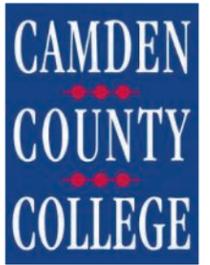


The Campus Press

Student Newspaper of Camden County College



www.camdencc.edu

Volume 28, Issue 1

January/February 2015

PROFILE: Dr. Carter G. Woodson — Educator and Founder of *Black History Month*, February



Dr. Carter Godwin Woodson (1875-1950), was a historian and founder of *Black History Week* that evolved into *Black History Month*, February.

Born to former captives or slaves, historian Carter Godwin Woodson went on to earn a Ph.D. from Harvard University and become an internationally respected scholar.

Deeply concerned by the fact that the contributions of his people were ignored or misrepresented, Dr. Woodson established the Association for the Study of Negro Life and History in 1915. In 1916, he launched *Negro History Week* to focus national attention on the achievements of Black people throughout American and world history.

The second week of February was selected in recognition of two important birthdays in the month, that of Abraham Lincoln, the so-called Great Emancipator, and of Frederick Douglass, one of the first heroes of the Civil Rights Movement.

In 1976, this week-long observance was officially designated *Black History Month*.

Reprinted from *Campus Press*, Jan./Feb. 2014 Edition.

▶ ALSO INSIDE:

- Ask The President, Talk Show Series, page 3
- New Advice Column: Ask Me If I Care, page 4
- Commencement News for Graduates, page 6
- Women and Men's Basketball Schedules, page 7

CCC Public Safety Department Issues Warning Against Unauthorized and Illegal Solicitations

On Monday, Dec. 15, 2014, and Tuesday, Dec. 16, 2014, an individual was on the Blackwood Campus attempting to sell tickets to a Comedy Club in New York City. This man gained access to classrooms by identifying himself as a representative of the Student Activities Office. Some students bought these tickets and even provided him with their credit card information. This is believed to be a scam!

Thanks to timely information provided by an observant student, Public Safety personnel were able to locate, detain, and press charges with the local police against this college-aged male who had easily blended in with our student population.

Soliciting is not permitted on campus. Under no circumstances would the College support or approve student volunteers or vendors to ever interrupt a class or sell goods from a backpack.

If you purchased tickets from this individual, you should contact Public Safety to report it. Also if you used a credit card you should contact your credit card company immediately and cancel the card.

Thanks to one attentive student, we were able to prevent further possible fraudulent conduct on campus.

Remember, if you "See Something, Say Something." Always report suspicious activity. If you observe or encounter persons attempting similar activities:

- Do not purchase anything from them.
- Do not give them your name, personal information, or credit card information.
- Do-Notify the Public Safety Department immediately.

To contact Public Safety, use any emergency phone or dial 856-374-5089.

College Campus Announcement and Source: CCC Public Safety Department

Poetic Idol Competition Features Winning Performers

By JULIA HAND
Campus Press Co-Editor and Columnist

On December 16th this year's Poetic Idol competition here at CCC was underway in the CIM building.

Short stories, poetry, and prose were read on stage in front of a small audience and a panel of three judges: Philosophy Prof. Robert Ralph, English/Literature Prof. Keith O'Shaughnessy, and Public Speaking

Prof. Allison Green. Students, former students, and Camden County residents enjoyed a night of a wide variety of styles and voices performing on stage. From chilling plot twists to laugh-out-loud humor, it was a Poetic Idol to remember. Awards are given to participants in third, second, and first place.

In third place was Julia Hand, in second place was Lauren Munera, and the first

Continued on Page 6

ON FASHION: *The Dernier Cri* in Haute Couture

By JENNAFER CHLOE BOHNE
Campus Press Writer and Columnist

The New Year has begun and with it, new resolutions, new classes and, of course, new trends! The world of haute couture is thriving, and time is no road block: While you were comfortably sipping hot chocolate by the fire, our designers were hard at work creating this year's hottest looks.

However, to some of you that may not mean much--if anything--at all. You might be thinking, "It's only clothing, what's the big deal? It can't be that hard to do, so why do it at all? If it fits, wear it!" Well, for some of us it is a huge deal, and we take pride in how we dress and who we wear.

So think about this: That pair of Levi's you're wearing might have been an attempt at "bumming it" today with a simple piece of clothing--but when you look further, you realize that it's not just a pair of jeans, but a style custom made for your shape, size, and taste. The world of fashion is just as hard to enter as any, and just as cutthroat, too. It takes time

and precision (and above all, devotion), but once you're in, the world will feel your satisfaction and love coming through your style of designs. Each designer possesses his/her own style, and even if some have somewhat similar qualities, none are exactly the same; unique snowflakes in the world of design.

Transportive Power of Style: This Season's Upcoming Line

When you slip into Coco Chanel it whispers your name, saying "Paris is calling; she wants you". You can envision yourself walking the street of Champs Elysées, shopping bags on each arm with brands such as Cartier, Christian Dior, Gucci, and Valentino. Who could possibly create classic, chic couture better than Chanel? She's timeless; absolutely one of a kind! Audrey Hepburn and Grace Kelley, the face of poise and sophistication, bear the image of style sensation that is Coco Chanel.

Fairy Tales and Gods

Valentino is ringing in the New Year with



Art work: lachanelphilie.com

an original, nearly whimsical, collection, strung through with an unexpected dash of sensuality. He takes the four elements and turns them into something truly captivating. Rumplestiltskin might have spun straw into gold, but he has nothing on what Valentino can do with fabric.

Whether you're amorous like Romeo and Juliet, or alluring like Venus and Adonis, Valentino's 2014-'15 Fall/Winter collection has designs for all your fairy tale dreams come true.

Colors of Spain

Dolce and Gabbana's 2015 Summer line provides a Spanish appeal, with its luscious reds

Continued on Page 5



Profile: Rev. Dr. Martin Luther King, Jr. — The Man and The Day of Service

Martin Luther King, Jr. (January 15, 1929 – April 4, 1968) was an American clergyman, activist, and prominent leader in the African American Civil Rights Movement.

January 19 Tribute to Dr. King

In tribute to Dr. King, the college's Student Life and Activities

Office and Service Sustainable Camden County organized a joint Day of Service at Sustainable's site on Lakeland road, in Blackwood. Dr. King is best known for being an iconic figure in the



Rev. Dr. Martin Luther King, Jr.

advancement of civil rights in the United States and around the world, using nonviolent methods following the teachings of Mahatma Gandhi. Dr. King is often presented as a heroic leader in the history of modern American liberalism.

King Leads Change as Civil Rights Activist

A Baptist minister, The Rev. Dr. King became a civil rights activist early in his career. He led the 1955 Montgomery Bus Boycott and helped found the Southern Christian Leadership Conference in 1957, serving as its first president. Mr. King's efforts led to the 1963 March on Washington, where Mr. King delivered his now famous "I Have a Dream" speech. There, he expanded American values to include the vision of a color-blind society, and established his reputation as one of the greatest orators in American history.

King Receives Nobel Peace Prize in 1964

In 1964, Mr. King became the youngest person to receive the Nobel Peace Prize for his work to end racial segregation and racial discrimination through civil disobedience and other nonviolent means. By the time of his death in 1968, he had refocused his efforts on ending poverty and stopping the Vietnam War.

Mr. King was assassinated on April 4, 1968, in Memphis, Tenn. He was posthumously awarded the Presidential Medal of Freedom in 1977 and Congressional Gold Medal in 2004.

Martin Luther King, Jr. Day was established as a U.S. federal holiday and of service in 1986. Jan. 19, 2015, is the 29th nationwide celebration of Dr. King's life and legacy.

Reprinted in part from Campus Press, Jan./Feb. 2014 Edition.



Source: CCC Adj. Prof. Dressler Smith Photo: Camden County College

BACK IN TIME — Camden County College Adjunct Professor Dressler Smith (left), who says she has taught visual art at the college for over 20 years, provides this photograph of her presenting a tiled sample of her artwork to Yolanda King, daughter of slain Civil Rights Leader Dr. Martin Luther King Jr. Prof. Smith says that the photograph was taken in the mid-1990s when Ms. King spoke at CCC during the annual King holiday observance in January. A noted artist, Prof. Smith also serves as coordinator of Adult Programs for the Pennsylvania Academy of the Fine Arts, in Philadelphia. High profile celebrities, including Oprah Winfrey, former National Football League Quarterback Randall Cunningham, and the family of the late Mrs. Coretta Scott King are among those who have private acquisition art pieces by Prof. Smith.

March is Women's History Month.

THE CAMDEN COUNTY CULTURAL & HERITAGE COMMISSION at Camden County College presents a Women's History Month Celebration featuring

A SACRED CONCERT, ART SHOW AND BOOK SIGNING

Featuring Nationally Acclaimed Artist

DRESSLER SMITH
March 1, 2015, 3-5 p.m.

Exhibit Open: March 1-31
Mon-Fri., 10 a.m.-4 p.m. or by appointment

IDEAL PERFORMING ARTS CENTER
1 Harbour Blvd, Camden, NJ 08103
(856) 379-6987
Next to Susquehanna Bank Center



Dressler Smith is a nationally acclaimed American artist, and author, whose unique works on paper and stained glass windows designed for churches touch the human spirit. The use of vibrant color pastels and tranquil landscapes, of her art work, became private acquisitions of notable celebrities Oprah Winfrey, former NFL quarterback Randall Cunningham and Coretta Scott King.

Come out and experience Dressler's artwork, her singing and get her newly published book "Celebrating Life Through the Arts: The Inspirational Journey of Dressler Smith."

THE ARTIST
Gifted Painter/Pastel Colorist and Stained Glass Church Window Designer

THE VOICE
Professional Trainer Vocalist

THE BOOK
Celebrating Life Through the Arts: The Inspirational Journey of Dressler Smith Available at Barnes and Noble and Amazon

ARTIST WEBSITE & CONTACT
www.DresslerSmith.com
Dressscapes@snip.net

CAMDEN COUNTY COLLEGE
SPONSORED BY Camden County Cultural & Heritage Commission at Camden County College

For further information contact CCCHC at (856) 227-7200, ext. 4063



COAT AND FOOD DRIVE RESULTS

Coats and Winter items collected for donation to the Dreams of Tomorrow (DOT) organization:

- 48 women's coats
- 3 ladies' scarfs
- 24 boys' coats
- 52 men's coats
- 40 girls' coats
- 3 snow pants

Total Items 164

Food Drive for donation to the Food Bank of South Jersey — Location collections:

Camden City Campus	240 lbs.
Cherry Hill Center	43 lbs.
Blackwood Campus	370 lbs.
Regional TC	15 lbs.

Total Weight: 668 lbs

Sponsored by

CCC Office of Student Life & Activities

CAMPUS PRESS STAFF

CO-EDITORS:

Lauren Munera ☎ Julia Hand

EDITORIAL STAFF

T.J. Schreiber ☎ Brianne Lindline
Jennafer Chloe Bohne ☎ Dominick Rosania
Steven Mazzucco ☎ Laniesha David
Contributing Photographer
Chigozie Armugo

CAMPUS PRESS ADVISOR

PRODUCTION COORDINATOR
Samuel W. Pressley

SPECIAL THANKS

Jason Love
Business Services
Camden City Campus



The Campus Press

Editorial Office

We welcome articles, graphics and photography (.jpeg or PDF); letters, comments and ideas (and preferably in Word 97-2003 format or as e-mail inserts).

Blackwood Campus, Community Center, Room 106, (856) 227-7200, ext. 4202
campuspress@camdencc.edu
Editorial Office hours: Monday, Wednesday, 11 a.m.—1 p.m.

P.O. Box 200
College Drive
Blackwood, NJ 08012

Published by the Office of Student Life & Activities

The Campus Press is seeking students to join the newspaper's reporting, writing, editing, graphics, photography, advertising, marketing and administrative staff. E-mail the Campus Press Advisor at campuspress@camdencc.edu.

The opinions expressed in The Campus Press are not necessarily those of the College, the student body, or the entire newspaper staff.

Publication	Ad Deadline*	Copy Deadline*	Publish Date*
March	February 11	February 13	Week of March 2
April/May	March 11	March 13	Week of April 6

*Subject to change.

RADIO STATION REVIEW: WDBK 91.5 FM

By JENNAFER CHLOE BOHNE
Campus Press Writer and Columnist

Welcome back CCC! We hope you've had a restful holiday break and a happy New Year! Now it's time to gear up and get back into the swing of things, and the crew at WDBK couldn't be more excited for what's in store! They've got hot new music, spun by their sensational DJ's, and amazing interviews hosted by none other than our Captain Chris (Shinn).

Dozens of DJs, Hours of Music
WDBK offers a large variety of genres for every taste in music! Do you like Alternative Rock? Listen to DJ Kyle from 10 a.m. - 11 am, Mondays and Tuesdays. How about Indie? Try DJ Kickstand from 11:30 a.m.-12 noon, and DJ Red Velvet 12:30 p.m.-1 p.m. on Thursdays; check in with DJ Taylor on Mondays and Wednesdays from 12 noon-1 p.m. for a splash of punk, too. On Fridays, 10 a.m.-11 a.m., hear DJ Boss with play Rock and go over sports. Also on Fridays, count on DJ Hippie for classic rock and comedy from 11 a.m.-12 noon.

Are you in it for the plain, old classic rock and roll? DJ Karen can hook you up on Tuesdays, 2 p.m.-3 p.m. With all this said, you might be thinking there can't possibly be more; but wait, there is! Not only are there DJ's spinning more genres, but they've

also got room for interviews!

Creating a Bridge Between Students and Administration

The Captain Chris Show airs live Monday-Wednesday, 1 p.m.-2 p.m., and every night at 5 p.m. (Don't live in the vicinity to catch the show via radio? You can stream the show live by Google searching 'WDBK listen live', or by downloading the TuneIn mobile app.)

The Captain Chris show is currently hosting an 'Ask the President' segment with CCC's President Raymond Yannuzzi, modeled after 101.5's show 'Ask the Governor'. The segment is open to questions from the students, faculty, and community listeners; submissions due monthly.

Here's a word from Christopher Shinn (or "Captain Chris") about his show: "My show promotes success stories and discusses pathways to success through the experiences of my guests. I have interviewed professors, authors, business owners, politicians and veterans, just to name a few. I also feature human interest stories such as the World War II Veteran who fought in the Battle of the Bulge and liberated some of the Nazi death camps, and then stayed in parts of Europe for a full year after the end of the war.

"I recently sat down with the

Continued on Page 6

CAMDEN COUNTY COLLEGE

Be part of the... **Ask the PRESIDENT**
TALK SHOW SERIES

Call or text!
(856) 345-9325

Spring Radio Show Appearance Schedule:
February 5
March 5
April 9
May 8

Submit your question for President Raymond Yannuzzi by email to WDBKlive@gmail.com

Christopher Shinn, on the Capt. Chris Talk Show, will present your question to the President.

Instagram camdencountycollege

915wdbk
1 week ago





91.5 FM WDBK
radio.camdenccc.edu:8009

camdencountycollege

915wdbk A very special interview with the President of #camdencountycollege - Dr. Raymond Yannuzzi. Tune in today at 1pm! Encore at 5pm. 91.5 #wdbk

Write a comment...

Paid Advertisement

CAREER POSSIBILITIES POWERED BY PEIRCE

Peirce Bachelor's Degree Programs:

- Accounting
- Business Administration
- Criminal Justice
- Healthcare Administration
- Health Information Administration
- Human Resource Management
- Information Technology
- Integrated Leadership
- Paralegal Studies
- Technology Management

If you are a community college associate graduate transferring to Peirce College, you could receive up to \$3,000 in renewable scholarships toward tuition.

**GET THE BACHELOR'S DEGREE YOU NEED.
AND THE CAREER YOU DESERVE.**



PEIRCE.EDU/MYCAREER

1420 PINE STREET, PHILADELPHIA, PA 19102 | 888.467.3472, EXT. 9000

FOOD FOR THOUGHT: Reading Food Labels

By **STEVEN MAZZUCCO**
Campus Press Food Writer

Food Column provided by the CCC Dietetic Club

The following is a quick guide to reading the Nutrition Facts Panel.

Start with the Serving Size

Look here for both the serving size (the amount for one serving) and the number of servings in the package. Compare your *portion* size (the amount you actually eat) to the *serving* size listed on the panel. If the serving size is one cup and you eat two cups, you are getting twice the calories, fat and other nutrients listed on the label.

Check Out Total Calories and Fat

Find out how many calories are in a single serving and the number of calories from fat. It's smart to cut back on calories and fat if you are watching your weight.

Let Pct. Daily Values Be Guide

Use percent Daily Values (DV) to help evaluate how a particular food fits into your daily meal plan: Daily Values are average levels of nutrients for a person eating 2,000 calories a day. A food item with a 5 percent DV

of fat provides 5 percent of the total fat that a person consuming 2,000 calories a day should eat.

Percent DV are for the entire day, not just one meal or snack. You may need more or less than 2,000 calories per day. For some nutrients you may need more or less than 100 % DV.

High and Low of Daily Values

Five percent or less is low. Aim low in total fat, saturated fat, trans fat, cholesterol and sodium. Also, 20 percent or more is high. Aim high in vitamins, minerals and fiber.

Limit Fat, Cholesterol, Sodium

Eating less fat, cholesterol and sodium may help reduce your risk for heart disease, high blood pressure and cancer. Total fat includes saturated, polyunsaturated, monounsaturated and trans fat. Limit to 100 % DV or less per day.

Saturated fat and trans fat are linked to an increased risk of heart disease. High levels of sodium can add up to high blood pressure.

Remember to aim for low percentage DV of these nutrients.

Continued on Page 6

Paid Advertisement

JMJ Photography

Camden County College Graduation Portraits






Special Packages
Start at only \$39

Package (1) \$39.00
2--5x7's & 8 Wallets
(one pose)

Package (2) \$59.00
1-8x10 2--5x7's
8-Wallets--(2 poses)

Package (3) \$79.00
2--8x10's 3-5x7's
12-Wallets (3 poses)

A La Cart
1-5x7 --\$10.00
1-8x10--\$18.00
8--Wallets--\$10.00

You can pick out your Photos the same day they are taken. You can choose from 5 poses

I do provide minor touch ups at no charge

Please Call for Appointment
856-845-8066

2015 Schedule for the Camden and Blackwood Campuses

<p>Camden Campus Wed--April- 22nd-10am-8pm Thur--April-23rd-10am-3pm</p>	<p>Blackwood Campus Frid-May 1st-10am-5pm Mon-May 4th-10am-8pm</p>
<p>Blackwood Campus Wed--May 6th--10am-3pm Frid-May 8th--10am-5pm</p>	<p>Blackwood Campus Mon-May 11th 10am-8pm Wed- May 13th 11am-4pm</p>

Make up day--Thur-May 14th 11am-3pm

Philadelphia University

Accelerated B.S. Degree Completion Program for Adult Learners

- Accelerated Format - 8 week courses
- Five terms per year
- Availability of Online Courses
- Transfer up to 72 credits from previously attended colleges and universities
- Opportunity to earn credits for lifelong learning, professional development or training
- Ongoing academic advising and personal attention from program application to graduation

Two Convenient Campuses:

- **Philadelphia Campus:** 4201 Henry Avenue in East Falls
- **Bucks County Campus:** Bucks County Technology Park
4800 Street Road in Trevoise



Earn a B.S. Degree with a major in one of the following:

- Accounting
- Behavioral and Health Services
- Health Sciences
- Health Services Management
- Human Resource Management
- Information Technology
- Law Enforcement Leadership
- Leadership in Emergency Services
- Leadership in Homeland Security
- Organizational Leadership
- Pre-MBA

Guy Ali '11, Human Resource Management

After serving four years in the U.S. Navy, I enrolled at Philadelphia University in the Accelerated B.S. in Human Resource Management Program. I chose Philadelphia University because it offered what I needed as a working adult - flexible schedules and online courses. I took many of my courses at the Bucks County campus. Everyone was supportive and helped me to take advantage of all of the available programs for veterans. The University goes above and beyond to create a military-friendly environment for active-duty members and veterans.



PHILADELPHIA
UNIVERSITY

"Ask Me If I Care"

Need Advice, but don't know which is a reliable source? The internet is handy, but flaky. Books are certifiably questionable.

You want advice from a friend, someone you trust; a real person. Well, simply ask me if I care; because I do! Whether on stress and school, relationships and love, breakups, astrology etc! I specialize in the previously said, but I am more than willing and open to whatever you need. Just e-mail "Campus Press Advice" to campuspress@camdencc.edu.

Please keep in mind that this is a monthly issue, and because of this some topics may become irrelevant to either yourself and/or the general readers.

— Jennafer Chloe Bohne

PUBLIC SERVICE ANNOUNCEMENT

Lourdes Institute of Wholistic Studies in partnership with Camden County College

You can earn an Associate's Degree in Massage Therapy that offers new career pathway.

A degree from LIWS also offers the following additional advantages:

- Continually ranked among the top schools in the nation
- The pass rate for students taking the National Certification Exams is 100 %
- Only school in the Delaware Valley region to offer an Associate's Degree in Applied Science/Massage Therapy
- Offering a flexible class schedule to meet your needs

APPLY NOW AT CAMDEN COUNTY COLLEGE REGISTRATION OFFICE

Paid Advertisement

FASHION NEWS: *Cri in Haute Couture*

Continued from Page 1

and bold patterns, making way for a hot summer's eve. While the men's line is seductive and charming, the women's line is lascivious with a flare of romance; enticing and unforgiving to the most robust of Spaniards. Dolce and Gabbana's designs are vivacious and seductive, enchanting to the eyes of the truest of romantics.

From Canvas to the Streets

And what about Prada? Such a distinct use of color, and bold texture, she takes a subjective look at fashion and turns it into a masterpiece. Her 2014 spring fashion show brought a sense of astonishment, with its audacious take on art and fashion as she introduced murals to fabric.



Prada art work: art.browzen.com

What would it be like to wear her work? To feel as if you were color itself? To be bold, daring, and adventurous outside as much as you are inside? You'd positively flourish! Presenting to the world who you are, how you feel, what you want to make out of life and all it gives. You're vibrant, new, innovative; you're Prada!

Business Chic and Red Carpet Ready

Now, what to say for the dashing Ralph Lauren, who creates styles of flirtatious sophistication? If you're a woman who likes clean cut lines and sharp colors, his 2014 spring collection provides you with a magnificent array of choices.

From the business world to the red carpet, you'll be ready to stun everyone with your radiance. What if you're a man for the suit and tie? You have charm? charisma? A great sense for style; you're handsome and confident, with just a touch of pride. Ralph Lauren's designs are sure to cater all these characteristics, and more! If you lean less towards the suave, debonair type, and prefer a more rugged style, Ralph Lauren's 2014 Autumn line carries the perfect

combination of sophistication with a wilderness appeal. Whether you're suiting up for the big presentation, or traveling in style to your favorite vacation destination, Ralph Lauren has got your back.

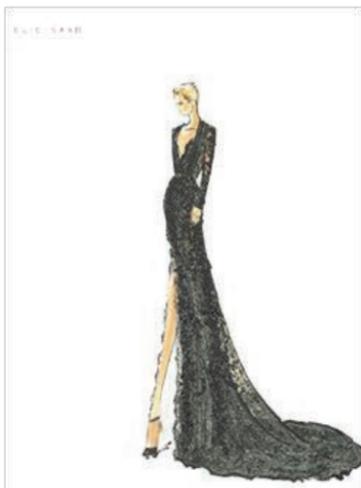
Elegance and Precision

And last, but absolutely not least, we have the precocious and illustrious, Elie Saab. His styles are glamorous, alluring, and intriguing in many ways. He paints a picture of elegance and grace, yet still delivers a seductive appeal, tending to each creation with precision, as if he were creating the woman inside the dress as well.

Saab's up and coming 2015 spring line produces designs with skill and a striking flair to romanticize. With his 2014 spring/summer fashion show, he provided us with a vision of innocence and pure beauty, ending on a slightly promiscuous note with design #37.

Value of Fashion

Fashion comes in a multitude of styles, driven by the desire to create a new vision. It breathes through the seams, and speaks out of every pleat and fold that is crafted. Fashion is more than just design: It is movement, love, and architecture, all in one. Every article of clothing that hangs within your closet is a labor of art, intended for nothing less than to be worn with pride. How you present yourself is a reflection of the artists behind the drapes.



Elie Saab art work: pinterest.com

Try Giorgio Armani for a mixture between Elie Saab and Ralph Lauren. Manolo Blahnik and Christian Louboutin create glamorous, archetypical shoes. Chloe, will provide you with something flirtatious, as will Donatella Versace if you're bold and daring. Calvin Klein, Stefano Gabbana, Paloma Picasso, Kate Spad--the list goes on and on! The only thing left for me to say is look into some designers yourself, and keep up with the *dernier cri* in haute couture. *Merci beaucoup, et au revoir!*

ENGINEERING MANAGEMENT HONORS ARCHITECTURE
TECHNOLOGY STEM DESIGN
MATHEMATICS COMPUTING

Ready To Transfer? Think NJIT

- Offers Degrees in the Hottest Fields
- Transferring is Easy - seamless credit transfer, junior standing with an Associate's Degree, advising support
- Access to high paying internship and co-op programs
- Connect to over 22,800 job postings through Career Development Services

Take the Next Step

JOIN US FOR
Instant Decision Day - njit.edu/transfer OR
Apply Now - njit.edu/apply

Questions? Call 800-925-NJIT

New Jersey Institute of Technology

Office of University Admissions, University Heights, Newark, New Jersey 07102-1982

ALWAYS ON

NEW Resources at CCC Library

101 EASY TIPS & TRICKS TO MAKE YOUR WORK STAND OUT

Chad O'Lynn

SOCIAL MEDIA
THE FIRST 2,000 YEARS

4th edition

20 Philosophies To Help You Understand and Control The Different Ways Stress Attacks Your Life

Richard Flint, CSP

A TRUE STORY OF POWER, FRIENDSHIP, AND BETRAYAL

NICK BILTON
JOURNALIST AND REPORTER FOR THE NEW YORK TIMES

Find these resources and more at the Library website:
<http://library.camdencc.edu>

Join The Campus Press.

The Campus Press is seeking students from all three campuses — Blackwood, Camden City, and Cherry Hill — to join the newspaper's reporting, writing, editing, graphics, photography, advertising, marketing, circulation and administrative staff. E-mail: campuspress@camdencc.edu.



Tune into WDBK 91.5 FM

WDBK RADIO STATION at 91.5 FM is a non-commercial, non-profit radio station. Contact: Chris Passanante, Station Manager, WDBK 91.5 FM Radio (856)374-4881 cpassanante@camdencc.edu

RADIO STATION REVIEW: WDBK 91.5 FM



On The Radio

WDBK Station Manager Chris Passanante (far right) discusses programming with talk-show host Captain Chris Shinn.

Photo: Chigozie Armugo

Continued from Page 3

president of Camden County College, Dr. Raymond Yannuzzi, for a casual yet intimate interview where we discussed his life, experience, career and his accomplishments and visions for the future of this great institution.

“Dr. Yannuzzi was delighted when I asked him to be involved in a monthly radio program called ‘Ask the President’ here at the College. This show is the forum in which students can propose questions to Dr. Yannuzzi and/or the staff of the school, and get answers and results in a timely fashion. Student participation is a *must!* This is your school, and this is a great forum to be heard by leaders that want to hear you. Our first show with the president will be on February 5, 2015.

“Please email your questions to WDBKlive@gmail.com or call or text (856)-345-9325. Don’t wait until the last minute! Get your questions in as soon as possible. Also, I am working on organizing a comedy show here at the college and will be announcing the date and acts on my radio program and in the next issue of this paper! Please listen to my show and all the great DJs here at WDBK, 91.5, CCC radio.”

Beyond the Music

The people of WDBK aspire to move forward, achieving tremendous goals, for the better of radio stations everywhere. Here is a statement by their station manager, Chris Passanante: “WDBK should not be underestimated; the station can be much more than college students playing college music. We are now conducting interviews with local and college officials. The interviews are geared towards college students, informing them about civics, academics, career paths, life challenges, financing, and more. WDBK is also now actively engaged in local event promotions, including the schools upcoming spring fling concert.”

After my time with the station, it’s clear that WDBK is filled with devoted DJs and management, who are determined to take this radio station to the next level and beyond!

To contact WDBK radio station (91.5 fm radio) call/text (856)-345-9325, or e-mail WDBKlive@gmail.com. Also, you can follow them on Twitter @915WDBK, or on Facebook at 91.5 -WDBK.

Poetic Idol Contest Features Literary Performers

Continued from Page 1

place winner of Poetic Idol was Anthony Diaz (who recited his poem by memory!).

Congratulations to the winners and a thank you to everyone who participated! Events like these are a reinforcer of the importance of community and celebration of the arts.

POETIC IDOL WINNERS

Second Place: Lauren Munera

Here is an excerpt from her short story “Home Sweet Home” that was written for a creative writing class with the purpose of being “experimental.”

Home Sweet Home By Lauren Munera

“There’s a woman in the mirror. She has beautiful green eyes, but the rest of her face is gone. She has emerald eyes, that kings would fight for. I fancy myself a king, and decide to wander about my castle.

“The servants have forgotten to water the plants. Sitting along either side of the hallway, they droop low, bowing to their king. They are brown and black and dying. I think the woman in the mirror stole the green and dropped the color into her eyes.

“I walk down the stairs, and run my hand along the black banister. It is made of the night stuff, sucking all light into its metal. It is cold and I cannot avoid looking at it. It is beautiful, in the same way that the winter is beautiful: because nothing moves. In that way, dead people can be considered beautiful.”

Third Place: Julia Hand

What I Never Learned By Julia Hand

How to:

focus on letters falling
out of your mouth like
a leaky spigot when
you have orchard eyes &
honeysuckle lashes that I
am positive would feel
like the down of the most
expensive pillow if
brushed against my
fingertips, & lilac breath
that dances around your
dripping syllables so gracefully
& dissipates like the sweetest
fog around me so that
I cannot see past you;
but why, why
on Earth would I
ever look away?

FOOD FOR THOUGHT: Reading Food Labels for Nutrition Facts

Continued from Page 4 Source: eatright.org

Get Enough Vitamins, Minerals, Fiber

Eat more fiber, vitamins A and C, calcium and iron to maintain good health and help reduce your risk of certain health problems such as osteoporosis and anemia. Choose more fruits and vegetables to get more of these nutrients. Remember to aim high for percentage DV of these nutrients.

Additional Nutrients

You know about fat and calories, but it is important to also know the additional nutrients on the Nutrition Facts Panel.

Protein: Most Americans eat more protein than they need, so a percentage Daily Value is not required on the label. Eat moderate portions of lean meat, poultry, fish, eggs, low-fat milk, yogurt and cheese, plus beans, peanut butter and nuts.

Carbohydrates: There are three types of carbohydrates: sugars, starches and fiber. Eat whole-grain breads, cereals, rice and pasta plus fruits and vegetables.

Sugars: Simple carbohydrates or sugars occur naturally in foods such as fruit juice (fructose) or come from refined sources such as table sugar (sucrose) or corn syrup.

Check the Ingredient List

Foods with more than one ingredient must have an ingredient list on the label. Ingredients are listed in descending order by weight. Those in the largest amounts are listed first. This information is particularly helpful to individuals with food sensitivities, those who wish to avoid pork or shellfish or limit added sugars or people who prefer vegetarian eating. to the pasta station for lean protein.

Nutrition Facts	
Serving Size 1 cup (228g)	
Servings Per Container 2	
Amount Per Serving	
Calories 250	Calories from Fat 110
% Daily Value*	
Total Fat 12g	18%
Saturated Fat 3g	15%
Trans Fat 1.5g	
Cholesterol 30mg	10%
Sodium 470mg	20%
Total Carbohydrate 31g	10%
Dietary Fiber 0g	0%
Sugars 5g	
Protein 5g	
Vitamin A	4%
Vitamin C	2%
Calcium	20%
Iron	4%
*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Sat Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g

SAVE THE DATE

COMMENCEMENT DAY MAY 15, 2015 | 10 A.M.

BLACKWOOD CAMPUS – TRUMAN COURTYARD

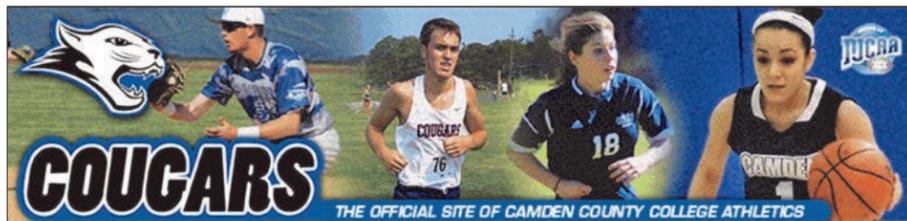
Congratulations to the candidates of the Class of 2015 on your graduation from Camden County College. The information provided on our website will assist candidates, their family and guests in preparation for Commencement on May 15, 2015. Visit www.camdencc.edu/academics/graduation-information.cfm for important information.

- Commencement News
- Commencement Rehearsal Schedule
- Commencement Day Schedule

- Graduation Photos
- Graduation Dinner
- Special Needs Seating
- Alumni Information

Any Questions?
Contact the Office of Student Life & Activities at (856) 374-5088.

SPORTING NEWS & SCHEDULES



Source: www.camdencc.athletics.com — Athletic Director William Banks

Men's Remaining Basketball 2015 Schedule Head Coach: Lou Abbattista

Date	Day	Time	College	Place
January 20	Tuesday	7:00 PM	Cumberland CC	H
January 22	Thursday	7:00 PM	Atlantic Cape CC	A
January 24	Saturday	2:00 PM	Sussex CC	H
January 27	Tuesday	7:00 PM	Middlesex CC	A
January 29	Thursday	7:00 PM	Rowan College	H
January 31	Saturday	2:00 PM	Passaic CC	A
February 3	Tuesday	7:00 PM	Brookdale CC	A
February 5	Thursday	TBD	Union CC	H
February 7	Saturday	2:00 PM	Bergen CC	A
February 10	Tuesday	7:00 PM	Ocean CC	H
February 12	Thursday	8:00 PM	Montgomery CCC	A

Women's Remaining Basketball 2015 Schedule Head Coach: Chip Reitano

Date	Day	Time	College	Place
January 20	Tuesday	5:00 PM	Cumberland CC	H
January 22	Thursday	5:00 PM	Atlantic-Cape CC	A
January 24	Saturday	12 noon	Sussex CC	H
January 27	Tuesday	5:00 PM	Middlesex	A
January 29	Thursday	5:00 PM	Rowan College	H
January 31	Saturday	12 noon	Passaic CC	A
February 3	Tuesday	5:00 PM	Brookdale CC	A
February 7	Saturday	12 noon	Bergen CC	A
February 10	Tuesday	5:00 PM	Ocean CC	H
February 12	Thursday	6:00 PM	Montgomery CCC	A

SPORTS NEWS

Fly, Eagles, Fly Away

By LANIESHA DAVID
Campus Press Sports Columnist

The Elimination

Unfortunately, the Philadelphia Eagles' hopes of making it to the playoffs came to an early end after a breathtaking loss against the Washington Redskins.

Our Eagles still had a fighting chance to win the NFC East and make it to the playoffs--but only if the Dallas Cowboys lost their next two games. The Cowboys went head-to-head first with the Indianapolis Colts on Sunday, December 21. Eagles fans watched eagerly, hoping and praying for Dallas' downfall. But unfortunately, Dallas beat the Colts, eliminating the Birds from the playoffs.

The Season

With playoffs out of sight, Philadelphia can reflect. The Philadelphia Eagles had a revealing season. Releasing one of their greatest weapons during the offseason, wide receiver DeSean Jackson, was an apparent mistake. We lost our prized starting quarterback Nick Foles due to a collarbone injury early on, crushing his chance to lead us to the playoffs. He was replaced by Mark Sanchez, but he just didn't cut it.

In addition, the rushing attack this year seemed to have been stalled. In 2013, the Eagles had the first ranked rushing attack, that had a total of 2,566 running yards. However in 2014 that total dropped to 1,992 yards. This drop may have been due to the health of the offensive line that was plagued by injury this season.

These were the main issues that contributed to the team's offensive struggles, yet nothing was more hurtful than the many difficulties in the team's secondary for the second year in a row. The Eagles' pass defense was ranked 31st in passing yards per game, allowing 264.9 yards per game.

Next Year!

Despite the circumstances, the Eagles never gave up. Philadelphia endured a record-breaking season by surpassing last season's point total by 132 points, ending the season with ten wins and six losses. Our Birds definitely have strengths, but we hope next season they are allowed to shine even more by eliminating the weaknesses.

Better luck next season, Birds!



WE'RE LOOKING FOR . . .

QUALIFIED STUDENT TUTORS!



Would you like to know the feeling of helping someone be successful?

If you answered "yes!" to either of these questions, consider applying to be a tutor for the Spring Semester!

Use your academic success to help other students succeed. Tutoring is an excellent experience that you can add to your future resume; it shows your determination to help others as you continue forward with your own education and career.

Work at the Blackwood or Camden Campus and earn \$8.38/hr. If you are interested in this opportunity, please contact either of us to learn more about tutoring services and the qualifications needed to be a student tutor. *We thank you!*

Patricia Engel
Director of Tutoring
(856) 227-7200, ext. 4411
pengel@camdencc.edu

CCC Library Website Helps You Find Answers Throughout the Semester!

- I need to go to the Library. When is it open?
Look for the Hours link on the bright red toolbar.
- How do I start looking for a peer-reviewed article?
Try EasySEARCH and select the limiter in the left-hand column.
- I need a library card! I'm working from home! How do I get one?
Open the Library Card menu on the red toolbar.
- Where can I find information about citing sources in MLA style?
Look for the NoodleTools link on the left side of the page.
- Who can help me with my research question?
Use "Connect To a Librarian" to connect in 1 of 7 different ways!



Visit <http://library.camdencc.edu> to find out more!



3 Ways to Transfer

1. Transfer as a full-time undergraduate student

Saint Joseph's University welcomes full-time transfer students. We encourage you to schedule a visit and tour of campus. While you are here you will meet with a transfer admission counselor to review your transfer credits and learn more about a life lived greater on Hawk Hill.

2. Complete your degree through the College of Arts and Sciences Professional and Liberal Studies Program.

SJU's adult learner program is one of the oldest in the region with a rich tradition of providing flexible scheduling for full- or part-time students and affordable tuition rates. Courses are offered on-campus, on-line, and accelerated, and students can choose from a variety of majors or complete a liberal studies degree.

3. Earn your bachelor's in business with the Haub Degree Completion Program.

The Haub Degree Completion Program offers a convenient, affordable and flexible education for adult students. With day, evening and online courses, the Haub School of Business makes it possible to earn your bachelor's in business from experienced faculty members at an AACSB international accredited institution in 15 business majors on a part or full time basis.

Visit sju.edu/transferring to get more information or register.