this year, and should return next season. Experienced comedies "Modern Family," "The Middle," and "Last Man Standing," did extremely well this year, so it's only a matter of time before these two make us giggle next season.

Drama "Once Upon a Time in Wonderland" will almost certainly be canceled due to extremely poor ratings. Though it hasn't been confirmed, "Betrayal" likely saw its last share of airtime in January. "Nashville" pulled in less-than-stellar ratings this season, but it isn't quite on the chopping block just yet. Detective Beckett and Richard Castle will continue to solve crimes on the New York-based drama "Castle," while Meredith Grey and McDreamy will continue saving lives within the walls of Grey Sloan Memorial Hospital on "Grey's Anatomy." Emily Thorne

also received fantastic ratings. "Mike & Molly" will probably eat up a timeslot next season, as will "The Millers." Dad-daughter team Simon and Sydney garnered average ratings on "The Crazy Ones," as did mom-daughter team Bonnie and Christy in "Mom." "Two and a Half Men" also pulled in average ratings, but due to the show's high price tag, this show could teeter on the edge of extinction.

CBS dramas did very well this season, namely their crime dramas. "Blue Bloods," "Criminal Minds,"

"CSI," "Elementary," "NCIS," "NCIS: Los Angeles," and "Person of Interest" all did exceedingly well and will likely continue into next season. Keen observer "The Mentalist" did not pull in the ratings it was hoping for, nor did futuristic thriller "Intelligence." These two could be in danger come renewal time. "Hawaii Five-o" will probably hang loose for another season, especially given its great ratings despite a

Friday timeslot.

"The Good
Wife" could hang
on for another
season despite
mixed ratings.

Though Fox had the highest amount of renewals already recorded thus far in the season, it could face just as many cancelations with some depressing ratings looming overhead. Reality shows "American Idol," "The Biggest Loser," and "Celebrity **Apprentice**" are

all likely to return next season. In terms of sitcoms, "Brooklyn Nine-Nine" took home a surprising win at the Golden Globes for Best Television Series - Comedy or Musical earlier this year, so it's almost certain that Andy Samberg and crew will be coming back to New York streets this fall. Zooey Deschanel isn't quite "The New **Girl"** anymore, but the show keeps pulling in great ratings. "Dads," "Raising Hope," and "Enlisted" all received relatively bleak ratings, so it wouldn't be surprising if none of them returned for another season. "The Mindy Project" pulled in slightly less than average ratings, so it could return for another season, but it would need to attract spectacular ratings to keep going.

Fox's dramas haven't pulled in the high numbers it was hoping for, either.



The ratings for "Rake," which premiered in January, aren't as impressive as hoped for, but the rest of the season will air as planned for now. Sci-fi crime drama "Almost Human" is almost gone, but the network is redeeming itself with fast-paced thriller "The Following" starring Kevin Bacon.

NBC has already seen the fall of two sitcoms ("Sean Saves the World," "The Michael J. Fox Show") and the rise of another ("Parks and Recreings, so the show may go on for the Braverman clan. But the future certainly isn't "Grimm" for Nick Burkhardt, as the show is doing superbly well and will likely be renewed.

With the majority of CW shows already renewed or canceled, not much is left hanging in the balance for the network. The Friday night flash-back "The Carrie Diaries" was theoretically a recipe for success – take a very successful HBO series ("Sex and the



will likely keep seeking "Revenge" in the Hamptons, while Olivia Pope will continue to cover up each "Scandal" brought to her by high-profile clients. "Once Upon a Time" probably won't see its happily ever after next season, as it pulled in great ratings and will most likely be airing for at least another season. The all-new "Marvel's Agents of S.H.I.E.L.D." will probably stand to fight crime for one more season based how well it did in its freshman year.

With the exception of "We Are Men," the majority of CBS sitcoms fared well this season. The "2 Broke Girls" have probably made some decent pocket change due to the show's overwhelming success, following in the footsteps of Sheldon, Leonard, and the gang in "The Big Bang Theory," which

Cop and firefighter shows are mostly doing surprisingly well.

ation"), but one more hangs in the balance. **"Community"** is reportedly a "strong possibility" for the network, but not officially, according to TVLine.

The dramas on NBC are hit-ormiss. "Chicago Fire" and its spin-off "Chicago PD" are doing remarkably well, the former in the second half of its season and the latter having just aired in January. The long-running "Law & Order: SVU" will more than likely see Detective - now, Captain (congratulations, Olivia!) Benson solving more cases for the victims of New York City. "Dracula" doesn't have a strong bark or bite, considering the show is just barely holding on. And in a future without power, "Revolution" is also just hanging on by a thread. "Par**enthood**" is getting by with average rat-

City") and flash backwards in one of the character's lives to create a new twist. But the show may not see another season due to very poor ratings, maybe in part due to its time slot on Friday nights. "Beauty and the Beast" is seeing ratings only marginally better than "Carrie," and will likely be canceled next season. "The Tomorrow **People.**" currently in its freshman year, is only pulling in average ratings. But with the almost certain cancellations of two other shows, this may hang tight for one more tomorrow. "Hart of **Dixie**" is receiving great ratings this season, and is very likely to be renewed for at least one more season.

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How to deal with 'professor bully'

David L. Podos *Mohawk Valley CC*

It is early in the spring semester and the usual chaos that awaited many returning students and certainly newbies has subsided, at least to a level of tolerance. Student vehicles have been registered with campus security, class schedules have been confirmed, books purchased, shot records updated ,dorm students are settling in, you have met with an Academic Adviser, and you know your way around campus.

Now the hard work begins as you navigate through new classes, and for many, new Instructors. Getting off to a good start is crucial for any student, and for some you will be faced with numerous obstacles that can impinge upon your academic success.

For instance, going to school full time and holding down a job can be a daunting and exasperating experience for many. For a number of students and more so for the ever increasing number of returning adult students this is a problem they often face. You may have to contend with a child who is sick or an aging parent or struggle to arrange transportation to get to campus in time for your classes. These can be real challenges. For some it will be the struggle to get your child off to daycare and still be on time for that 8:00 English class. Recently I was talking to a former student of mine. I asked him how his semester was going. He told me he had to take the semester off because he needed to work more hours. I could see the sadness on his face. He hopes to return in the fall.

Research shows that these and other obstacles of life indeed affect a student's performance, and are reasons why many eventually drop out of college, or in the case of my former student take a full semester off due to financial stress.

But, there is another and yet equally important factor in the success or failure for our college students, and that is their Professor/Instructor. Like it or not you are "stuck" with your Instructor for the college semester, (usually 15 weeks). That can seem like 15 months if you feel uncomfortable with him or her. So, what if you are really stuck with a Professor who you feel is an absolute jerk and all you want to do

fast and is all over the place with the lectures; it makes no sense. The one that I find the most egregious is when the student is having difficulty with course work. They can't make office hours because they interfere with another class, and when they e-mail or call their Professor about the situation, the Professor never gets back to them or if they do it pretty much goes something like this: Can't make my office hours? Too bad, your problem not mine.

'But, here is the other reality; there are many Instructors/Professors who have a chip on their shoulder. They are not going to change for anybody or anything.'

is run out of the classroom as soon as they start their lecture? All the clock watching in the world will not make the lecture go by faster, and it certainly is not going to change your situation; in fact if you do have a clock in the classroom and your Instructor happens to notice that you are constantly watching it, it will just make your situation worse, trust me on that one.

Some of the complaints about Instructors that I often hear from students when I am in my advisory capacity seem to continually surface, things such as: My Instructor has a zero tolerance for late attendance, and you must be seated in class by the time their lecture begins, otherwise he/she will close the door and not allow you in. Or, my Instructor just speaks too

ow before I have a firestorm of Professors/Instructors calling me to complain, I want to make this very clear, I am not brush stroking all Instructors. There are plenty of them that I have met over the years of my teaching that are dedicated, and will do whatever it takes to help their students. But, here is the other reality; there are many Instructors/Professors who have a chip on their shoulder. They are not going to change for anybody or anything. Don't like the way I teach, get out of my class, and find another. I have seen my own share of these Professors, who seem to float across the campus lifted by their enormous egos. So what can a student do?

All Instructors including myself have to have some control over their classes and obey polices regarding those classes, I do not think any student would disagree with that. However, it's when the Professor turns into a bully or has such draconian rules to follow, it turns into lunacy. Some students may be able to change classes, find another Instructor, but that is not always an option. Classes fill up quick and if you are lucky enough to find another one, it may not fit into your current schedule. Perhaps that Professor is the only one who is teaching that particular class for the semester. If you simply cannot find another class, and must take the one with Professor "Bully," who seems oblivious to your legitimate outreach for help, you can air your complaints to the Dean of the program where your Instructor teaches. Students do have rights, and I suggest that if you don't know what your rights are, go through your college catalog for that information. All students have the right to lodge a complaint toward their Instructor. Sometimes these complaints will bear fruit and the Dean will have a nice "chit chat" with the Professor to get things smoothed out, and that could be a big help to you; other times it yields little or no fruit. But, the choice is yours on what you do. I always tell my students you are the customers; without vou being here, I wouldn't be here. And that is something that everybody should understand - particularly Professor Bully.

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

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Teachers don't test as much as they imagine

Cathryn Walker

Scripps Howard Foundation Wire

Teachers insist they spend too much time preparing students for numerous tests, but a new study says grade-school children aren't tested as much as teachers

Teach Plus, a non-profit funded significantly by the Bill and Melinda Gates Foundation, unveiled a study last month revealing that urban grade-school students spend on average less than 2 percent of the school year taking state and district tests. Kindergarteners spend less time.

The study also revealed that elementary-school teachers calculate test time to be more than double the length reported in district calendars.

"I've seen how testing can completely dominate a school culture," Joe Gramelspacher, a math teacher at Crispus Attucks Medical Magnet High School in Indianapolis, Ind., said at a panel discussion Wednesday at the Thomas B. Fordham Institute.

He said he understands why teachers think students are being tested more than the statistics show. At his school, students spend more than 30 minutes every day preparing for district and state tests.

"There's a lot of time and energy

being invested in test strategies as opposed to actual quality instruction," Gramelspacher said. "We should be preparing our teachers to be great instruc-

tors and to do a great job in the class-

He said vague test descriptions leave many teachers guessing what will make their students' test scores increase. Last year, several schools in the Indianapolis Public School District, including Crispus Attucks, received a failing grade from the State Board of Education.

Celine Coggins, founder of Teach Plus, said the testing debate should focus on improving the quality of district tests rather than changing the quantity.

Coggins and teachers on the panel said the Common Core State Standards Initiative will improve many testing flaws. Common Core, sponsored by the National Governors Association and the Council of Chief State School Officers, seeks to create consistent educational standards in language arts and mathematics across all states. The initiative has been adopted in 45 states.

Indiana adopted Common Core in 2010, but the state Senate voted Tuesday to repeal the initiative. Senate Bill 91 would remove Common Core standards and require the Indiana State Board of

Education to adopt state educational standards. The bill now goes to the House.

"I think the Common Core State Standards is the result of a tremendous amount of work and would really elevate instruction," Gramelspacher said. "I'm not confident we can do that in Indiana on our own."

Jaimee Trahan, a fifth-grade language arts and social studies teacher at Wheatley Education Campus in Washington, said she wants tests to account for

student growth. She said test scores count heavily in teacher evaluations.

She said a majority of her students came to her reading below grade level.

"I could grow them just where they need to be, and they could all bomb the assessment that's based on their gradelevel expectations. I therefore look like

Jaimee Trahan. Photo by Author.

I'm not an effective teacher, but I just closed their entire elementary school gap," Trahan said.

Coggins said Teach Plus will push to increase teacher involvement with test creation to improve state and district testing.

Dalai Lama reveals secret to happiness

Cathryn Walker

Scripps Howard Foundation Wire

Full of laughter and smiles, the Dalai Lama proved that he is no stranger to the concept of happiness.

Dalai Lama Tenzin Gyatso, 78, partnered with the American Enterprise Institute to host a discussion last month about why happiness is the key to future leadership.

"The secrets to happiness lie within, according his Holiness and according to the scientific evidence," Arthur Brooks, AEI president, said. "We can also improve happiness in the lives of other people through visionary institutions and visionary public policy. This is what we're dedicated to."

The Dalai Lama has been the head of state and spiritual leader of Tibet since 1939, when he was formally recognized as the reincarnation of the previous Dalai Lama. The Dalai Lama has been living in exile in India since 1959 when China took control of Tibet.

His mission is to promote compassion, forgiveness, tolerance, contentment and religious harmony and to preserve Tibet's Buddhist culture. He won the Nobel Peace Prize in 1989.

Richard Davidson, founder of the

Center for Investigating Healthy Minds at the Waisman Center, University of Wisconsin-Madison, introduced his neuropsychological research, which he said proves that generosity and conscientiousness are the two factors of happiness.

He found that children between the ages of 5 and 7 are quick to pick up generous and conscientious habits. If they do that, he found, they are more likely to develop into happier adults. Davidson suggested that schools create curricula to teach happiness to children in hopes of creating a more peaceful society and more effective leaders.

The Dalai Lama was not convinced. He reminded the other people on the discussion panel that practicing and achieving happiness shouldn't be limited to a specific age group, but instead should be broadened to include all individuals.

"Getting older means believe," he said between chuckles. He said that his daily meditations continue to make him a happier person.

The Dalai Lama said a trait that makes an effective leader is the ability to smile despite the circumstances. He said it's in his nature.



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Colleges participate in DREAM scholarship program

Alejandro Alba

Scripps Howard Foundation Wire

A new program will allow thousands of young immigrants to go to college without having to worry about

Donald Graham introduced The-Dream.US, a new scholarship fund, at a press conference last month. It will give full-ride scholarships to more than 2,000 DREAMers over the next decade.

"It will be terrible for them and for our country if we don't help them," Graham said. "There is no telling what many of them will achieve in their lives."

Young people described as DREAMers are those brought to the United States when they were children. They would qualify for legal residency if Congress passes the Development, Relief and Education for Alien Minors Act. DREAMers cannot receive federal financial aid for college, although some states provide aid and charge in-state tuition.

TheDream.US has raised more than \$25 million. Donors include the Graham family, the Bill and Melinda Gates Foundation, Bloomberg Philanthropies and the Inter-American Development Bank. The program was also funded by Henry Munoz, an activist and philanthropist, and former Commerce Secretary Carlos Gutierrez.

Graham, CEO of Graham Holdings, and his family recently sold The Washington Post to Amazon CEO Jeff

"This is a bipartisan effort. There are Republicans, Democrats and independents," Gutierrez said. "Everyone sees the power of this effort. This is right for our country, our economy and

our society. ... We want these DREAMers to succeed."

Manuel Luna, a DREAMer and one of the scholarship recipients, came into the U.S. at the age of 3 from Mexico and grew up in Brooklyn.

Luna, 18, a liberal arts major at Kingsborough College in New York, said he was taking only two classes at a time since more classes would have been a burden on his family, but he didn't want to put his dreams on hold.

After going to his college counselor to seek financial help, he was able to submit a The-Dream.US application.

"I got approved two days before Christmas," Luna said. "It was the best Christmas present ever. It was the best feeling I have

Luna said he wants to be a lawyer and eventually give back to his community by focusing his career on helping immigrants.

Gabby Pacheco, DREAMer and program director for The-Dream.US said it's an obligation for her to help others have their dreams come true.

"My commitment and my promise that I made to myself when I graduated from college was that I was going to ensure that other people had the opportunity I had," Pacheco said. "It's just amazing to see your dreams come true. We are going to be impacting the lives of so many people. It's really fulfilling."

Pacheco said she is thankful for all the support TheDream.US has had. The founders had expected to raise \$1 million and they surpassed the amount



by millions.

"It's a testament of what it is to dream, it's a testament of what it's like to fight, and it's a testament of humanity," Pacheco said. "When people come together we are able to move forward."

Diego Luna, a Mexican actor and director of the new film, "Cesar Chavez," spoke about his support for DREAMers and says how they are part of American history.

Pacheco said that 400 full-ride scholarships will be awarded this year. The program has already given 39 scholarships.

Applicants must meet the minimum 2.5 grade point average and be eligible for Deferred Action for Childhood Arrivals.

DACA allows young immigrants to remain in the country. go to school and

Twelve colleges and universities partnered with TheDream.US. These schools are located in California, D.C., Florida, New York and Texas. They include Trinity Washington University, the University of Texas at El Paso and the City University of New York.

We are going to be impacting the lives of so many people. It's really fulfilling.'

CAMPUS

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Fiction: 'The Vaccine'

Craig Fortran

Special to Campus News

She arrived like a dream, like in the middle of a dream.

I was out of my element, my third week in Las Vegas, the palm trees by a pool at a low-end hotel swaying under darkening sky. Fifty degrees in January. Alone by the pool, except two kids, 12, waddling around the low end, skimming a plastic ash tray in the water, clad in red and brown underwear. Their words a mush without meaning.

She was wearing a black sweatshirt without any branding on it whatsoever and older blue jeans that seemed to fit her exactly. White slip-on sneakers; again, no branding.

I was three weeks abandoned, a marriage that had gotten to the point where my wife couldn't even tell me she wasn't in love. Just one day, three weeks ago, I came home and everything of hers was gone. She was living up the street with a plumber. No note. After 15 years. I'm unsure how long she had been seeing him. Before she'd changed her phone number, she texted me, "That's it. That's it, Gerald." And nothing more.

My boss understood me going away for a couple of weeks. I guess I should have texted him that I would need a third. Maybe a fourth.

"That won't matter. Your job won't matter – soon," she said, looking about the same as when we'd parted in college. (We can't see aging with the people we had once seen young, and loved.)

This was Sarah. Blond hair to her shoulders, not really organized in any particular way, eyes as grey as the sky.

She was the in-between. I'd dated a woman through high school and broke up at Christmas of my freshman year of college. I'd met Sarah soon after. We drifted apart by junior year as she kept partying, and drinking, and I wanted to

shore up my grades for graduate school. And then my wife.

And because Sarah was the in-between, flitting around with a drink in her hand, never letting me get too close, I hadn't really thought about her much all these years since.

"I have it," she said, as I was sitting back in a reclining mesh chair, trying to piece all of these realities together. "I have it. The vaccine."

"Why are you here?" I asked, putting down the gin and tonic an older cocktail waitress had given me for playing video poker earlier in the smoky casino.

"To give you the vaccine."

"How did you find me?"

"I texted your wife. She was very nice about it. I guess you still share a credit card and there were charges on there for the Rio Rancho. Said this hotel was the place you'd gone to for your honeymoon."

My head was spinning. My brain was the ashtray skimming in the pool.

"It was nicer then," I said. "... Vaccine?"

"Yes," she said, smiling. "You need it. Let me go get it. I am in room 211."

The kids were screaming, "Wham-O! Wahoo!" from the low end of the pool and raising their hands in the air; the sun poking through a cloud and lighting droplets of water that fell from their open palms. "Wham-O! Wahoo!"

She came back. Flitted by the Pepsi machine with a small cooler in her hands, a beat-up styrofoam cooler with what looked like it had a 7-Eleven logo on it at one point. Red plastic handle. She sat next to me, opening it. It was filled with hotel ice. In it was a crumpled tan plastic bag. She peeled it open to reveal a thin syringe. About six inches, with a small needle at the end. No markings on it.

"This is my last dose," she said.
"And then I'm done."

"What? I'm not letting you poke

me with that," I said.

"Listen," she said, getting close and looking directly, piercingly, into my eyes. "This is going to go bad soon. It is a live vaccine. And then what?"

"You have to admit," I said. "It is strange that you showed up, out of nowhere."

"It's going to hit. Soon. The disease. It's coming. This is my last one," she said. "Lift up your sleeve."

I did not move.

"You know what I had to do to get to this point? This point, of tying up the loose ends?" she said. "The last 15 years have been a black hole for me. They didn't exist. I didn't exist."

She continued: "You remember that ad, in the school paper? Test subjects needed? I could have used the \$500, so I signed up. We were broken up. I was full of bluster. Do you remember that ad in the school paper? Test subjects needed? ... I was it. The one who survived. The guinea pig who survived. And it became a mess. And they took me away. They covered it up as needing to go to a mental institution. In my mind, the past 15 years didn't exist. They left off with you. Let me give you this shot so I can complete the circle, and live again."

"I still don't get it," I said.

"Logic, Gerald. We took Logic together. We sat through that class with the syllogisms. You can conclude this shot is a real vaccine, you can conclude it's just some placebo or you can conclude it's poison. But why would I poison you? You did nothing wrong. I want you to live, because you did nothing wrong."

She pulled a plastic top off the needle. "I gave this to my brother in Bakersfield. You can call him. He's fine. My dad wouldn't see me, so this is yours.

"It's starting to hit already," she said. "That's how I got out. They knew it was going to hit. They took vaccines to immunize their families. They gave

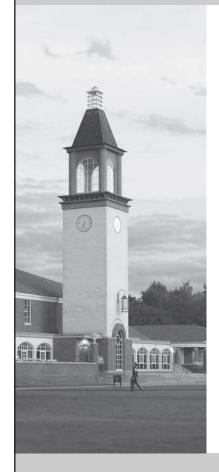
A long-forgotten ex returns with a syringe and a warning.

me some vials and let me go. It's hitting in Northern California now. They let me go. I'm immune because I was the guinea pig who survived. Who did nothing wrong for 15 years. The media doesn't know yet that it's hitting."

She reached in and kissed me gently on the lips. "We were something, and you did nothing wrong. It's hitting."

That night, my arm was a bit sore from where she had poked me, but nothing serious. I went to room 211 to see her, but no one answered. The front desk clerk said that he thought she'd checked out. He started coughing, and gasping a bit. The casino was much emptier. Hacking coughs could be heard from those slot-pullers who remained. The TV started telling people to stay home. It was hitting ... and I felt totally fine.

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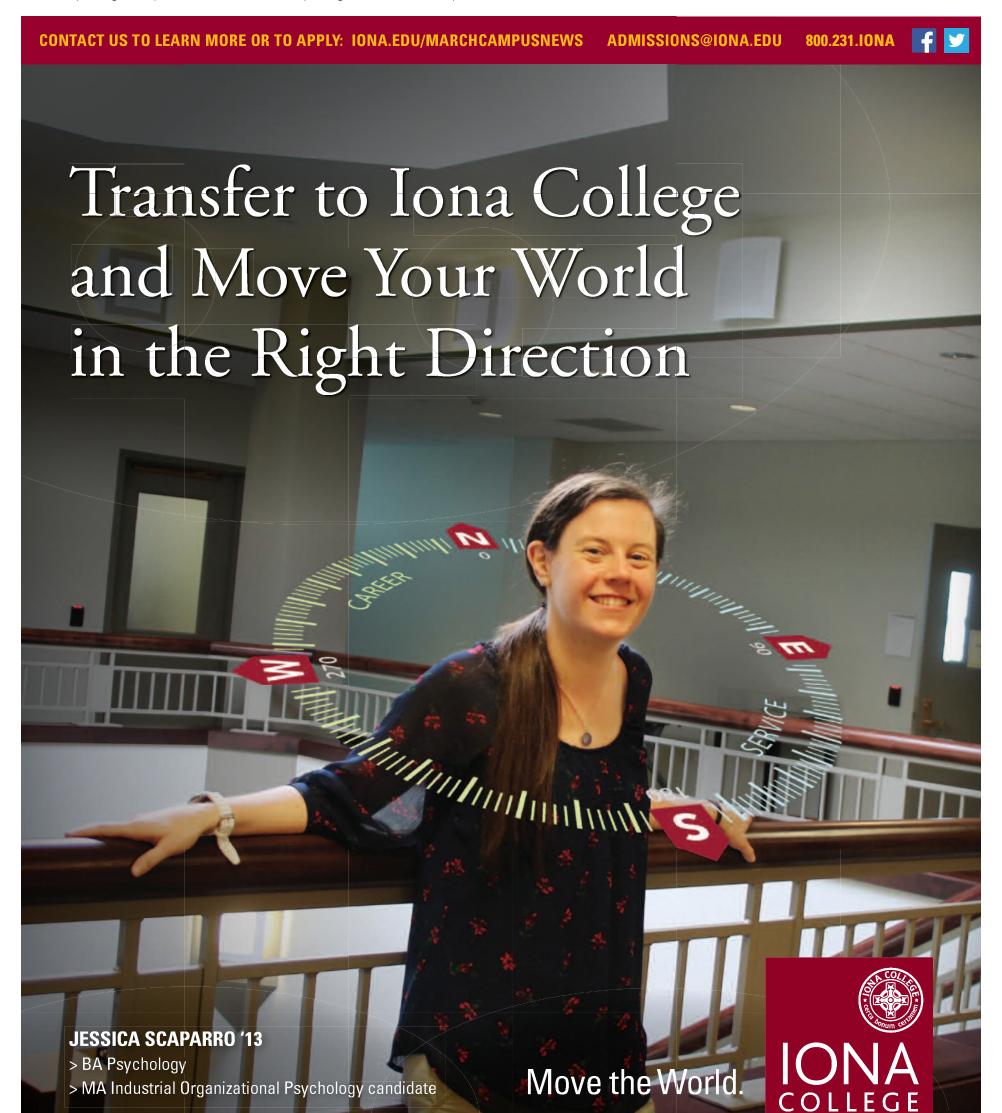
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