

Community College

CAMPUS NEWS

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Volume 9, Issue 5
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Our Annual Summer Issue!

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Inside: Affordable
and fun day trips and
must-see events!

The beautiful weather is here! And this is our annual summer issue. Inside, find stories about affordable events and destinations within a reasonable car trip in the Northeast.

During college is when many students start traveling for the first time without parents and siblings. And for community college students especially, these trips may show you that there's more than your hometown out there. Perhaps hitting fun parks in Lake George, hiking the Catskills and Adirondacks, tubing on the Hudson, seeing great concerts at Jones Beach and Saratoga Performing Arts, or shows in New York City will open your mind to studying at four-year colleges in these regions, if you transfer.

There's a lot happening in the summer of 2014. It's the last hurrah for Derek Jeter,

there are various hall of fame inductions – not only baseball, but there also are boxing and pro wrestling hall of fames upstate and the basketball hall in Massachusetts – fantastic fireworks, road races, concert festivals, you name it.

Most important is to allow yourself time to unwind. Even if you are taking summer credits and/or working, you still have to mentally regenerate for fall – whether you are going back to community college, transferring to a four-year college or entering the workforce full time.

In these pages, hopefully you will get some ideas.



Maybe circle the events and destinations that interest you, and make a bucket list.

The overall point is, a vacation doesn't have to be expensive or require heavy packing, and some of the most fun things to do may not be the best publicized. A mom-and-pop amusement park may

not have the same budget as a Six Flags, but you could genuinely have more fun at the smaller venue.

Tell us what you're doing this summer, and we will post it on our Facebook page, Facebook.com/SchoolPaper. Have fun and drive safely!

When social media is anti-social

Is electronic networking
causing you to lose the
ability to function in reality?

Nathaniel Villano
Campus News

Sociability is defined as the instance of being sociable. Since the days of MySpace the use of social networking (otherwise known as social media) has increased drastically. Today it seems everyone has a Facebook, Twitter, or Instagram. Social media is great for those who want keep in touch with old friends. News corporations also take advantage of the power of social networking to spread stories faster. However, with all of these advantages come disadvantages.

More or less, talking through social media websites is almost to equivalent to talking to a wall. There is no face-to-face interaction. It's becoming the norm in younger generations to prefer an online interaction. It's more like anti-social media. "You get the same information just as if you were in a conversation, but it's just a few clicks away and no actual conversation takes place," said Jesse Gillette, a junior at the University at Albany. "It can't replace real human interaction in its current form."

There is information that should be expressed face to face.

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Protests continue as Nigerian captives wait

Kritika Gadhvi
Scripps Howard Foundation Wire

The Christian Defense Coalition held a prayer vigil and rally last month outside the Nigerian Embassy to urge the country to do more to bring home the schoolgirls kidnapped a month ago.

The outrage and anger from the Nigerian girls’ families, U.S. residents and people across the world have been growing stronger since the kidnapping of more than 200 Nigerian schoolgirls by Boko Haram, the militant Islamic group.

The Rev. Patrick Mahoney, director of the Christian Defense Coalition, rejected notion that the kidnapping is just a Nigerian problem.

“This is not an American issue, this is not a Nigerian issue – it’s an issue of fundamental human rights and justice,” Mahoney said. “If 276 girls can be taken from school, and the world does not respond with a loud voice, then what kind of world are we leaving for our children?”

Mahoney thanked President Barack Obama and first lady Michelle Obama for speaking out about the kidnappings. He said their involvement has made a difference on social media and with the younger generation, which is why the event used the hashtag #bringbackour-girls.

The vigil drew about 50 people and featured brief speeches, prayers and a presentation of 276 flowers laid in front

of the embassy. The Rev. Kris Keating, executive director of World Horizons USA, who is in Nigeria with the families and government officials, led prayers via a video conference.

Alison Howard, communications director for Concerned Women for America, said what happened in Nigeria is only a portion of what is happening with women across the world every day. With the battle of human trafficking, rape and terrorism, Howard said she is thankful for the international attention the schoolgirls are receiving because this is the beginning of a “global war” for women.

Nigerian human rights attorney Yemi Falusi said he was completely baffled about how the Nigerian government has been handling the kidnappings.

“When I think in my head where my child is after several days and I do not know the whereabouts of my child, what should I do?” Falusi said. “I don’t think the Nigerian government is viewing this tragedy in that way.”

He said the people of Nigeria believe the government is failing at its primary duty of keeping its citizens safe. He said it



makes no difference to Nigerians if the U.S. and other countries are involved because Nigerians are disappointed by their own leaders.

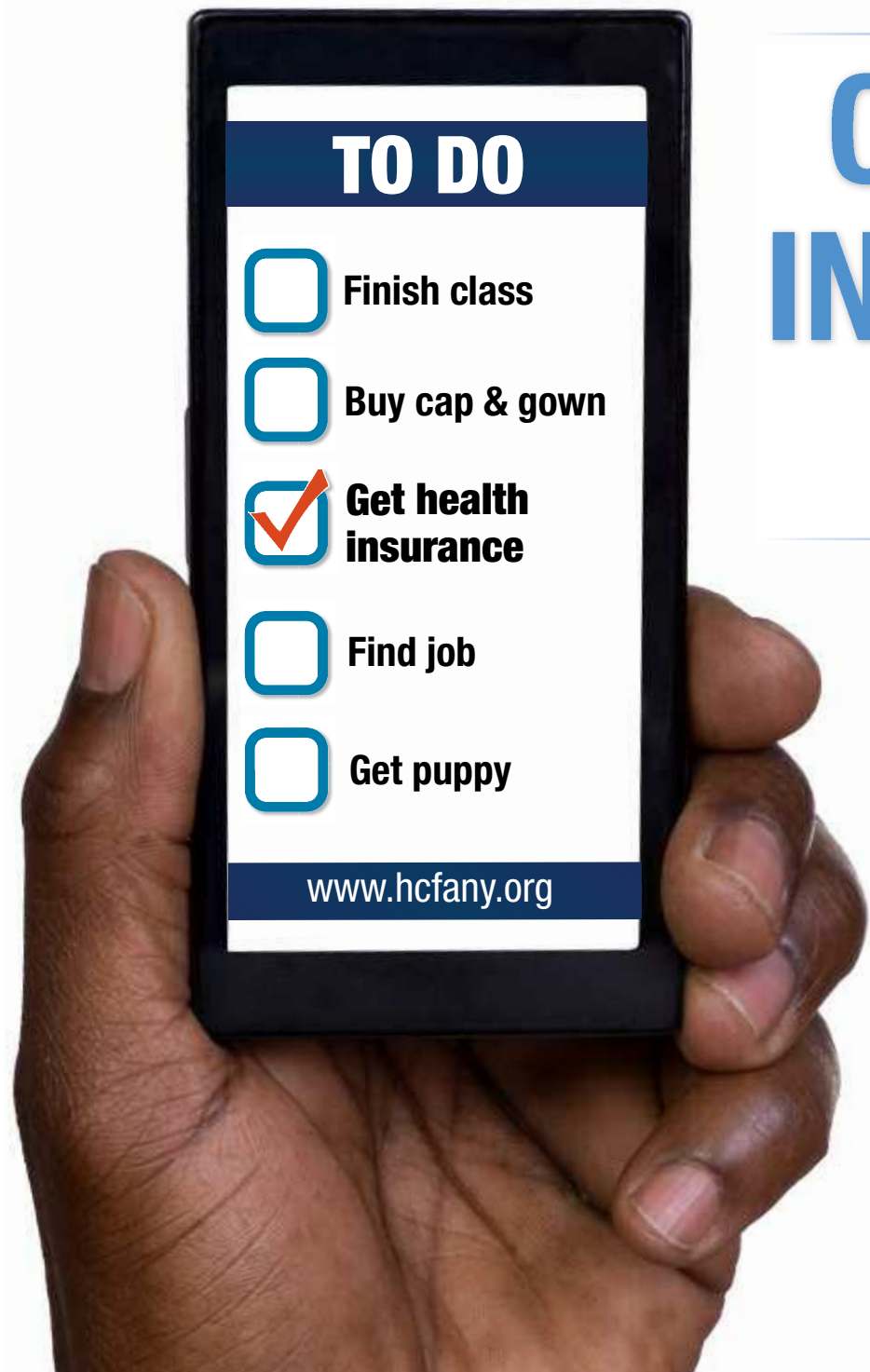
“We appreciate the U.S. involvement, but we are holding our government accountable,” Omolola Adele-Oso, founder of Action for Accountability, said. “The Nigerian government tried to brush the problem under the rug, and it was not until the third week they decided to make a statement for the search.”

In hopes of the girls’ return, Action for Accountability wants to provide counseling and

witness protection programs for the families.

After the event, the speakers and audience waited outside for a response from the officials in the Nigerian Embassy. Several people came out of the embassy to watch the rally. A staff member said the embassy had no comment. The embassy did not respond to a telephone message asking for comment.

‘The Nigerian government tried to brush the problem under the rug.’



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Our top 5 affordable must-do summer events

Darren Johnson
Campus News

Even if you are taking courses and working, you still should take some time out for *you* this summer. Hit the road. Here are some events within a reasonable drive or train trip – and if you attend them, you will always remember.

The Hall of Fame Induction

This is one of the great summer bargains – sitting on the big lawn and listening to the induction speeches is totally free. Just bring a blanket to sit on; maybe a small cooler, too. It’s at 1:30 p.m. on July 27 at Clark Sports Center in Cooperstown. You could either pack up and leave early or just spend the night. As of this writing, there are plenty of \$50 motels to be found within 50 miles if you use a service like Expedia. This year, former Yankee skipper Joe Torre is getting in along with Tony La Russa, Bobby Cox, Frank Thomas, Greg Maddux and Tom Glavine. All will speak, and they will share a stage with former inductees, such as Yogi Berra. This will probably be the best induction class for the next decade, as remaining classes have been heavily tainted by the Steroid Era.

The Summer of Jeter

As I am sure you are aware, this is Derek Jeter’s last year playing for the Yankees, as he will ease into retirement after this. Everything about Yankee Stadium is expensive, but if you can, take a

train in to save on parking and hassle (you may have to take LIRR or Metro North to Penn Station, and then a subway north to the Stadium; it’s easier than you’d imagine). The tickets don’t have to be expensive – for example, there are two nosebleed seats for \$95 total right now on eBay for the June 29 game against the hated Red Sox. A pretty good bargain on that site right now is two tickets vs. the Royals for \$32 total for the weekend of September 5. Hey, at least you’ll be able to tell your kids someday that you saw Jeter play.

July 4 Fireworks

A lot of places will charge to see the Macy’s fireworks on Independence Night (for example, the Empire State Building and various cruises), but you can get a great view from the East River side of Manhattan (last year it was on the Hudson side, but new mayor Bill De Blasio lobbied to get it moved). People will start getting to free locations as early as 4 p.m. to claim their spots. Three great places to see this “spectacular” for free: Brooklyn Bridge Park, the Brooklyn Promenade and South Street Seaport.

A Great Fair

The Great New York State Fair is generally considered one of the best if not the best state fair in America. It’s also a good deal. Taking place from August 21 through Labor Day, tickets for entry are only \$10. Inside, there are concerts that feature some pretty big



Catch a fair.

names. The Grandstand charges an extra fee (Pitbull, Carrie Underwood and Kid Rock, starting at \$37, for example), while concerts in the Chevy Court are free (Kelly Pickler, Steppenwolf, Smashmouth, the Bacon Brothers and others are scheduled). There also are plenty of farm exhibits, rides, games and general spectacle. See the butter sculptures! Again, there are plenty of affordable motels in the Syracuse area.

A Little History

Did you know that the Battle of Saratoga was considered the turning point of the Revolutionary War? Some historians consider it the most important battle in the history of the world, not for its volume but because of the result: the USA eventually won free-

dom from Britain starting here with this upset (when Benedict Arnold was still a “good guy”). Saratoga now is the state’s best vacation town. Try Artificers’ Weekend, July 12-13, at the Saratoga Battlefield, where colonial life during wartime will be reenacted. It’s free. Hotels in Saratoga can be pricy this time of the year, but there are bargains a bit south toward Albany.

These are just a sampling of cheap/free events within a reasonable distance. Practically every region has something: county fairs, kitschy fun parks, museums, historic sites and places to swim, hike and more. Inside this edition, find listings for more of our top destinations for college students in the Northeast.



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Fun – and pretty cheap – getaways downstate

Julianne Mosher
Campus News

Bored college students are home from school and claim that their hometowns have nothing to do. They miss their roommates and the parties that their hall’s had to offer and resent living with mom and dad.

But luckily for New Yorkers, the five boroughs, Westchester County and Long Island all have tons of fun and different things to do that don’t require a lot of money and are accessible with a little bit of public transportation or a quick road trip with some friends that plenty of people take for granted.

Community College Campus News gathered up some of the most fun and interesting places to visit this summer downstate that will definitely keep you interested and entertained while you relax from class and take a breather before school starts up again.

Long Island

Bayard Cutting Arboretum

Located in Great River right off of Montauk Highway, the Bayard Cutting Arboretum is a beautiful and peaceful park to walk around and take pictures in. The estate once belonged to Long Island royalty, William Bayard Cutting, and his home – along with the acres upon acres of landscape – is one of the last remaining estates on the South Shore of the island. In it you can find a secret river, dozens of different plants, trees and flowers and a café that serves teas, coffee and pastries. There is no fee to walk around outside of the mansion but requires a vehicle entrance fee of \$8.

Fire Island

One of Long Island’s most popular spots is the beach located across the Great South Bay of the South Shore. A twenty-minute ferry ride from Sayville or Patchogue can take you to miles of beaches that also hold restaurants and bars on a beautiful waterfront view. For generations, Fire Island has been a beachgoers dream with its historic and beautiful scenery.

Port Jefferson

Port Jefferson is located on the North Shore of Long Island directly across from Connecticut. Main Street holds some of Long Island’s hottest nightlife with its bars and restaurants that every 21-year-old on the island goes to. The strip also houses several shops and ice cream stores perfect for sitting by the ferry docks and watching the boats go by.

Montauk Lighthouse

In 1792, George Washington gave a gift to the island... a brand new lighthouse at the very end in Montauk. Used for its helpful navigational ability to prevent boaters from crashing into Montauk’s rocky shore, the lighthouse still stands 200 years later helping out ocean dwellers. Montauk is great because – despite the far drive – the beaches are gorgeous and different compared to Fire Island. At Montauk, you can visit the lighthouse, walk along the rocky shore or simply take a tourist picture at the very end of Long Island.

New York City

Brooklyn Bridge Movies

Starting July 10 – and once a week from every week forward until August 28 – the City of New York plays different films in the very scenic and beautiful Brooklyn Bridge Park Conservancy. The park overlooks the East River and the Lower Manhattan Skyline while playing several different films – for free! This years lineup includes films like “Sharknado,” “Beetlejuice” and “The Birds.”

Shakespeare in the Park

The Delacorte Theater in Central Park performs its legendary Shakespeare in the Park performances every summer – also free! Every day, except for Mondays, the cast of the Public Theater performs classic Shakespeare plays outdoors in beautiful Central Park. Tickets are available online for the performances.

Staten Island Ferry Rides

Rosalie Tinelli, a recent New York University graduate, says that she and her friends when they were bored in Manhattan would to take the ferry from the city to Staten Island. A sly trick, this commute is free and allows its passengers to boat past the Statue of Liberty and view the Freedom Tower downtown. While on it, you can also view the Hoboken skyline and then just take the ferry back home. Two scenic trips for free!

Walking Across the Brooklyn Bridge

For free, people often walk from the Manhattan side of the Brooklyn Bridge across into Brooklyn. The walk is great because it’s not far, it’s beautiful and full of historic imagery and accessible to ice cream right at the end!

Westchester

Bear Mountain

Dani Johnson, a pre-law major at University of Tampa, grew up in Westchester County and gave great insight of fun and outdoorsy places to go to. She suggests hiking up Bear Mountain to view the scenic Hudson River. They also have car shows that would be great to visit with your family and friends – especially the car enthusiasts.

“The Cliffs”

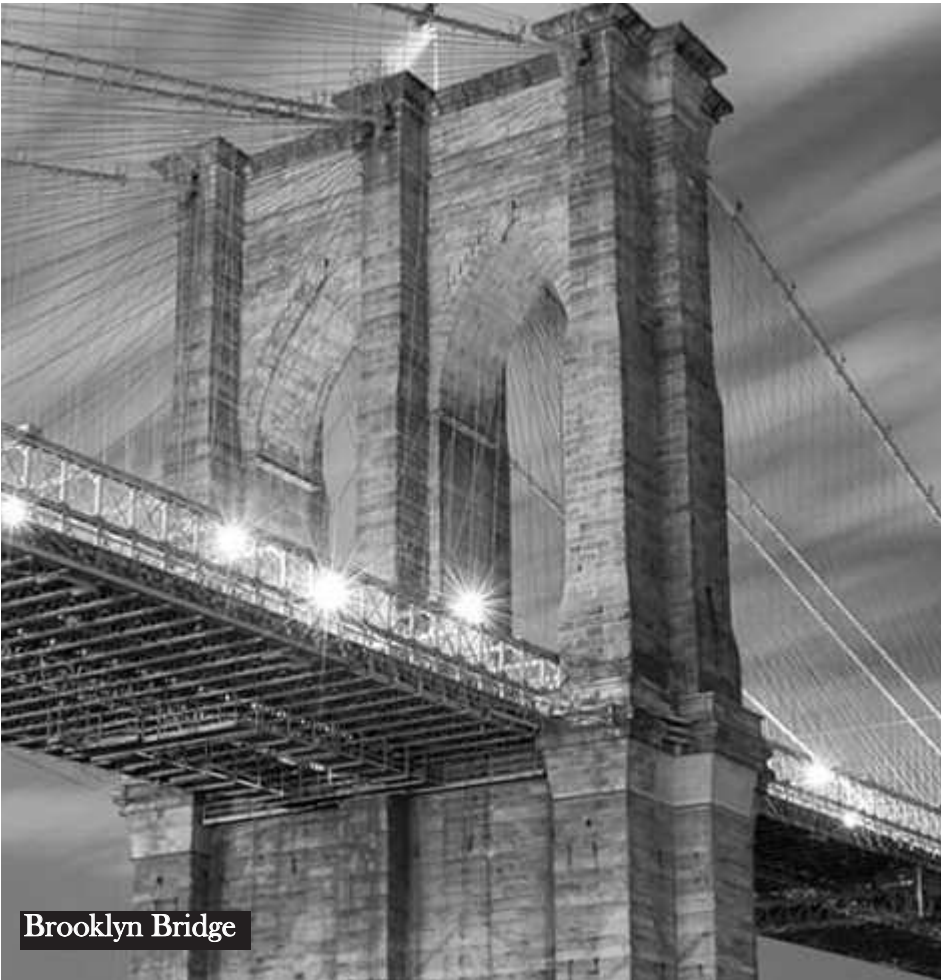
Located in the Somers/Mahopac area, Johnson says there is a great spot hidden in the woods that kids call, “The Cliffs.” Within it, you can find rope swings tied to trees and water to swim in... if you’re lucky enough to find it.

Croton Dam

One of Johnson’s favorite spots to picnic is Croton Dam. Located by the New Croton Dam, the parks surrounding it create a calming and pretty atmosphere perfect for relaxing or hanging with some friends.

White Plains

“White Plains is a good place to go if you want to go out to a bar, go shopping or just sit by the fountains with coffee,” Johnson says. This tiny city is the urban hub of Westchester County that is full of restaurants, shops and tons of different things to do.



Brooklyn Bridge



Staten Island Ferry



Hudson River

Many Syrians can't leave and can't go back

Carlos Coba
Scripps Howard Foundation Wire

After the third time government forces fired at Mohammed's apartment in Harasta, a northern suburb of Damascus, he fled Syria, with no choice but to leave his family behind.

"By now, the suburbs of Damascus are humanely impossible to live in," Mohammed, 33, said. "My family has to live in regime-controlled territory, although no place in Syria is completely safe."

Due to safety concerns for his family, the Scripps Howard Foundation Wire is not using Mohammed's full name or some details about his family.

Relocated by the manufacturer that employed him in Syria, Mohammed lived in Beirut, Lebanon, for a year, before being granted a visitor visa to the United States. He now lives in Arlington, Va., just outside Washington and applied for asylum in October, a month after he arrived.

However, most Syrians fleeing the country haven't had the same luck.

Three million people displaced from Syria are living in Turkey, Lebanon, Jordan and the Kurdistan region of Iraq, Kathleen Newland, co-founder of the Migration Policy Institute, said. The United Nations reports similar figures and places the number of displaced persons inside Syria at 6.5 million.

The institute held a discussion May 20 to discuss the state of Syrian

refugees in neighboring countries. The reports showed that geography and sectarian identity were the main factors considered by the refugees when choosing where to flee.

"Most people in the West talk about the Syrian civil war, but the crisis is not just burning inside, it's also affecting its neighbors," Saban Kardas, president of the Center for Middle Eastern Strategic Studies, said. "The impact has been uneven because these bordering countries have different socioeconomic capacities and political frictions."

Oytun Orhan, a researcher at the center who visited camps in the four neighboring nations, elaborated on the refugee camps in Turkey.

"Turkey is in a foremost position regarding the hygiene, public order, state of accommodations and social conditions of refugee camps," Orhan said.

Fuat Oktay, director general of Turkey's Prime Ministry Disaster and Emergency Presidency, said the 22 camps in Turkey have educational, health-care and vocational facilities with representatives chosen by the refugees.

"A representative model allows them to have a say in their own lives," Oktay said. "But the condition of those living in camps is not comparable to those not living in camps."

The Center for Middle Eastern Strategic Studies estimates that the number of Syrian refugees in Turkey



Photo provided by Mohammed.

has surpassed a million, with 210,358 living in refugee camps.

The number of refugees in Lebanon is similar to the number in Turkey, but the capacity to harbor the refugees is quite different.

"The UN predicts that 1.5 million refugees, about a third of Lebanon's population, will live there by the end of the year," Faysal Itani, a fellow of the Atlantic Council's Rafik Hariri Center for the Middle East, said.

Due to poor infrastructure and lack of public services, no official refugee camps exist in Lebanon, but small camps have been established with international donations, Itani said.

Lebanon's issues with the refugees

are also political, historical and sectarian.

"One of the causes of the Lebanese civil war was the militarization of Palestinian refugees, and that has led the Lebanese to refuse offering long-term settlement for Syrian refugees," Itani said. "On the other hand, the inflow of over a million Sunni refugees is an issue to non-Sunni Lebanese."

Most researchers at the event reached a consensus on the overall issue: The U.S. and Europe need to share some of the burden.

"There is a huge gap between the

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And the best movie trilogy is ... now on Netflix

Darren Johnson
Campus News

A trilogy is typically a work of art that has a beginning, middle and end, and has been made in three installments. Book series sometimes aim for this trifecta.

But it seems that putting together a movie trilogy that is equally good from beginning to end has about the same long odds as a horse winning the Triple Crown.

A trilogy currently floating around on cable TV and Netflix is “The Godfather.” While Nos. 1 and 2 are considered classic (though, I tend to feel a bit overrated), the third “Godfather” was purely a money grab and was ridiculously convoluted.

While the “Rocky” series really has six installments, the first three are sometimes considered a trilogy. Nos. 1 and 2 are two of the best sports movies of all time, and, also work purely as quality cinema. No. 3 – the one with Mr. T – is a bit more debatable.

While it is a good film, and holds up well, it is jammed with product placements, catch-phrases and a forced soundtrack, and the two fights in the film aren’t nearly as good as the Apollo Creed fights. This movie was the dawn of Stallone’s next two decades of selling out.

But I’m going to propose a new tril-

ogy to consider for the “best ever” consideration. Recently, scrolling through Netflix, I found the two new “Star Trek” movies with the new cast, and this piqued my interest in the earlier movies, which also are on Netflix.

The original “Star Trek” cast sometimes gets misjudged as the colorful 1960s TV series had lousy special effects, and the subsequent movies saw the cast age, gain weight and, in Bill Shatner’s case, don a toupee.

The first “Star Trek” (1979) movie showed that they cured the special effects problem, as this one looks great, but the movie overall is boring.

Then, from 1982 to 1986, the original cast starred in three movies that have all the makings of good sci-fi cinema – tight plot, action, some levity, lots of drama, solid special effects and good acting (despite his reputation for hammy-ness, Shatner is an excellent actor in these, by the

way, along with Leonard Nimoy, of course).

These three movie plots follow each

other closely in their timelines, and work as a trilogy for marathon viewing. And they are accessible even for people who normally dislike science fiction.

“Star Trek II: The Wrath of Khan” (with Ricardo Montalban gloriously playing the title villain) gives us the best-ever



“Star Trek” movie, even compared with the current offerings. In it, Khan is defeated but at great cost – Spock dies. In “Star Trek III: The Search for Spock,” Kirk goes rogue against the Klingons and Spock is recreated through a controversial new Genesis device, but he must learn everything again. In “Star Trek IV: The Voyage Home,” Spock is retrained on home planet Vulcan but, at the same time, Earth is under attack. Using the Klingon vessel they commandeered in “III,” the crew must go back in time – to 1980s San Francisco – to save the planet, and for a lot of comic relief.

After these three movies, the series started to falter a bit. Shatner grew too old to maintain the swashbuckling presence of his earlier career. “Star Trek V: The Final Frontier” was a dud, where Kirk goes in search of God. You can tell

when the writing is weak as Shatner reverts to over-acting. The movie series started bringing in “The Next Generation” cast (with Captain Picard, played by Patrick Stewart), and those films are pretty dull and slow moving for the most part.

The series was rebooted, however, with the JJ Abrams directed films of recent years and Chris Pine playing Kirk. Everyone is too good looking and thin now, with no known toupees. The Khan character is brought back with 2013’s “Star Trek: Into Darkness.”

But do consider a viewing of “II” through “IV” all at once, as their plots are tied together, even if you are not a Trekkie or even a fan of science fiction. These films work on a lot of levels, and “IV” especially has many mainstream laughs to go along with the fast-paced action.



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When your lover leaves for college: Will absence make the heart grow fonder?

Julianne Mosher
Campus News

Every day another parent of a college student tells their child that they met their partner while attending college. This isn't necessarily true for everyone but in reality people are going to meet other people at work, school, clubs or through other friends... It's human nature.

But what happens when the person you fell hard for decides to go to a college hundreds (or even thousands) of miles away? Is trying out a long distance relationship during "the best years of your life" worth the risk of getting hurt? Is it even worth it?

Catherine Torlentino, a human resource management major at SUNY Oswego, says that her parents suffered through a long distance relationship when they were growing up. For about two years, the couple wrote letters back and forth from Long Island to Italy when they were 19 and now they will be married for 30 years this summer.

Torlentino believes that long distance relationships can work because she knows first hand that people could stay together after a long time apart. "People just have to work at it like any other relationship," she says.

Although Torlentino's case is a bit dramatic, college students today face the struggles of distance when one gets accepted to a school in a completely different state. Corryn Isler and her boyfriend were high school sweethearts but faced a struggle when she was accepted to study biology at Nova South-

'I would say it's really important to be patient and understanding with the other person.'

eastern University in Florida.

Her boyfriend, Ryan, was accepted into UNC Chapel Hill, twelve hours away from each other.

The two have a positive and optimistic outlook on the distance saying that it makes them grow stronger together as a couple and, with a lot of effort, is not as bad as other people think.

"Long distance relationships can work if both people put in the effort," she says. "It's truly worth it."

Isler also says that communication is key when it comes to being far away from the one you love. "We set up times to FaceTime and catch up on each other's day," she says, noting that even a few minutes on the phone can help alleviate the stresses of not seeing her boyfriend for months at a time.

She says that it can be really tough having Ryan away, noting that the hardest part is, "Not being able to spend quality time together and not having each other there physically if we have a bad day."

Chris Snyder, a recent graduate of

Stevenson University, agrees with Isler, saying that not having his girlfriend around him physically can get very aggravating.

"The hardest thing was probably not being able to always be there physically for the person when they may have needed help or comfort," he says about the distance he encountered between him in Maryland and his girlfriend, Nicole, who studied at SUNY Cortland.

"You have to learn though how to provide support and motivation in other ways, like by just talking to them."

He says that communication is also very important while being away and acknowledging the differences the two may have to confront. "You have to realize that they are miles away from you and are most likely on a different schedule than yours."

"This may cause them to not be able to communicate as often with you as you are used to but make sure when you do have the time you do communicate... I would say it's really important to be patient and understanding with the other person," he added.

He and his girlfriend are still together after they began dating in the beginning of high school, non-stop, despite the huge distance between them.

However, although half of the student population who has to struggle with a boyfriend or girlfriend going away may say it can work, sometimes it simply does not.

Heather Rosenbaum says that she partook in three long distance relationships throughout her life. The 22-year-old says when she was 17, her boyfriend was attending Binghamton University, five hours away from her. The relationship soon became rocky.

"He wasn't allowed to have his car, and this is before FaceTime or any of that was really around. So I wouldn't see him for more than a month, and when I finally did it was frightening," she says. "He changed completely as a person, physically and mentally. Not seeing someone for so long, that you felt like you didn't even know them anymore."

She says that he changed, and she was unhappy about it. "He turned into a huge partier, and I felt like I couldn't trust what he was doing... Sort of out of sight out of mind thing," she says.

After another failed distant attempt and then a positive relationship where she went away and her current boyfriend stayed home, Rosenbaum says that in the end it is going to be difficult despite how hard one may try.

"I don't think long distance is for everyone. It's hard to keep such a bond as tight as it, for both people. If you're the one that goes away, you're trying to build a new life, a new comfort zone, and it tends to be overwhelming," she says.

"If you're the one that stays home,



you feel like you're ignored, or being clingy, or that you're watching the person that went away, completely change in front of you because of them adapting to their new comfort zone."

Rosenbaum does have some hope for distance relationships saying that, "If you constantly put effort in and really try, it will work out."

Marissa Martinelli, a sociology major at Stony Brook University, says that her high school boyfriend also appeared to change when he moved away to SUNY Oswego.

She believed that when he joined a large fraternity on campus, she felt like he no longer needed her and she was not a "part of his daily life" anymore.

"He found the fraternity as a replacement, which changed his mentality from independent to that of the frat," she says.

His lack of affection and caring began to make Martinelli sad and depressed. "He made me feel invisible and worthless because after all that time it all happened so quickly after he went away," she says.

Health science major Holly Lavelli, who studies at Stony Brook University, says that showing as much affection as you can is the most important aspect of a long distance relationship. Without it, it cannot succeed.

Speaking from experience, Lavelli said that her ex-boyfriend, who studied at University of Connecticut while she was away at Stony Brook, was emotionally unavailable and difficult to commu-

nicate with.

"So on top of the distance, it just made me feel so excluded from his life," she says. "In turn, I was able to get closer to other people who actually acted like they valued my presence - people who were emotionally available and that made him feel excluded from my life."

Lavelli also says that she would spend her money and free time visiting him while he never came down to her. She found it unfair that she would put all the time and effort into a visit when he did not reciprocate.

"If we were closer physically, it might have been different. But we weren't close, and we wouldn't have the chance to be for a long time. I realized I started to fall out of love with him,"

'He made me feel invisible and worthless because after all that time it all happened so quickly after he went away.'

she says.

Martinelli says that if one isn't happy with their long distance relationship or their partner isn't what they once were, it is better to break it off it in the end.

"If you're unhappy, I'd just break up and focus on yourself. It would probably happen anyway; let's just speed up the process."

Summer courses can help fill in the gaps

Jonathan Lopes
Campus News

Colleges and universities offer summer courses as a method to provide year round schooling, allow students to continue their studies and as a source of revenue. Students can enroll in classes for credit and as an approach to impact their grade point average, along with their transcript. Summer courses are usually not covered by traditional financial aid. In other words, students tend to pay for summer courses through their own pocket, their parental guardians and/or the use of a scholarship. Now then, summer courses are most popularly offered in remediation or advancement level. For instance, typical classes consist of developmental Math and English as well as the upper level courses within said subjects.

Anything from philosophy to biology are also available, but not the same amount as compared to the fall and spring semesters. Many colleges and universities also offer short-term summer courses to attract both individuals within the community and international students. The programs are often social activities and continuing studies based, including English as a second language, summer youth

camp and certification seminars. This is the time frame in which children and young adolescents as well as professionals take part in college and university services.

Students take part in summer courses for various reasons. It can serve as a good time to make up credits lost through past failure, funding and/or timing of offered course. Furthermore, the summer courses can be used as a method to work ahead if one wants to potentially graduate early or if one was placed in a development course. Development courses do not count as credit but may be needed, in order to enroll within college credit courses. In other words, it is a way to obtain credit for classes to progress toward a degree or to reduce the workload of courses during the standard school year. Full-time students usually enroll in 12-15 credits per semester, consisting of 4-5 classes. Enrolling within summer courses allows one the chance to stay on the two-year track for community college and the eventual four-year track.

“I never took summer classes. I didn’t have to; I knew I could graduate in four years without it. Bringing in Advanced Placement (AP) credits from high school helped. It helped me balance college, classes during

fall/spring and work during the summer,” said Rachel Stengel, Rider University graduating senior.

However, summer courses can be tricky. Traditional college courses, fall/spring, are four months in length. Summer sessions tend to be anywhere from 6-9 weeks. The courses operate at a much faster pace and meet more frequently. For instance, a typical summer class meets 3-4 times a week for about 2 hours throughout the 6-9 week session. Now then, fall/spring classes meet once a week for 3 hours for 4 months or twice a week for 1 hour and 30 minutes. Also, summer courses have faster approaching deadlines to be aware of if one is to enroll and/or withdraw. This is vital, especially if one wants to avoid a “withdrawal” on their transcripts or a possibly refund.

As an individual who has enrolled within summer courses at both a two-year and four-year college and with past experience within admissions, I would not encourage students to enroll within a summer course if he or she struggles with the subject or has no prior knowledge of it. I have taken courses for which I possessed skills and prior experience as well as those which I needed more advanced training, in order to stay on track. It is an eye opening experience. It can be in-

timidating and a bit overwhelming, but there are resources that can help. As a former admissions intern and recruiter, I have interacted with students who took full advantage of the summer option and were well aware of the different atmosphere, along with those who were naïve and blindly enrolled.

For example, I utilized Raritan Valley Community College’s academic support center for tutoring within math. Not only did I struggle with the course, but I needed it to graduate in time. The tutoring centers, as well as a few classmates, were supportive and influential in my success. These are sources of assistance to use to counteract the difficulty and change of pace within summer courses. It may not be as simple or easy in terms of pace and workload, but is beneficial because students interact with the professor and their classmates on a more frequent basis.

If you are interested in summer courses, meet with an academic adviser to discuss your degree evaluation and to assess what options are available and a best fit for you. Summer courses are an important concept, one that can really assist students, but should not be taken lightly.

‘School-to-prison’ pipeline criticized in Washington

Stacy Green
Scripps Howard Foundation Wire

Data support a harsh reality: D.C. public middle schools had the highest suspension rate in the school system. A third of middle-school students were suspended during the 2011-2012 school year.

Some of those schools suspended more than half of their students. However, the majority of those suspensions were not for violence or criminal behavior. The American Civil Liberties Union defines such suspensions and expulsions as the zero-tolerance policy.

Essentially, the policy automatically sentences students to the most extreme punishment, even for minor infractions of rules, including rowdy behavior that is typical of young teens.

Dozens of people attended a film screening in May that also included a discussion about causes and strategies to end what the ACLU calls the “school-to-prison pipeline.”

The event, held at the Busboys and Poets coffeehouse and bookstore,

‘We know that suspension has adverse effects, so let’s stop doing what doesn’t work.’

was sponsored by the office of D.C. Councilmember David Grosso, I-At Large. A diverse group of community supporters gathered, not only to support this newly featured documentary but also to strategize on ways to eradi-

cate and reform educational policies such as zero-tolerance.

The school-to-prison pipeline is a national issue, reflecting a set of practices and policies causing a disproportionate number of young people to enter the juvenile and criminal justice system. Activist groups such as Dream Defenders, a producer of the film featured at the screening, believe the neglect of students’ educational and emotional needs contributes to this cycle.

The American Civil Liberties Union lists the zero-tolerance policy as one of the five known policies fueling the school-to-prison pipeline.

Photographer and film maker Ade Omitowoju collaborated with the Dream Defenders to produce the “School to Prison Pipeline,” a documentary focused on enlightening the American people about the social and economic impact this cycle has on the country and to spark a debate and conversation for change.

Organizations such as DC Lawyers for Youth strive to promote positive youth development. The group is a strong advocate for effective juvenile justice reforms, mainly targeting African American and Hispanic youth.

Eduardo Ferrer, the group’s policy director, told the group, “We know



that suspension has adverse effects, and so what we really want to know and what we really want to push is, let’s stop doing what doesn’t work and let’s start doing what does.”

Civil rights attorney Thena Robinson-Mock suggested the restorative justice approach instead of zero-tolerance. Restorative justice serves as the opposite, focusing on investigating the root of a student’s negative behavior and applying methods such as counseling or providing basic necessities that students from low-income communities are not receiving.

Sarah Lehar, a former teacher and now academic dean for the Academies at Anacostia, a D.C. public high

school, said cultural competency is important. To help children, she said, educators should ensure their teaching is culturally relevant and embrace students by affirming their identity. Lehar said that until and only until students are affirmed will they be open to other subjects and learning methods.

“There is a disparity in how we treat our students from one community as opposed to others, and until we decide to provide equity and education, equity and opportunity, we are going to continue to contribute to the school-to-prison pipeline,” Ian Roberts, principal of the Academies of Anacostia school, said.

How my students define 'success'

Prof. Jack K. Mandel, MBA
Nassau Community College

When the Spring 2014 semester ended in May, my marketing students eagerly volunteered to share their sentiments on what “success” meant to them. The following are some comments:

James W.: “It is the ability to overcome obstacles and achieve your goals no matter how many times you fail. I work in an auto dealership, and if I provide excellent customer service, I know I am being successful on a very personal level.”

Patrick C.: “Success is what you make of it. You have to work hard, maybe even harder than you can imagine, but in the end it can pay off. Be passionate in whatever you do because

passion in your career, relationships
and school can bring you a long way.”

James S.: “Success is one’s ability to say that you are an authority on, respected in, and in command in the field and ventures you’ve applied yourself to. It’s important to feel fulfilled in every aspect of your life while always itching to want more and to challenge yourself further.”

Danielle S.: “Success is what everyone aspires to, whether it’s how much money you have or just being in the career you love. As a college student, success is more than just passing your classes... It’s doing your best on your exams, assignments and projects. You have to know how to put a 100% effort in all that you do!”

Chris V.: “If there is one key to success, it’s the promise you make to yourself to stay focused on the positive. In anything you do, schoolwork, family relationships, or your job, make sure you give yourself praise; because when you feel good, you’ll accomplish even more and success will follow!”

Meagan N.: “When you accomplish your goals you had set for yourself you are a success. Even though I am still young, being ethical and hardworking will set my tone for the future. I also believe that having healthy and trust-



ing relationships with people who are closest to you will help you achieve your goals.”

As a professor, I take personal pride when my students “step up to the plate.” Sure, there are some who never seem to “connect” with the ball. But, for others, merely to be given the opportunity to “take a swing” is a challenge in itself; and you never know when he/she will hit that home run. I hope all of you are enjoying this beautiful

ful summer weather!

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

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Great (and inexpensive) day-trip getaways Upstate

Marie Frankson
Campus News

Summer is a time for fun. The academic year is over, or at the very least you’re taking summer classes that aren’t as intense as your regular classes may be, so you have time to kick back, relax, and spend some time with your friends and family in the beauty of Upstate New York. I grew up in Upstate New York, and the summer has always been my favorite time of year because there is so much to do and see. Here is my top ten things to do in Upstate New York to have a blast this summer.

Visit Lake George Village

There is so much to do in Lake George Village, from shopping on Canada Street or at the outlet mall to going on a dinner cruise around the lake (for \$45 per ticket) to miniature golf, going to the House of Frankenstein Wax Museum, Alien Encounter, and more. Lake George is also home to Adventure Family Fun Center that houses an arcade, go karts, bumper cars, a rock wall, paintball, and “Star Wars” theme laser tag; as well as the Great Escape and Splashwater Kingdom (a Six Flags theme park) and the Great Escape Lodge.

Go on a Geological Adventure

Upstate New York is home to some amazing natural geological creations such as Ausable Chasm in Ausable Chasm, Natural Stone Bridge and Caves Park in Pottersville, and Howe Caverns about 40 miles west of Albany. Each of these offer amazing views of natural wonders and fun for everyone. For an artificial geological treasure, visit the frozen “North Pole” in Wilmington, N.Y., at Santa’s Workshop.

Go Tubing

Tubby Tubes in Lake Luzerne (about 20 minutes south of Lake George) offers lazy river tubing down the Hudson and Sacandaga Rivers, as well as rafting and kayaking. Tubby Tubes also has a slide park.

Go Ziplining

Adirondack Extreme Adventure Course in Bolton Landing is an outdoor obstacle course with more than 130 obstacles and two ziplines. There are color coded trails for varying fitness and age levels. You must call 518-494-7200 for ticket prices and to make reservations.

Go to a Horse Race

Saratoga Springs is home of the Saratoga Racetrack, where you can see horses race for about \$5 per ticket. Champions are made at the Saratoga Racetrack.

See a Concert

Saratoga Springs is also the home of the Saratoga Performing Arts Center, also known as SPAC. During the summer, one can see performances by the New York City Ballet, as well as events like Jazz Fest and concerts by bands of all genres. You can go to www.spac.org to see what shows are playing this summer and to buy tickets.

Go to a Fort or Museum

Upstate New York is a very historic area and numerous forts and museums dot its landscape begging visitors to learn something new. Fort William Henry in Lake George, Fort Ticonderoga in Ticonderoga, Rogers Island Visitors Center in Fort Edward, Saratoga National Battlefield Park in Schuylerville, and the Old Stone Fort Museum in Schoharie County will all educate visitors about the French and Indian War and the American Revolutionary War eras. The Adirondack Museum in Blue Mountain Lake exhibits about 200 years of life in the Adirondack Mountains. The Iroquois Museum in Howes Cave (near Howe Caverns) is a museum located inside a longhouse where visitors can learn about the history and customs of the Iroquois peoples. In Albany, visitors can go to the Albany Institute of History and Art, which displays many exhibits from mummies to life in colonial Albany; visitors can also go to the New York State Museum, which displays many exhibits portraying various aspects of New York’s archaeology, geology, history, and more.

Take a Hike...Literally

Upstate New York is full of mountains and hiking trails that the whole family will enjoy hiking. Crane Mountain (Johnsburg), Hadley Mountain (Allentown), Prospect Mountain (Lake George), and more offer scenic views and exercise. Make sure to bring plenty of water and healthy snacks!

Go to Cooperstown

Cooperstown, NY, was named after Judge William Cooper, who was the father of famed author James Fenimore Cooper who wrote The Last of the Mohicans. Cooperstown is located near Otsego Lake in Otsego County and there is a lot to do there. The National Baseball Hall of Fame and Museum, Doubleday Baseball Field, the Farmers Museum, the Fenimore Art Museum, and the Glimmerglass Opera are all located in the village of Cooperstown. Make sure to stop in at Sal’s Pizzeria at 110 Main Street for a slice of pizza or a calzone...you will not be disappointed.

Go to the Beach

Upstate New York may not be anywhere the ocean, but that doesn’t mean you can’t relax on a beach. Lakes and rivers all over Upstate New York offer areas for people to swim, go boating or sailing, or to just relax in the sand with a good book. Corinth and Lake George have great beaches used for these purposes. Keep in mind that if you choose to go boating in Lake George, your boat will be subject to a quick inspection before it goes in the water to prevent the spread of various pervasive species from being spread from other bodies of water to the lake.



These celebs also got higher education degrees

Kristina Bostley
Campus News

We become acquainted with celebrities by the roles they play in the media – whether it’s on television, in movies, or on the radio. Thus, it’s often hard to discern who they are behind the media makeup and the public personas they create for themselves. There are a number of celebrities who have earned degrees in higher education, and a surprising number of them who have continued their education to receive advanced degrees.

Mayim Bialik rose to fame playing Blossom in the self-titled 1990s sitcom, but she was far from the eccentric teenager she portrayed. In fact, it is her character on the current hit comedy “The Big Bang Theory” that she is more similar to. Both Amy Farrah Fowler and Mayim hold advanced de-



grees, only Mayim’s is physically real. After several stints in acting in the 1990s, Mayim attended UCLA and received a Bachelor of Science degree in neuroscience and a Bachelor of Arts degree in Hebrew and Jewish Studies. She went on to complete her doctorate degree in 2007, earning her Ph.D. from her alma mater. Two years later, she coincidentally landed the role of a socially awkward neuroscientist who began dating a fellow scientist on “The Big Bang Theory.”

Dolph Lundgren may be known as an international action star, appearing in roles including “Rocky IV,” “Universal Soldier,” and recently, the “Expendables” franchise, but his acting career actually started after he completed his education. The Stockholm-born actor and director attended the Royal Institute of Technology in Stockholm, where he earned his undergraduate chemical engineering degree. Dolph also studied chemistry at Washington State University and Clemson University, and went on to receive his master’s degree as an exchange student in the University of Sydney in Australia. In 1983, Dolph was awarded a Fulbright scholarship to MIT in Boston. It was around the same time that his interest in acting took over, and he moved to New York to pursue his career in the entertainment industry.

Between her work as an award-win-



ning actress and compassionate humanitarian, it may be easy to overlook the fact that **Ashley Judd** completed both undergraduate and graduate programs. She graduated from the Honor’s Program at the University of Kentucky, her home state, where she majored in French and minored in anthropology, art history, theater, and women’s studies. As if that wasn’t enough to complete her academic resume, Ashley returned to school in 2009 to earn her MPA from Harvard’s Kennedy School of Business, notably winning a Dean’s Scholar Award. In between degrees, Ashley starred in blockbuster movies including “Heat,” “Kiss the Girls,” “A Time to Kill,” and “Double Jeopardy.”

New York native **David Duchovny** rose to fame starring as FBI agent Fox Mulder in the sci-fi television drama se-

ries “The X-Files.” But before Duchovny was digging into paranormal case files, he hit the books – quite literally. The valedictorian of his high school class went on to receive a Bachelor of Arts degree in literature from Princetown University. After that, he went to Yale to pursue his master’s degree in English literature. It was while he was writing his dissertation that Duchovny became interested in acting, traveling from the Connecticut-based school to New York City to act in Broadway plays. He landed a few small commercials and television roles, but moved to Hollywood to pursue his acting career, eventually ending up on “The X-Files” before moving on to “Californication” – both of which earned him Golden Globe awards.

continued on next page



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Adriana '13
BIOLOGY, MINOR: CHEMISTRY

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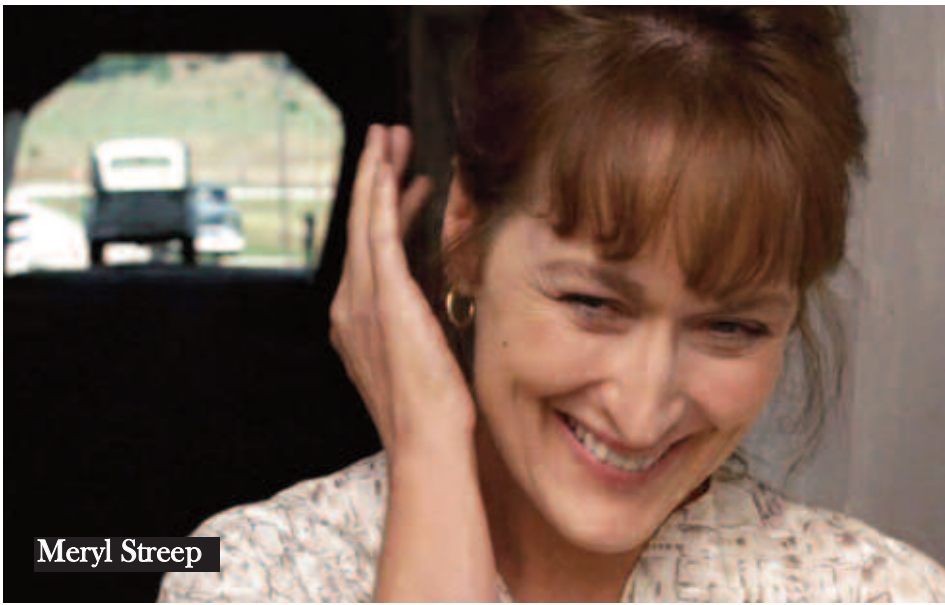
Celebs (cont.)

Long before **James Franco** was starring in the cult TV show “Freaks and Geeks,” before he was starring as Spiderman’s best friend in the recent action trilogy, and before he appeared in “Pineapple Express” as a stoner, he had an aspiration to learn. After graduating and pursuing an acting career, James returned to school to pursue a bachelor’s degree in English with a concentration in creative writing from UCLA; he maintained and graduated with a grade point average of 3.5/4. But he wasn’t satisfied with just a bachelor’s degree: soon after his graduation, he enrolled in different programs in Columbia University (M.F.A. writing program), Brooklyn College (creative writing), NYU’s Tisch School of the Arts (directing), and Warren Wilson College (poetry). His master’s degree in fine arts came from Columbia University in 2010, and his master’s degree in filmmaking from NYU in 2011. Soon after, James decided to pursue a doctorate in English from Yale University, in addition to keeping his acting commitments.

New Jersey-native **Meryl Streep** has been appearing on stage and on screen for decades, earning numerous prestigious nominations and awards for her outstanding work as an actress. But it was her educational background that provided the platform on which she would stand for years to come. After graduating from Vassar College in 1971, Meryl enrolled in Yale School of Drama, where she earned her master’s

degree. After that, Meryl began appearing in big-name silver screen hits, such as “Julia” in 1977, “Out of Africa” in 1985, and “The Bridges of Madison County” in 1995. She won an Oscar for Best Actress in a Supporting Role for “Kramer vs. Kramer” in 1979, and another two Oscars both for Best Actress in a Leading Role for “Sophie’s Choice” in 1983 and “The Iron Lady” in 2011. Meryl will continue to grace the screens and stages for years to come, thanks to the education she earned when she was younger.

Shaquille O’Neal is a name that needs no introduction. The 7-foot New Jersey athlete enrolled at Louisiana State University, where he earned the title of “College Player of the Year” in 1991 and was named “All-American” consecutively in 1991 and 1992. He went on to play for 19 seasons in the NBA, for teams including the Orlando Magic, Los Angeles Lakers, Miami Heat, Phoenix Suns, Cleveland Cavaliers, and the Boston Celtics. During his athletic career, he was named Most Valuable Player, helped the USA basketball team win a gold medal at the Olympics, and assisted his team in winning several championships. In 2011, Shaq retired, but has stayed in the lime-light in several different ways. He became an NBA analyst, recorded and released five musical albums, one of which even went platinum, and has starred in movies such as “Blue Chips” and “Steel.” It’s a wonder, then, that such a successful athlete, musician, and actor found the time to earn not one but two graduate degrees. In 2005, Shaq graduated from Barry University



in Florida, where he earned his Master of Business Administration. Seven years later, he graduated from Barry University with his doctorate degree. In a world where it’s commonplace for athletes to forgo higher education in favor of their athletic careers, it’s commendable that Shaq took the time to earn his education in addition to pursuing such a successful career.

Like her character Winnie Cooper, **Danica McKellar** spent a lot of time in school. When “The Wonder Years” ended in 1993, she enrolled at the University of California, Los Angeles. Though Winnie Cooper went to Paris to study art history, Danica took on a different subject: mathematics. During her time at UCLA, Danica, another student, and their mentor developed a new mathematical proof, which was named for the trio. After she graduated with her Bachelor of Science degree in 1998, she returned to acting,

starring in television series such as “Babylon 5,” “NCIS,” “NYPD Blue,” and “The West Wing.” However, it wasn’t long before she returned to her education. Danica graduated from the University of Chicago with her Ph.D. in mathematics in 2005. It was her reentry into the world of mathematics that incited her next endeavor: becoming an author. Danica wrote a series of books aimed at teen girls, giving advice and tips in math. “Math Doesn’t Suck: How to Survive Middle School Math without Losing Your Mind or Breaking a Nail” became an instant hit, and she followed the success with “Kiss My Math: Showing Pre-Algebra Who’s Boss,” “Hot X: Algebra Exposed!” and Girls Get Curves: Geometry Takes Shape.” In addition to her acting career and the success of her books, Danica recently competed on “Dancing with the Stars” in the spring of 2014.

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Is ‘impostor syndrome’ real?

Darren Johnson
Campus News

You may have heard a relatively new term being bandied about called “Impostor Syndrome,” which means a person in general feels that he or she doesn’t deserve success, and is just playing the role of a successful person.

Essentially, they are “faking it.” This feeling apparently causes some people to feel sad.

And, I’m sure, in the academic world, a lot of people may feel like impostors. For instructors or administrators, maybe they feel like impostors because they went to a lesser college than most of their colleagues; the master’s was easy for them, for example. Maybe their degree was from a “soft” program. Maybe they are called “doctor,” but some doctorates are easier to get than others. Maybe a wealthy parent paid their way into a private college where A’s were easy to come by. Maybe their degree is in a field in which they have no practical experience or talent for, but, alas, they are the “expert” in it.

For the student, maybe some of the above is true. Maybe their application essays and other essays were edited by a professional, or, at least, Uncle Bob, who has a degree in English. Maybe the student has strong integrity, barely got through high school, but finds he or she is getting A’s in college. In the classes I have taught, some students have seemed amazed when they (deservedly) got back a paper with an “A” on it.

It takes a lot of maturity to get to the point where one realizes that success is earned, and then deserved, but, if it isn’t authentic, perhaps the person really is an impostor.

Before I get too far with this article, let me state that the idea for this piece came from a book a PR person sent Campus News in the mail – “The Empress Has No

Clothes: Conquering Self-Doubt to Embrace Success” by Joyce M. Roche, a top Avon executive who went from humble beginnings to earning an MBA from an Ivy League college.

A person named Alexander Kopelman is listed in smaller print under Roche’s name. And the book really is filled out with essays from various CEOs, writing on the main topic. So, in fact, Roche really didn’t write a whole book at all. Maybe she IS an impostor? (Just kidding, Joyce, relax!)

I took the quiz that starts off the book. I rated as having “few Impostor characteristics,” which is the lowest one can score. The highest score means one has “intense IP [Imposter Phenomenon] experiences” that “frequently and seriously” interfere in that person’s life.

But maybe it is good to always question one’s own authenticity; and, maybe if one feels guilt, that increases work ethic. In my own studies of what makes a person successful or not, work ethic and focus seem to be the two key components.

These are signs of IP, Roche says:

1. *When People Praise You, You Fear You Won’t Live Up to Their Expectations.*
2. *You Feel Your Success Is Due to Luck.*
3. *You’re Afraid Others Will Discover How Little You Know.*
4. *When You Succeed, You Have Doubts About Being Able to Do It Again.*
5. *You Believe Others Are More Intelligent Than You.*
6. *If You’re Up For A Promotion, You Don’t Tell Anyone Until It’s a Done Deal.*
7. *You Feel You Have to Work Harder Than Others.*
8. *You Always Have a Backup Plan Ready in Case You’re “Discovered.”*
9. *You Seek External Validation, Yet Don’t Fully Believe It When It Comes.*
10. *You Keep Your Real Life—Upbringing, Degrees, Etc.—Secret From Peers.*

But maybe some people really are lucky. They got in at a good time, when the corporation was just starting. Maybe it is good to have a backup plan. Some people get promoted to the point where they find themselves in over their heads – it’s called the Peter Principle. Perhaps they will be “found out” and let go.

More so, we all have bits of luck, we all sometimes have to do things we may not be experts in, we all got the occasional bad grade and many, many people are more intelligent than you and me (unless Stephen Hawking is reading this article – please ignore this paragraph, Stephen!).

People went to better schools than us. And it’s wise not to always trust praise or the promise of a promotion.

On No. 7, sure, we have to work harder than others. That’s a given. It should be that way. I’m not talking just sitting at a desk, but actually filling practically every waking hour with some form of professional enrichment activity. Learn skills, techniques and philosophies that your contemporaries are too lazy to learn. They are off playing golf.

Anyway, not to co-opt what the PR company thought would be a book review – the book, by now, is in the Amazon bargain bin, and is an easy enough to peruse, passable business/motivation book – let me briefly state, having read many similar books and studied similar issues, how you can avoid all of this negativity.

First, be self-aware. Know who you are. This comes from alone time. It comes from reflecting, meditating, writing and reading (not playing games or watching TV). By knowing who you are, you will present your true self when tasked with work, and know whether or not you deserve to be where you are.

If you are in a position you perhaps don’t yet deserve, can you do the extra work to truly fit the bill? I often say, “I have never done this exact thing before, but I am a fast learner.” Try it, fail a little bit at first, but win in the end.

Second, maybe don’t aim so high so fast. I mean this in a good way. A lot of



people get sucked into the Peter Principle vortex. They’re promoted into jobs they thought they wanted, but they are not good at them. They are rendered impotent (but don’t leave because of the higher pay). This is an important question – would you rather be a benchwarmer for an established team or a valuable starter for an upstart?

If you had properly self-assessed, you won’t have ended up a bench warmer. Sure, it is okay to shoot for the moon, but don’t shoot for the sun, as well.

Third, embrace your new titles and awards. If you get an honor or promotion, it’s yours. You’re worthy. Don’t overthink it. Put it on your resume, put it on your LinkedIn.

Last, realize we’re all playing roles. Take pride in being good in whatever you take on. Just like there are no soul mates – or your odds of meeting such a person are one in seven billion if such a thing does exist – a new study (Future Workplace “Multiple Generations @ Work”) suggests that today’s Millennials (born between 1977-97) will have a new job every three years and work in 15-20 different jobs over a lifetime.

There is no way that all of those jobs will fit you exactly. You will need the confidence to assume the role, like an actor about to go on stage. Breathe deep, enter, be convincing. Become the part. You may enjoy it. Kelsey Grammer played Frasier Crane for 20 years.

Whether or not you are an impostor can be judged by the quality of your work. If the final product is well done and authentic, so are you!

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LISTEN NOW!

Campus sexual assault: A 'silent epidemic'

Jon Brien
Campus News

In March of 2014, a Harvard University student published an anonymous letter to the University in the school's student run newspaper, The Harvard Crimson.

The letter was entitled “Dear Harvard: You Win,” and detailed in full the student’s experiences with Harvard University’s sexual assault prevention and care systems after having been assaulted by a friend in her dorm room 7 months prior. In the letter, she brought up several criticisms of the way the school handled her assault, and the lack of assistance that she received as a victim due to the specificity of the school’s definition of sexual assault.

“The policy, published in the spring of 1993, defines ‘indecent assault and battery’ to be anything involving ‘unwanted touching or fondling of a sexual nature that is accompanied by physical force or threat of bodily injury,’” she wrote in her letter. “It does not provide any definition of consent beyond the brief mention, in its definition of rape, that a victim cannot consent if he or she is unable to express unwillingness due to alcohol or drugs, among other factors.” This is one of the factors which led to her case being handled with such little effectiveness, according to the letter.

The student in question ended up choosing to leave the school because of the amount of emotional and psychological distress that the whole situation had caused her, including having to see her assailant daily because they lived in the same dorm hall and the school refused to move him elsewhere. He was never charged. “My assailant will remain unpunished, and life on this campus will continue its course as if nothing had happened. Today, Harvard, I am writing to let you know that you have won,” the student wrote, making it clear that she had been fighting a losing battle with an institution so much bigger than herself.

This letter is indicative of a huge problem on college campuses, which, for how much it is discussed, is still receiving highly inadequate treatment. The AAUW (American Association of University Women) reports that in a recent study of undergraduate women, 19% reported having experienced completed or attempted sexual assault while in college. That's almost 1/5 of college undergraduates, and that statistic only includes female identifying victims of sexual assault. The AAUW also reports that 95% of sexual assaults go unreported on college campuses, and of those that are reported, only 5% are reported to the police. The rest of the reports end up going to campus related services. This is rather alarming given that the U.S. Department of Education recently reported that 55 colleges and universities were being investigated over the way that they handled sexual violence complaints.

It is an unfortunate reality that a majority of college campuses have inadequate resources for victims of sexual assault, and are often unwilling to pursue legal action against those who have been implicated as perpetrators. This could be a contributing factor to why so many sexual assaults go unreported each year. But there is more to take into account here, and it has to do with the way that students

are educated about sexual assault. “Being taught that rape is only a stranger in an alley with a knife makes it very hard to accept,” said a Clark University student who wished to remain anonymous.

Her story is one of many that tragically never received proper justice.

“I didn’t tell my friends what happened for another couple weeks, and I tried to convince myself that it wasn’t a big deal, and even hung out with [my assailant] and his friends again. Then one night I snapped and told my friends, and the next night I was at a party where he was and I finally confronted him and I said, ‘You raped me,’ and he said, ‘I know.’ I didn’t report it because I didn’t think it counted, because we had already been hooking up, and no one could confirm it, and also I was scared my parents would somehow find out.”

When students aren't taught the full extent of what it means to consent and to receive proper consent, it can make navigating the dating scene at a small college campus very frightening, and more importantly, dangerous.

“So by that point I had taken enough women’s studies classes and figured things out enough to realize that I should report him, but [the social climate] scared me off,” she continued. “All of his friends knew, and were still on his side, and I knew that if I reported him and he got expelled, they would all hate me and also they are scary dudes so I was worried they would [mess] with me, or tell a bunch of other people. So he is still [at Clark] and graduates this month.” This is a sad reality for a large number of students who have been assaulted. Having to watch somebody who you know committed a cruelty against you or someone you are friends with receive a diploma without any retributive action whatsoever is something that victims of sexual assault have to go through on a yearly basis, because social climates and campus services make it difficult or impossible to report assault cases safely.

This does not only apply to female victims of assault. One of the most frequently overlooked areas of sexual assault on college campuses is that of relationship violence within LGBT communities or involving members of the LGBT community. Gay, lesbian and trans erasure regarding sexual assault is a serious problem that seems many universities aren't taking seriously. "I remember [the rape prevention program] at Clark mentioned [LGBT cases] briefly when I attended their information session, but overall, when I experienced sexual assault, I felt pretty ill equipped in handling it or even talking about it with administration," said Tanner Bryan, a recent graduate of Clark University. "I even felt



slightly stigmatized because the sexual violence occurred within a same-sex relationship.”

So how do we fix the problem? It's a difficult issue, one that can only be fixed entirely if people stop committing sexual assault. The best way to tackle it is by educating people about consent. So much of prevention education revolves around telling people how to avoid being assaulted, and not enough education tells people not to commit rape or other forms of sexual assault. Consent only means one thing: explicit, vocal affirmation of willingness to go through with sexual activity (of any kind, not just intercourse) between

partners. The involvement of alcohol doesn't excuse rape, the involvement of drugs doesn't excuse rape, and neither does silence. Silence doesn't mean "yes"; it most likely means that your partner is too intimidated to speak her mind. The issue of consent is an issue of respecting someone's body, which is the most sacred and personal thing that we have. Let's try to create a safe college dating environment where people can maintain agency over what happens to their own bodies, and make the college experience that much safer and more comfortable for everyone.

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Rumors

David L. Podos
Mohawk Valley CC

From the Merriam Webster’s dictionary gossip is “information about the behavior and personal lives of other people, a person who often talks about the private details of other people’s lives.” From Wikipedia, gossip is “idle talk or rumor especially about personal or private affairs of others.”

Who hasn’t gossiped before? I know of no one including myself (thank you very much) who has not engaged in some form of gossip at some time or another. We all gossip and you know it, so, no sense in denying it.

Sometimes gossip can be constructive, as in the workplace. Much has been written on and researched regarding workplace gossip or as corporate America has coined, “the grapevine” as a form of unofficial communication. The grapevine in most companies is tolerated, at least to a point. For some employees it is a way to discuss any number of issues within the workplace without going through the companies’ official procedures and policies that govern communication. Many times unofficial communication is preferred over utilizing official communication. It allows employees to disseminate information and many times keeping the source of that information anonymous. Most workers use the grapevine instead of using open and official communication for fear of retribution from the employer. Managers who are adept with listening skills use this form of gossip (communication) to their advantage. For example, it is a way for management to get valuable information on any number of issues that could affect the company’s performance, or, how the employees really feel about the roll out of new company policies, or how

they feel about a certain manager, supervisor, etc.

However important the grapevine is, it can also be quite damaging. When gossip is done for no other purpose but to spread malicious lies about someone, those people’s reputations are at risk. Sadly though this happens more often than not, and with the use of our technology, idle gossip can spread as fast as the speed of light, and once something goes viral, it’s all but impossible to pull it back.

Employees are not the only ones of course who engage in gossip, gossip is very much alive and well on college

Gossip is alive and well on college campuses.

campuses throughout the country where student gossip goes on each and every day.

From an internet article posted March 27, 2014, authored by Carleigh Stiehm, and titled “Collegiate ACB Founder To Sell Site Following Media Attention,” Stiehm states that “Tim O’Shea, one of the partners who owns the college gossip site, is selling due to the fire storm of media attention surrounding the February 14, 2014, profile on (Lauren) the Duke adult film actress, his site exploded with negative attention.”

O’Shea said, “I don’t really read the site to be honest; I just don’t want to be tied to something so negative.” Stiehm goes on to say, “Collegiate ACB was not the first website to provide an outlet for university gossip.” Alumnus Matt Ivester, Trinity 2005, founded Juicycampus.com the first major anonymous college gossip website; juicycampus.com shut down in 2009.

All of us should evaluate and consider the impact of what Wikipedia says is “idle talk or rumor.” Take the time to gather facts and not just accept what is said as gospel truth. Try and avoid people who are chronic gossipers or at

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the very least challenge their interpretation of the truth. You may lose some friends along the way or piss off a few people by holding their feet to the fire, but so be it. Yes, a little gossip once in awhile is ok; but when we use gossip as a means of regular communication, to hurt another person, or to make outlandish statements without the facts, we are not only hurting others but in the

end we hurt ourselves. Enjoy your summer, much more to talk about in the fall. Until then,
Peace, Shalom – David

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

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‘Sesame Street’ helps put together USO care packs

Stacy Green
Scripps Howard Foundation Wire

The Cookie Monster brought more than cookies to Capitol Hill in May.

Volunteers joined Sesame Street characters to assemble warrior care packs for soldiers.

The event was sponsored by the United Service Organizations, which has been serving military troops and their families for more than 73 years.

“This event today, where we are putting together over 1,500 warrior care packs for wounded, ill and injured troops is something we do on the Hill once or twice a year to get the Congress involved in what we do and to give the American public an idea that troops still need their support,” USO Vice President John Hansen said.

Care packages typically include toi-

letries and hygiene products such as lotion, toothpaste, shaving kits, towels and deodorant.

The Rayburn House Office Building hosted the service event, welcoming members of the Senate, the House of Representatives, congressional staff members and members of the USO Congressional Caucus.

Warrior care packs have become part of another USO project, the Sesame Street/USO Experience Tour, which will perform 200 shows at 69 military bases in 32 states through October. The project is 8 years old.

Cookie Monster, Elmo, Grover and Katie appeared at the event, helping the volunteers.

Sesame Street character and show star Katie is a favorite on the tour.

“Katie represents military children all over the country and the issues they have dealing with separation, leaving



Katie. Photo by Author.

their friends behind, and Katie helps military children understand that their friends will still be their friends no matter where they are,” Hansen said.

The show seeks laughs and smiles, but also provides comfort and support.

Rachel Tischler, vice president for USO Entertainment, said parents say the program provides joy to their children and allows children to open up about their concerns. She said the program helps parents realize they are not

alone.

Rep. Tim Walz, D-Minn., co-chair of USO Congressional Caucus, spoke to the crowd of about 100 people who helped pack bags and exchange smiles with Sesame Street characters.

“The children of this country are our warriors, those are the ones also out there sacrificing for this country,” Walz said.

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Florida historic site hurt by sea-level rise

Madison Fantozzi

Scripps Howard Foundation Wire

The Washington Monument and Statue of Liberty both closed for repairs after natural disasters in recent years, but the threat to iconic landmarks and historic sites is far from over.

In a report it released in May, the Union of Concerned Scientists has declared a “race against time” for archaeologists studying Florida’s historic sites, including prehistoric shell structures such as the Ten Thousand Islands.

The threats include sea level rise, flooding and wildfires. The report attributes these to human-induced climate change, complementing the National Climate Assessment released last month.

The report says NASA Kennedy Space Center and the historic town of St. Augustine, and its Lincolnville Historic District, Castillo de San Marcos and Fort Mose, are particularly threatened by rising seas. Prehistoric shell structures including Turtle Mound in Canaveral National Seashore and Ten Thousand Islands are also at risk.

“These national landmarks are symbols that are important to our understanding as Americans of our history and cultural heritage,” Carol Werner, executive director of the Environmental and Energy Study Institute, said.

The mounds of oyster and clam shells along the Gulf of Mexico that sit partly within Everglades National Park were home to indigenous Floridians more than 4,000 years ago.

While shell mounds are common along U.S.

‘These events are wiping archaeological sites off the map.’

coastlines, Ten Thousand Islands is one of the largest and most complex. The region boasts features including ridges, plazas, canals and water courts.

In 2005, Hurricane Wilma caused major damage to the site. Today, the islands are threatened by worsening erosion and storm damage.

“When I watch an archaeological site that’s 4,000 years old wash away after staying intact all that time, I can’t help but recognize that what we’re seeing today is changing climate conditions in real time,” Anastasia Steffen, an archaeologist at Valles Caldera National Preserve in New Mexico, said.

The Environmental and Energy Study Institute and the Union of Concerned Scientist worry that the sites, many of which are listed on the National Register of Historic Places, may be lost in the coming



Sandfly Key. Photo courtesy of the University of South Florida Alliance for Integrated Spatial Technologies.

decades.

The report notes Florida’s 8 to 9 inches of sea-level rise in the last 100 years and a projected 9- to 24-inch rise by 2060. Combined with extreme rainfall and accompanying storm surges, which are also predicted to increase, the report projects a growing threat to not only the Ten Thousand Islands but also to several sites across the state.

The report cites threats to the Statue of Liberty and Ellis Island; towns such as Charleston, S.C., and Jamestown, Va., and NASA sites in Florida, Louisiana, Texas, California and Virginia.

“The risks are growing, the vulnerability is great, but what our report shows is what’s already happening around the country,” Adam Markham, the Union of Concerned Scientists’ director of climate impacts, said.

He said the National Climate Assessment, while comprehensive, does not focus on historic sites.

NASA’s planning and development office said rising sea levels are the largest threat to the Kennedy Space Center’s operations. Dunes near the launch pads are regularly breached during storms.

As St. Augustine approaches its 450th anniversary in 2015, the city faces storm surges and flooding that could undermine the aging and undersized infrastructure of its historic buildings.

The National Park Service built a “living” seawall there in 2011, where sediment, marine life and vege-

tation can build up on the coquina walls of Castillo de San, protecting it from erosion. However, a projected 3-foot sea-level rise could inundate portions of the city’s historic districts.

Jeffrey Altschul, president of the Society for American Archaeology, called seawalls an expensive, dubious solution.

“It’s politically attractive to take the ‘save our lighthouse’ approach,” he said. “But we need to start a new conversation: What do we want to save, what sites embody the core cultural values that will diminish us as a nation if we lose them, and what are we willing to let go?”

Erosion, storm damage and rising seas have already collapsed the banks of tidal creeks at Sandfly Key in the Ten Thousand Islands Archeological District of Everglades National Park.

While Sen. Marco Rubio R-Fla. has expressed skepticism, Sen. Martin Heinrich, D-N.M., took an opposite stance.

“The two biggest wildfires in history were in the last five years,” he said. “These events are wiping archaeological sites off the map. This is troubling for a state that cares deeply about its identity and cultural connection. That’s just one state, think about all the states with shorelines and what is being experienced in our coastal states.”

Syrians don’t have a sense of home (cont. from page 5)



Faysal Itani. Photo by author.

amount of services that are needed and the amount of help that has been offered,” Oktay said. “We need Western countries to have open-door policies for refugees.”

As of now, the U.S. gives Syrian refugees outside the U.S. no emergency immigration option, according to the National Alliance for Syria.

The only option is to obtain a visa, as Mohammed did, but refugees often lack the resources to apply.

A sign in Zouk Mosbeh, a municipality northeast of Beirut, is an example of rules affecting refugees. Mohammed, a Syrian seeking asylum in the U.S., says the sign mandates a curfew for foreigners from 8 p.m. and 6 a.m. and prohibits their use of motorcycles. See photo on page 5.

Itani said that the only solution is dealing with the internal Syrian crisis. Mohammed agrees.

“International troops in Syria would cost more lives, so a no-fly zone should be implemented, at least,” Mohammed said. “Aerial bombing is a huge advantage for Bashar Al-Assad’s forces.”

Mohammed received a receipt acknowledging that the U.S. government had received his application for asylum in December, and he applied for a work permit on May 2. It takes at least 150 days for asylum seekers to get work permits.

His life savings have run out, and he is borrowing money from friends. He speaks to his family daily on the phone or through Skype.

Whether the international community will intervene to end the fighting seems unlikely, due to Russia and China vetoing U.N. Security Council measures against the Syrian regime. The latest veto took place recently, when the two nations vetoed a resolution to take the conflict to the International Criminal Court.

Tiananmen students analyze human rights in China

Carlos Coba
Scripps Howard Foundation Wire

When Yang Jianli, then a doctoral student in mathematics at the University of California, saw Chinese soldiers beating students in Tiananmen Square on TV, he decided to return to China.

“I found myself in Beijing the day after martial law was issued, on May 20, 1989,” Yang, founder and president of Initiatives for China, said. “I stayed in Tiananmen for about 10 hours and saw about 30 people killed, including those 11 students who were run over by tanks.”

However, the Tiananmen Square massacre, which began the night of June 3 and continued into June 4, cost 500 to 2,600 lives and left about 10,000 injured, according to Department of State documents provided by the National Security Archive.

The 25th anniversary of the massacre was the cause for a hearing on Capitol Hill in May by the House Subcommittee on Africa, Global Health, Global Human Rights, and International Organizations.

“Soldiers with helmets and AK47s were randomly shooting at protesters as they chanted slogans and tried to hold their ground,” Maj. Xiong Yan, a U.S. Army chaplain and former Tiananmen Square student leader, told the committee.

The featured speakers were once student leaders, heavily involved in the Tiananmen demonstration, like Yang

and Xiong, which placed most of them on the list of the 21 most-wanted organizers by the Chinese government. Yang was held as a political prisoner for five years after returning to China in 2002, and Xiong was imprisoned for two years. Both live in the U.S.

The discussion not only commemorated the massacre but also analyzed the current state of human rights advocacy and freedom of expression in China.

“So far this year, dozens were arrested all over China,” Zhou Fengsuo, co-founder of Humanitarian China, said.

“They are human right activists, professors, lawyers, journalists, Christian and Buddhist monks, representing the broad social spectrum of the Tiananmen protesters.”

Yang said the government had never gone this far to silence critics.

“Even by the standard of clamping down that routinely marks the politically sensitive dates, this year’s approach is particularly severe,” Yang said. “Last year, I could get in contact with Tiananmen mothers, but this year I can’t.”

He was referring to the mothers of those killed during the demonstrations.

The speakers agreed that this crackdown represents a larger issue: the state of human rights under a government that still limits social expres-



sion through speech, religion, Internet access and peaceful demonstrations.

House members at the hearing concurred.

“The government of China continues to go to astounding lengths to erase the memory of the Tiananmen Square demonstrations and their violent suppression,” Rep. Chris Smith, R-N.J., chairman of the subcommittee, said. “The Internet is censored, and citizens holding private discussions or public commemorations are harassed and detained.”

“Robust” human-rights diplomacy is needed, Smith said.

The speakers proposed several diplomatic approaches that the U.S. could take to pressure China to reform

its policies.

The U.S. could fund technologies that allow Chinese citizens to circumvent the firewall of the Chinese Internet and reject visas to violators of human rights, Zhou said in his written testimony. “It should also reciprocally reject visas to Chinese-state media trying to enter the U.S.,” Zhou said.

The speakers assured the committee that the Chinese people, at home and abroad, would keep fighting for their rights, regardless of their government’s tactics.

“The thirst for freedom and dignity is indeed universal,” Yang said.

Don’t fear your college career office

Jonathan Lopes
Campus News

Regardless where you are enrolled, each higher education based intuition offers career based services. Now then, fancy title aside, career services is meant to help all students. It doesn’t matter what your gender, race, age, or socio-economic status is, the individuals within those offices are there to support and educate you. Do not wait until your last year or so to seek information and resources. That is when it is the most difficult. You will spend lots of your time freaking out about being embarrassed that you waited so long and wondering why you haven’t done enough.

“One of the roles of a great education is to prepare you for a fulfilling career. At Rider, that thoughtful and interactive journey begins in your first semester. We’ll help you explore your interests, identify your academic path, secure impressive hands-on experience, and develop the kind of job-search skills that will lead to career of your choice,” states a Rider University, Career Services, brochure.

This is the philosophy behind Rider University’s Office of Career Services. I highlight this to provide an example of the purpose behind these offices and demonstrate the importance of utilizing their tools. I speak from experience. I am not special. I

only learned, because I was willing to sit, listen and ask questions. I started while at Raritan Valley Community College, creating a draft resume, cover letter and reference list after meeting with a career counselor. I continued this process after transferring to Ramapo College of New Jersey and meeting my career advisor. I then went full circle by applying and obtaining a graduate assistantship in career services at Rider University.

Two-year community colleges, four-year public colleges and private universities offer help with resumes, cover letters, reference lists, elevator speeches, professional social media accounts, career and college fairs, graduate programs and most popular, intern and job searches.

A resume is a summary of your personal, educational and experiential qualifications positioned to relate to the job you’re seeking. A resume highlights and clarifies your skills and experience for a prospective employer in a compelling fashion. A great cover letter conveys both your interest in and connection to the position and how you can make a difference. LinkedIn is the free, professional version of Facebook. LinkedIn allows you to manage your professional identity, build and interact with your professional network and access opportunities. It is simple to navigate, especially if you are familiar with

Facebook. Also, if you have a solid resume, you can copy and paste portions when making an account.

An elevator pitch, elevator speech, or elevator statement, depending on who says it, is a 30-45 second summary used to quickly and simply describe oneself and the position interested in. Usually, it is used when asked to describe oneself and you can utilize your cover letter when looking for inspiration. A reference list is similar to recommendations. Instead of asking someone to write a letter, you ask them to be on your reference list when applying for a scholarship, job, and/or internship. Employers tend to ask for a reference page, 2-4 person list of individuals who can vouch for your skills and qualifications. Friends and family are not an option, because they are biased in nature. Coaches, current and former employers, and professors are best to list as possible references.

Higher education intuitions, regardless of the form, have some variation of an online job and internship database. Typically, students must create an account within that school’s website and upload their documents. The documents include resume, cover letter, and/or references. Furthermore, the database allows each student to search for internships and all aspects of employment, seasonal, temporary, part-time and full-time. You

can filter searches based on distance, interest and experience level.

All of this isn’t meant to scare or intimidate, but to showcase the variety in services and resources. Also, it can be easy to work through. Once a strong resume and cover letter has been made, then all that needs to be amended is a few small things when applying to specific positions. As mentioned earlier, a cover letter can serve as an elevator speech of sorts and a résumé is your guide to creating a full LinkedIn account. It is all intertwined and each tool overlaps into once another.

This applies to all students, regardless of your background and which higher education institution you attend. The best time to search and start this process is now, especially if you are a first-year student transitioning in your second-year. I am using this platform as a personal challenge from me to you. All I ask is for you to meet with someone in career services once a semester for 30 minutes. Talk to them about what you are interested in and bring questions. I guarantee that they will educate and prepare you! Searching for jobs, making draft resumes, and applying/interviewing for positions will be a trial-by-fire experience. However, you can go into it with a positive mindset and most importantly, the skills necessary to succeed.



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When social media is anti-social (cont.)

"If you have news you'd like to share with someone and do it via social media, it's not as personal as it would be one on one," said Lauren Gravagna, a student at Suffolk County Community College. "I found out my cousin was getting married within minutes of seeing it on Facebook, which sucked."

The power of today's technology has many people constantly updating their feed on the go. Most of us know at least one person who's constantly updating their Facebook more than once a day. When does social networking become too much? It's as if we've begun to think if it's not posted online, it didn't happen.

Websites such as Instagram and Twitter give people more of an advantage to create a false persona. "I believe social media helps you connect to a larger audience in an easy and convenient way," said Sam Rodriguez, a student at a Suffolk County Community College. "It can consume an individual's life and users are free to be something they're actually not." As a user's follower count rises, so might their ego.

Let's face it; most of us use social media because we're bored. We stare at a screen looking for some kind of entertainment. Way back before the Internet was even popular people went outside and interacted with their peers, now that interaction has been cut short with digital screens in our way.

There seems to be this perception that if a posted photo or status doesn't get enough likes or any at all then the users post simply was not "cool" enough. People tend to rely on social media as a means to feel good about themselves. "I think social media can be good for connection to people and sharing ideas," said Nicole Klohman, a junior at the University at Albany. "Although it can be distracting and used for the wrong reasons." Does the world really care about all the fancy dinners your boyfriend takes you out to or how many likes you get on your selfies? "We require updates constantly on information that doesn't affect us at all," said Jack

Celuch, a junior at the University at Albany.

Life's meant to be enjoyed at the expense of the individual. Why do we feel the need to share each and every moment online. It almost takes away the personal value of some of the things we encounter. Why do some rely on the opinion of others to determine whether or not their post is cool? Just because your post isn't as popular as someone else's, shouldn't define how you reflect back on it. "I think that they cause us to become obsessed with the public image we present to the world," said Celuch. "For example due to the app Instagram, I believe we no longer capture an event for what it really is."

For news corporations such as CNN and MSNBC, however, social media is a great way for stories to spread instantaneously to a large audience. With every upside there is always a catch. This may cause some of the information to be false or misleading. "News reporters could tweet something that they received from a source without first checking it with another source for verification," said James O'Hagan, a senior at Ithaca College.

Following breaking news stories is useful for those who want to keep tabs on what's happening in the world; however what happens when that information is inaccurate? Inaccuracy in the news has been known to cause panic and distress in society. "Immediacy is convenient, but without premeditation, it can cause some concern," said O'Hagan. This may cause some social media users to be cautious of the news they read on websites such as Twitter, even if the tweet comes from a reputable news outlet.

Have we as a society become so infatuated with ourselves we feel the need to post every moment online? With so-

cial media getting to know somebody becomes too easy, and almost impersonal. Future generations are learning to communicate better via social media than face to face, which is a problem. "I think people need to get off their computer and start interacting with people, disconnect to connect," said Rachel Kukuliev, a Resident Assistant at the University at Albany.

Social media may have its benefits, but at what cost? Is it really as necessary as we think? Take a look at past generations, before the Internet existed. There were no such things as "Selfies" or "Likes," people communicated with each other over the phone or in person. Social media certainly has and will continue to affect the way we communicate.



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