

## BULLETIN...BULLETIN

### • Hear ye, hear ye!

The Madison Literary MAD LIT Society of Camden County College will be hosting the club's semesterly recitation contest "Poetic Idol" on Thursday, December 7th in the CIM Auditorium. Signups for contestants are at 6:30 p.m. Showtime is at 7 p.m. Refreshments will be served. For further information, contact the club's faculty advisor Keith O'Shaughnessy at [koshaughnessy@camdencc.edu](mailto:koshaughnessy@camdencc.edu).



**Reminder:** Camden County College is committed to promoting the good health of our students, employees and the entire college community by providing a healthy environment in which to learn and work while furthering the mission of the college. According to Camden County College's Board of Trustee Policy #221, smoking is prohibited on all college properties.

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## MUSIC COLUMN: MY PICK OF 5 NOMINEES FOR THE 2018 ROCK & ROLL HALL OF FAME

BY CHRISTIAN A. BROWNE  
Campus Press Music Columnist

As I wrote in a previous column, getting into the Rock and Roll Hall of Fame is very hard. This year's nominees are maybe biting their nails until the final selections revealed. This year there are a number of surprised nominees and a number of others who should already be in the hall. The voters are going to have a hard time picking from worthy artists this year. But here are the 2018 nominee artists who I believe should get into the Rock and Roll Hall of Fame.



2018 Rock and Roll Hall of Fame Nominee Kate Bush.  
Photo: Rateyourmusic.com

**Depeche Mode:** If you read my column on Four Artists Deserving to be in The Rock and Roll Hall of Fame in the October 2017 edition of *The Campus Press*, then you already know why I believe they should get in the Hall of Fame this year. This electric band from Essex, England has influenced countless artists like Lady Gaga and Linkin Park and many more.

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## A CHRISTMAS MEMORY: Big Holiday in the Big Apple

By SEAN MCGINNIS  
Campus Press Writer and Columnist

Christmas: by far one of the most anticipated days of the year; when families and friends get together, either for religious celebration or just to show their appreciation and love for each other. Such a holiday can create the most cherished and wonderful of memories, and I'm pretty sure that anyone can tell at least one Christmas story that means a lot to them.

Myself, on the other hand... I tend to be quite forgetful. But I do have a story to tell.

My favorite Christmas memory is the one time my family and I went to New York with our friends. Sounds superficial at first; I mean, New York is basically the land of commercialism and business, hidden in flashing neon lights. Yet a little charm, fun memories and friendship cleaned out the cynicism in me.

### Small Accommodations

Throughout our holiday vacation, we stayed at a small apartment, owned by our friend's mother's friend. And when I say small, I do mean small; there was only one bed, so we had our mothers sleep on that, while the rest of us slept in our sleeping bags. It was kind of cramped, I think I was crunched between the walls some nights. But we got used to it, because a cramped up apartment isn't enough to bring down our vacation. That, and everything else

about it was serviceable.

Christmas Day was typical, but charming. We got our presents, took pictures, and smiles were shared. The night before, our friends, brother and I spent the night watching Christmas specials. Keep in mind, we're *Sonic the Hedgehog* fans, so we made the YouTube animatic series *Christmas with Sonic* our yearly tradition; catching



Photo: Rockefeller Center Christmas Tree: [media.timeout.com](http://media.timeout.com)

up with the older ones and watching the latest one. It's a bit goofy, but we still loved it. And I have no shame in acknowledging it.

### Night on the Town

The next few days could be summed up as a series of misadventures. One night, we went to an Alvin Ailey dance show at the theatre named after him; kind of reluctantly since I didn't know about it until the night of. At this point, I wasn't that interested in theater, so I didn't get that much out of it initially. But when I reflect on it now, it's the kind of situation when I appreciate the show overtime. Dance is an art form, like many others I admire, and I would be more open to seeing such a show again.

Another night, we planned on going to a popular restaurant to eat, but our reservations were all disorganized and carried a long wait time. We eventually got tired of waiting and decided to go somewhere else to eat. Several hours of driving and walking led us to a little

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## COLUMN: Coping with Cumulative Stressors Triggering Meltdowns

BY GINA ANDREWS  
Campus Press Columnist

Meltdowns are not usually triggered by one thing, though. It may seem to the layman that what triggered the meltdown was something mild, like a single bright light or forgetting medication, but they're actually the cumulative effects of stressors that attack the mind of the person throughout the day. That's why you often see more meltdowns in the late afternoon and evening.

### Meltdowns in Persons with Autism Have a Physical Component

What you don't see is what's happening inside of an autistic person. The fight-or-flight system is prepared to run from or fight a "predator." The lungs work overtime to bring extra oxygen into the body (hence, you get the hyperventilation.) The muscles tense, ready for action that isn't needed. Blood is directed away from the digestive system and toward the muscles, leading to the feeling of nausea that often accompanies extreme stress. The heart pounds harder and faster in

order to redirect all of that blood. All of this and more happens inside of an autistic person in a meltdown, showing that meltdowns have a

### Part 2 of 2



physical component and are not just psychological or, as some people would see it, naughty behavior.

### Punishment is Not the Answer

The fact of the matter is that a meltdown should not be punished or treated like a simple case of acting out. No amount of yelling, time-outs, naughty steps, groundings, or smackings and

spankings will stop the meltdown, and, if anything, they will stress the child out further, thus making things worse. Instead, figure out

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## A Christmas Memory

*Continued from Page 1*

shack where we got a Mexican restaurant's attempt at burgers. We did go back to our intended choice for their desserts, at least that was worth the wait.

### The Main Event

And I can't mention New York without bringing up Times Square. Sure, there are other places in the city, but the residing businesses and entertainment vendors don't want you to know that. The first one was just us walking around at night, catching a view of the *Rockefeller Center Christmas Tree*. A great place to shoot festive pictures, the tree's lights were bright and the structure was as large as expected. It was nice to end the day there, after a period of walking around the city and looking around.

### Last Day in the Big Apple

The last day of our Christmas vacation gave us a trip to Time Square's rendition of *Toys R' Us*. You'd think it wouldn't be a big deal, it's one toy store among many in a (now crumbling) franchise. But this store was HUGE: multiple floors with toys and games galore. There's even a Ferris wheel, that's how large this store was. My younger self would've called it Heaven if he had gone as an 8-year-old or so. I didn't do a whole lot there, but I did look around quite a bit and got *Donkey Kong Country Returns* for my 3DS. I still have it because I got it in New York, on top of the game being fun.

### To "Wrap" Things Up

My Christmas trip to New York may not be the most casual approach, and for all I know, I could be missing specific details; as I said before, my memory isn't great. But it's still one of my favorite Christmas tales, especially since I spent Christmas with both my friends and my family. I'll still cherish what I can remember, especially memories like these.

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Not sure what to donate?

Here are the most needed non-perishable items.



### High Protein

peanut butter  
canned tuna or salmon  
canned chicken or ham  
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peanuts, sunflower seeds, almonds



### Fruits & Vegetables

vegetables (canned)  
fruit (canned)  
fruit cups  
applesauce  
dried fruit (raisins, cranberries, prunes)



### Breads & Cereals

breakfast cereals (whole grain)  
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pancake mix



### Holiday

stuffing mix  
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### Mixed

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November 1-  
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Sponsored by the Office of Student Life & Activities, Otto R. Mauke Community Center, room 200 (856) 227-7200, ext. 4282



### For The Record

In a column on professional wrestling by writer Christian A. Browne in the November 2017 Edition of *The Campus Press*, a former champion wrestler was listed as *Bubby Rogers*. His correct name was *Buddy Rogers* who also went by the nickname of *Nature Boy*. Rogers, born in Camden, N.J., died in 1992. He was a huge influence on the career of professional wrestler Ric Flair. During his lifetime, Rogers won both the National Wrestling Alliance and World Wide Wrestling Federation world championships. In addition, *Rogers was one of the former owners of the Monster Factory, a training facility and public site for professional wrestlers, in Paulsboro.*

### 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).

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Published by the Office  
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Publication	Ad Deadline*	Copy Deadline*	Publish Date*
Jan./Feb.	Dec. 14	Dec. 15	Week of Jan. 15
March	Feb. 12	Feb. 14	Week of Mar. 5
April/May	March 12	March 14	Week of Apr. 9



\*Subject to change and without notice.

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**Remembering 9/11/01**

In remembrance of the events that took place on September 11, 2001, the Criminal Justice Society at Camden Campus took a trip up to the 911 Memorial Plaza and Museum, according to faculty club advisor Richard Mason of the Criminal Justice Department.

The bus of 50 students traveled up to New York on Tuesday, November 14<sup>th</sup> with Prof. Mason and spent a couple of hours walking through the space of the former World Trade Center in New York City, and certainly got a deeper understanding of the events that took place on that day.

“It was a beautiful yet emotionally moving experience,” reported one of the participants. “After the museum experience we were able to have lunch and do some sightseeing in the Lower Manhattan area. It was a great trip.”

Next semester the Society plans to travel to the Delaware State Police training facility in Dover to observe firsthand how the troopers are trained and what their daily routine entails.

**Join The Campus Press.**

The Campus Press is seeking students from all three campuses — Blackwood, Camden City, and Cherry Hill.  
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College Service Announcements



**Tutoring Center**

[camdencc.edu/tutoring](http://camdencc.edu/tutoring)



**The Camden County College Tutoring Center is located on the lower level of the Taft Building and offers the following services:**

- Preparing for Tests
- Homework
- Study Tools
- Study Groups
- Peer Tutoring

The Tutoring Center is open to all currently registered students and there is no additional fee for tutoring services. The Tutoring Center is not just for students who are falling behind we are here as a service to all students.

Please feel free to contact me with any questions and please stop by the Tutoring Center anytime for help.

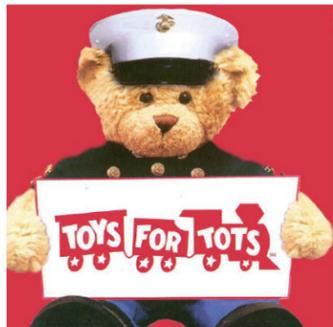
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Public Service Announcement

**CAMDEN COUNTY MARINE TOYS FOR TOTS FOUNDATION**



**FAMILY REGISTRATIONS  
1 DAY ONLY  
NOVEMBER 18, 2017**

Registering Families Who Are In Need of Assistance for This Upcoming Holiday Season!

**The Registration Sites Are The Following**

Camden County College-Blackwood Campus  
Community Center - Civic Hall, Atrium D1 Entrance  
Presidential Dr. Blackwood, NJ 08012  
10am-5pm  
\*First 300 families

Roosevelt Manor Community Center  
813 Ferry Ave. Camden, NJ 08104  
10am-3pm  
\*First 150 Families

Hiram Lodge #5 F & AM PHA  
143 N. Warwick Rd. Lawnside, NJ 08045  
10am-2pm  
\*First 150 Families

**MUST HAVE THE FOLLOWING TO REGISTER**

- MUST BE A CAMDEN COUNTY RESIDENT
- MUST HAVE NJ PHOTO ID (Driver's License/DMV Photo ID card)
- Proof of Income (Within the Last 30 days)
- Long Form Birth Certificate For Each Child (With the Parents' Names)
- Court Appointed Custody Papers (for Non-Biological Children)

College Service Announcement



**Get ahead of the transfer application process over winter break**

Camden County College students who are looking to transfer to a four-year college or university for fall 2018 should start thinking about the application process.

Winter break is a great time to start this process since fall course grades will be in and spring registration has started. Some transfer applications are due as early as January 15, 2018. Be sure to check the college or university of choice for application deadlines and requirements.

Let Kaitlynn Shawaryn, CCC's transfer adviser, answer any questions about the transfer application process for fall 2018.

**Appointments recommended; walk-ins welcomed.**

**Office Hours:**  
Monday-Thursday: 9-5pm  
Friday: 8:30-4:30pm  
Contact: [kshawaryn@camdencc.edu](mailto:kshawaryn@camdencc.edu)  
(856) 227-7200, ext. 4503

Visit [www.camdencc/transferservices](http://www.camdencc/transferservices).

## MOVIE REVIEWS: What's Showing in Theatres, Streaming and on Video

By SHANE KELLUM  
Campus Press Staff Senior Editor and Movie Critic

### Suburbicon

It's an entire community, with blocks-on-blocks of neat, middle-class houses, that are homes to neat, middle-class men, that drive their neat, middle-class cars to their neat, middle-class jobs to provide for their neat, middle-class, families.

Welcome to *Suburbicon*: a quiet town that is home to many; but the citizens of this peaceful municipality have sown the seeds for its demise, with their own anger, hate, and prejudice.



### Movie Based on 1950's American Suburbia

Based in 1950's American suburbia, the story revolves around the Lodge family, comprised of the father, Gardner (played by Matt Damon); the mother, Rose (played by Julianne Moore); their son, Nicky; and his Aunt Margaret (also played by Julianne Moore). A black family moves in next-door to the Lodge's, and the entire community is outraged by the presence of a non-white family. Citizens from all over town begin to petition and protest the arrival of their new neighbors, but this is much to the indifference of the Lodge family, who have their own problems to deal with. Two men break into the Lodge residence late one night, tying them up and subduing them with chloroform. Rose, however, is given a lethal dosage, and the family must overcome the loss of Nicky's mother.

The Lodge's attempt to carry-on as usual, with Aunt Margaret filling the role of homemaker in Rose's absence, but the events that follow seem to become stranger-and-stranger: Gardner is interrogated by police at his place of work. Margaret begins to sport her late sister's clothing, jewelry, and even hairstyle, and Nicky is baffled when his father and aunt are unable to identify the assailants that killed his mother from a police lineup. Could their eye-witness memories have failed them, or could Gardner be more to these two criminals than just their victim?

### Story Written By Coens Brothers

Written by the Coens Brothers and directed by George Clooney, *Suburbicon* is thematically darker than trailers have implied. Though bits of humor can be found throughout its duration, the film has a strong focus on the conspiracy of Rose's murder, and continues to become more grim and morbid as the story develops.

In addition, the side plot of the Lodge's new neighbors is actually based on a true story: in 1957, the first black family in the neighborhood moved into Levittown, Pennsylvania, an occurrence that would lead the white residents of the town to not only protest outside this family's residence for months on-end, but would eventually lead to a bona fide riot. Not unlike events that have transpired in the country today, *Suburbicon* offers an interesting juxtaposition between what has happened in the past and what is happening in the present, and for fans of the Coen Brothers, it is a must-see.

### The Foreigner

Misfortunes of the innocent. Crimes of the corrupt. A search for justice. You can expect all this and more from Jackie Chan's new action-drama, *The Foreigner*. Based on Steven Leather's novel, "The Chinaman," the film is centered around Quan Ngoc Minh (played by Jackie Chan), a Chinese native turned British citizen. A modest, small-business owner, Minh is crushed when his daughter,

Fan is killed during a deadly, terrorist bombing,

perpetrated by an IRA affiliate group. Heartbroken, Minh wanders hopelessly in a state of malaise, attempting to track down the individuals responsible for the death of his daughter. He works his way up a ladder of bureaucrats and government officials, searching for answers without any avail. Minh eventually is able to contact an Irish politician, focused on maintaining a peaceful relationship between England and Northern Ireland, named Liam Hennessy (played by Pierce Brosnan).

### Father Transforms into Rogue Agent

After being given the runaround yet again, and with nowhere left to turn, Minh has nothing left to lose, and the once-humble man transforms into a rogue agent, fighting his way to the truth; and as it turns out, Hennessy may have more information about the bombing than he had originally let-on...

### Foreigner is a Movie Gem

Contrary to my expectations, *The Foreigner* is one of the few gems at the box office this year. The performance put-on by Chan in the film's first act will leave you in tears; his inflection, movements, expressions, and overall delivery are those of a man who is truly broken.

This heart-wrenching story turns into a revenge-fueled thriller, filled with gun battles, fast-paced hand-to-hand combat, and a series of booming explosions that will light up the screen. It's a perfect mix of action and drama; violence and sympathy; adrenalin and grief. You will not want to miss *The Foreigner* before this movie leaves theatres.



Graphic: Movieinsider.com

v. Board of Education (1954), a Supreme Court decision that forced public schools in Little Rock, Arkansas to racially integrate for the first time.

### Film Based on Historic Facts from 1940s

This historical film goes back to 1940, in which this groundbreaking attorney is trying to make the nation a better place, one case at a time. Marshall begins with Thurgood traveling the country, taking discriminatory cases that the NAACP

assigns. Struggling to balance a personal life with his professional one,

Thurgood (played by Chadwick Boseman) painstakingly says goodbye to his wife and heads to Greenwich, Connecticut. Here, he is ordered to defend a man named Joseph Spell, a black chauffeur accused of raping a white woman, named Eleanor Strubing, for whom he works.

### Insurance Lawyer Defends Suspect

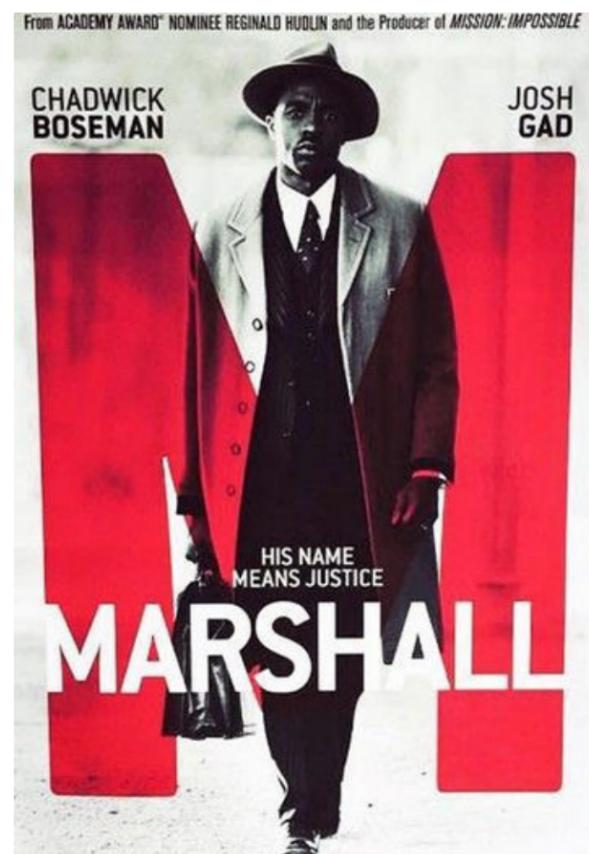
Because he is an out-of-state lawyer, he must be admitted into the case by a local attorney in order to defend Spell. An insurance lawyer named Sam Friedman (played by Josh Gad) is roped into referring Thurgood to the presiding judge, who is less than satisfied with the arrangement.

The judge allows Thurgood to remain as counsel on the case, able to advise Friedman, but he cannot speak or argue in the courtroom. With this unexpected arrangement, Friedman will have to endure his first-ever criminal case, with one of the best lawyers in U.S. history coaching him along every step of the way.

Though it may not be the best film of the year, Marshall holds a certain relevancy to modern America, where race relations seem to be nearing a breaking-point. Boseman puts on a respectable performance, able to convincingly convey the persuasive skills and cunning of the historic litigator, although he uses a voice that sounds more similar to Nas than it does Marshall.

### Viewers Miss Out on Having Thurgood Marshall to Defend Client in Courtroom

It would have been more satisfying to see Thurgood Marshall argue on his own accord, but Marshall does employ an interesting storyline. Strubing (played by Kate Hudson), persists her side of the story, and most of the evidence provided seems to weigh in her favor; Spell, however, insists he is innocent, with unassailable proof of his own. You'll have to give Marshall a chance to see how it all pans out.



Graphic: Fandango.com

### Marshall

In 1967, Thurgood Marshall became the first African-American Justice on the United States Supreme Court. Before this milestone achievement, he practiced law; more specifically, he founded the NAACP Legal Defense and Educational Fund, aimed at defending African-Americans accused of crimes not because of their actions, but because of their race.

During his tenure with the NAACP, he litigated many landmark cases, including *Brown*

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## MOVIE REVIEW:

By SEAN MCGINNIS  
Campus Press Movie Critic

Passion projects; we all have at least one in our minds, especially if you're into filmmaking. For legendary animator Richard Williams, it was *The Thief and the Cobbler*; for cinematic genius Orson Welles, it was *Citizen Kane*. For French filmmaker Luc Besson, it's *Valerian and the City of a Thousand Planets*.

Among the many blockbusters of the season, I had a lot of faith in *Valerian*. Based on the Pierre Christin and Jean-Claude Mézières' long running comic series, *Valerian and Laureline*, this sci-fi opera flick looked different and unique to me. After all, it was coming from the same man that created *The Fifth Element*; a quirky sci-fi cult classic that has too much charm for me and many others to ignore. But audiences didn't share the same sentiments, as when *Valerian* came out in American theaters, it crashed and burned for reasons aplenty.

It didn't help that the \$178 million sci-fi adventure was squashed in-between Christopher Nolan's critically acclaimed war thriller *Dunkirk* and the sleeper hit ensemble comedy *Girls Trip*; but middling reviews, vague trailers, and audiences being unfamiliar of the characters sealed its fate. Opening up at #5 on the box office charts, the movie sank each weekend, closing to a paltry domestic total of \$40 Million. The international rollout fared somewhat better, but not enough to cover its oversized budget.

But to be honest, the reason *Valerian* failed to make a dent in the packed 2017 summer line-up is because it isn't very good; and it pains me to say that.

### What's the Plot?

Based on the comic's sixth volume, *Ambassador of the Shadows*, Valerian and Laureline (two agents of the intergalactic city Alpha) uncover a conspiracy regarding the destruction of Planet Mul, when its inhabitants attack and kidnap Commander Arün Filitt, the Earth's ambassador and the duo's chief in command. Meanwhile, Valerian is persistent in proposing to his partner, but she rejects him feels as if he can't commit to a more serious and stable relationship.

### A Masterpiece for the Eyes and Ears

The first thing you'll notice and probably fawn over when first watching *Valerian* are the visuals. Good visual effects are expected in big-budget blockbusters, but *Valerian* proves just how much eye candy sci-fi can deliver.

The world of Alpha is filled with unique and cool-looking creatures, from the Doghan Daguis' ant eater and duck-like designs, to the Navi-inspired Pearls and menacing K-Tron robots. Unlike the other sci-fi blockbusters this year, *Valerian's* colorful worlds also help define the optimistic tone, as well as the cinematography emulating the comic's look. My only issue with the visuals are the exclusive use of CGI. It certainly looks great, but you can definitely tell that it's not real; I personally think a mixture of practical effects and CGI would be more beneficial, but it's an issue that's minor to many others.

Alexandre Desplat's score is also just as phenomenal as the visual design. Bringing an adventurous flavor, the grand pieces ("Pearl's Power", "Valerian's Armor") make their moments in the film thrilling; while the more subdued pieces ("Pearls on Mul", "Bubble") give a good emotional punch. **Alpha, The City of a Thousand Planets**

Whenever the film explores the world

# VALERIAN

AND THE CITY OF A THOUSAND PLANETS

Graphic: firstflixreviews.com

\* *Valerian* is now available on Digital HD (iTunes, Google Play, VUDU, Amazon Prime) and physical (DVD, Blu-ray, and Ultra HD Blu-ray) formats.

and ecosystem of Alpha, it delivers the film's most memorable scenes. The opening scene alone is worth watching, consisting of humans making peace with multiple ethnic groups of humans and (of course) multiple species of aliens, as the Alpha station grows into the utopian society that the present holds; all playing under David Bowie's *Space Oddity*.

And that's not even including the other set-pieces, such as the mission in Big Market (a multi-dimensional farmer's market), Valerian literally bursting through walls to rescue the commander, and diving into a deep-sea planet in a submarine for a telepathic jellyfish.

### Quirky and Fun Inhabitants

The inhabitants of Alpha also make the journey somewhat enjoyable. The Doghan-Daguis, a trio of information merchants (they're called Shingouz in the comics), have a cool way of exchanging information; with each one saying a little bit, it's like connecting a puzzle piece, and "you would kill the information if you killed one of them", as they put it.

Bubble, a shape-shifting stripper played by singer Rihanna, is another favorite of mine. She's cute, sexy, and provides some of the funnier moments of the film; but she's also quite sympathetic, and her backstory does connect to the film's theme of the corruption of Alpha. It's just a shame that she only shows up in the second act, and is thrown out in the most insulting manner.

### It's Called Respecting Your Audience

In concept, I could get behind the conspiracy story. Like the comic, the plot provides an idea for subtle social commentary on the hidden corruption of society and mankind through an intriguing mystery. It also sets up a conflict between our main leads for an emotional payoff and to get us to understand them better, through Valerian's desire of marriage being tested by his ego and recklessness.

The problem with the execution is the lack of trust the film gives to its audience, and it never feels like either plot goes anywhere. The film is so concerned with the action set-pieces and the world-building that the actual driving force of the story seems strung together like a few *Valerian and Laureline* issues clumsily forced into one. In other words, it's so uncomfortably paced and set up that it makes it hard to be engaged.

Just as a heads up, the conspiracy plot isn't even worth following since the film spells the culprit out for you anytime the destruction of Mul is mentioned! Several times the movie points out that the information of the planet is locked behind the highest authority, and it doesn't take much thought to put two and two together. When the culprit is revealed through a drawn-out *Scooby-Doo* styled confession, it feels unfulfilling and you just don't care in the end.

Besson could learn a few things from *Who Framed Roger Rabbit*, as well as the recently praised *Blade Runner 2049*; two movies with mystery plots that respect their audience by making their hints subtle, while giving logical reasons on the revelations and taking several twists and turns to mislead the audience. Both movies are also semi-political in their messages like *Valerian*, but they also succeed in being more subtle or at least compelling, whereas *Valerian's* attempts come off as preachy.

### Love Is Dead In the Air

*Valerian's* love story falls just as flat as the conspiracy plot; possibly even worse, considering that this is the driving force of engaging the audience into



Graphic: Dehaan and Delevingne (Movie Still): eldiariointegral.cl/

our characters.

Like the conspiracy plot, it's pushed into the sidelines for more action and world-building; and when it's actually in the spotlight, it doesn't give a lot of new information. Valerian asks Laureline to marry him and to give him a chance; Laureline declines since Valerian has a "playlist" of female workers he's slept with and refuses to take his proposal seriously.

Rinse and repeat. There is one scene between Bubble and Valerian that implies Valerian's problem is his insecurities and ego, but it's mentioned way too late and holds too little impact to mean anything. The terrible dialogue during their conversations don't help, either (Valerian calls himself a "bad boy" in the first squabble between him and Laureline; I swear I'm not making this up.)

### Miscast Heroes

Dane Dehaan and Cara Delevingne also fail to sell their characters, even though it's more of the script's wrongdoing. Dehaan isn't a bad actor, but he is completely miscast in this film. Valerian is the classic action hero: cocky and more impulsive than most, but still noble and caring to a degree. Between his baggy eyes and wobbly voice, Dehaan doesn't scream "cocky leading hero" like Chris Pratt (Peter Quill/Star Lord), or even Andrew Garfield (Marc Webb's *Spider-Man*) would. Delevingne, who previously appeared as the villainess in *Suicide Squad*, does a better job as the more focused and competent Laureline, but she doesn't have anything that makes her performance special. They try their best, but even their best isn't enough.

### Cinematic Value

You can tell that Besson was excited to finally adapt his childhood comic into film for the first time, and the excitement shows through the better aspects of the film; the action, side characters, visuals and score. With that, I can admit that I wasn't bored when watching this, and was even entertained at times. But those alone cannot make up for the lackluster narrative and leads.

### Rank: 2.5/5

*Valerian* isn't without its charm, but it lacks the effort and thought placed into many other sci-fi films before it. I recommend watching *The Fifth Element* instead, if you want a great representation of Besson's talent and love for sci-fi.

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## COLUMN: Tips for Effective Stress Management

By NIMIT KAUR  
Campus Press Staff Writer and Columnist

**H**ave you ever found yourself in a situation where you are overloaded with endless to-do lists with deadlines approaching too quickly?

December is a month filled with many events going on in our lives. Holidays are approaching and preparing for the holidays can be quite stressful, especially last-minute shopping and preparation. December also brings about finals for students.

This means, cramming everything we learned and studying and completing end-of-semester assignments, projects and tests at the same time. Sometimes, completing end-of semester obligations can be particularly difficult and stressful for those students with multiple jobs and outside responsibilities. Even though there is so much going on in our lives, it is crucial to use some techniques in order to manage our stress effectively and accomplish more goals in life.

### Stress Defined

First, what is stress? Stress is a physical response or a reaction to a demand. According to American Institute of Stress, Hans Selye coined the term, "stress" as "the non-specific response of the body to any demand for change" in 1936 (what is stress). It is important to note that stress is not always a bad thing. It can often help us to accomplish goals on time. However, it is harmful when we stress more than we need to about a specific event in our lives. Stress can be short-term, such as speaking in front of a large group or long-term or chronic, such as a traumatic event or a death of a loved one.

When stressed, the body thinks that it is under attack and enters into a "fight or flight" mode releasing a mix of complex hormones such as adrenaline, cortisol and norepinephrine in order to prepare the body for physical action (What is stress). Due to the release of hormones, people can experience



Photo: Adobe Stock/Kaspars Grinvalds

a number of physical and psychological reaction. A research study by American Psychological Association and American Institute of Stress from 2014 done in the U.S. found that 77 percent of people regularly experience physical symptoms and 73 percent of people regularly experienced psychological symptoms caused by stress.

### People Experience in a Variety of Ways

According to the research, 51 percent of the people experienced fatigue, 48 percent of the people experienced headache, 34 percent of the people experienced upset stomach, 30 percent of the people experienced muscle tension and 23 percent of the people experienced change in appetite due to stress.

In terms of psychological reactions, 50 percent of the people experienced irritability or anger, 45 percent of the people experienced feeling nervous, and 45 percent of the people experienced lack of energy due to stress (Stress research). These are

just some of the physical and psychological symptoms of stress.

### Managing Stress

Understanding all these factors leads us to recognize that it is crucial to manage our stress. There are several techniques one can use to manage their stress. First, managing and prioritizing tasks can reduce a lot of stress and boost organizational skills. In order to achieve this, it is helpful to create a calendar. Today, people

can either use physical and portable planners easily available at stores or electronic calendars and reminders settings available on their phones. On a calendar of choice, people can write down all the tasks they have to achieve. Students are provided with a syllabus in the beginning of each semester. It is helpful to organize each class on a calendar noting when and what is due after receiving the syllabus. After recording all the tasks, look at each day specifically and note what is the most important task to be done.

Move from a smaller task to a more challenging task. Then, prioritize each task according to its importance. Organizing in this way will help people stay organized and on top of their work. This would eventually lead to reduced stress because the tasks are easily laid out in front of them.

*Continued on Page 8*

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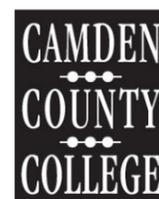
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\* National Public Radio, September 2015

**Column: Coping with Panic Attacks**

*Continued from Page 1*

what will help calm the child down. Hug them if it helps. Count. Let them pet a dog.

As I previously stated, I seldom have meltdowns or panic attacks anymore, and that is a good thing, especially considering my choice of profession. However, in my early teens, I often would have two or three of them a day. This was around the time I suffered from depression and attended a public middle school, before seeing a therapist or going to private school and receiving the rehabilitation that I needed.

My most potent memory of a meltdown is one where I was fourteen years old. It was the end of the day. My mother made fruit salad, and, without realizing it, ate the last of it before my dad could have any. My dad and I had a small spat over it that turned into a meltdown for me. My dad mistook my meltdown for bad behavior, as many do, and yelled at me, then made me sit on the couch. Even after it was over, the guilt stabbed at my heart. I felt like I had been a bad girl. I disappointed my father and let him down. Today, I realize that it wasn't my fault. Thus, I can forgive myself on the premise that I did nothing wrong in the first place.

**“Meditation has proved helpful for me, and I meditate four times a day.”**

**Advice for Coping with a Panic Attack**

My advice for someone in a panic attack or meltdown is to get away from other people, if you can. Conversely, try to find someone you trust. Meditation has proved helpful to me, and I now meditate four times a day. Seek sensory comfort. Many autistics are soothed by deep pressure (think Temple Grandin's famous “squeeze machine.”) If you can, take a break from the situation and breathe deeply. When panic attacks or meltdowns happen to you, don't blame yourself.

**One more thing:** If you see a child who seems to be throwing a tantrum in public, don't stare or offer parental advice. If someone is having a panic attack, please don't tell the person that they're being irrational. Chances are, they already know.



**COLUMN: Nominees Deserving to be in the R&R Hall of Fame**

*Continued from Page 1*



**2018 Rock and Roll Hall of Fame Nominees Depeche Mode.** Photo: Carl Studna

Depeche Mode has sold millions of records and are still touring today. This is only their second time getting nominated in 12 years. Depeche Mode deserves to finally get the honor of being inducted into Hall of Fame.

**Kate Bush:** When I saw that Kate Bush was nominated for the hall of fame, I was both shocked and very happy. This is easily the most surprising nominee this year. Kate bush was the Madonna of the England pop scene in the 80s. She has had numerous hit songs like “Running Up That Hill (A Deal With God)”, “Cloudbusting” and “Babooshka”. She had three albums which were number one in the U.K charts.

She also broke numerous milestones like being the first female artist to achieve a UK number one hit single with a self-written song; she became the first woman artist to ever enter the UK charts at number one and the first British woman to be number one in the UK album charts. She influenced artists like Charli XCX, Tori Amos, Ellie Goulding and many more. This is finally her time to get into the Hall of Fame, a place she should already be in.

**Nina Simone:** Raise your hand if you have ever heard her version of “Feeling Good”. Now everyone put their hands down. Nina Simone is one of the greatest R & B artist in history. She was an activist during the Civil Rights Movement

of the 60s. Her music spoke to millions of people who just like her wanted equal rights and equal opportunities. Throughout her lifetime, she made 33 albums and had countless hits like “Feeling Good”, “I Put A Spell On You” and “I Loves You Porgy”. Sadly, the singer from Tyron, North Carolina passed away in 2003 but her legacy still lives on. She influenced artists like Beyoncé, Madonna, Adele, David



**Photo:** Campus Press Music Columnist Christian A. Browne cooling it in June 2016 in Times Square in New York City.

Bowie, Kanye West, Elton John and many more. Nina Simone should get into the Rock and Hall of Fame this year. The impact that she had on music is outstanding.



**2018 Rock and Roll Hall of Fame Nominees Bon Jovi.** Photo: goldderby.com

banned from living in New Jersey if I didn't include them on the list. Bon Jovi is one of the best rock artists in history and how they aren't already in the Hall of Fame is just crazy. They

have sold millions of records around the world. Bon Jovi himself has also toured around the world, performing thousands of concerts around the world.

The band has had numerous hit songs like “Bed of Roses”, “Always”, “I'll Be There for You”, “Wanted Dead or Alive”, and the song that everyone has heard “Livin' on a Prayer”. This band has influenced rock and roll music and has made an impact

in the music industry. If there was a year that they should get in the Rock and Roll Hall of Fame, this is the year.



**2018 Rock and Roll Hall of Fame Nominee Nina Simone.** Photo: pantagruelista.com

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## BOOK REVIEW: Star Wars: From a Certain Point of View

By Timothy (T.J.) Schreiber  
Campus Press Literary Critic

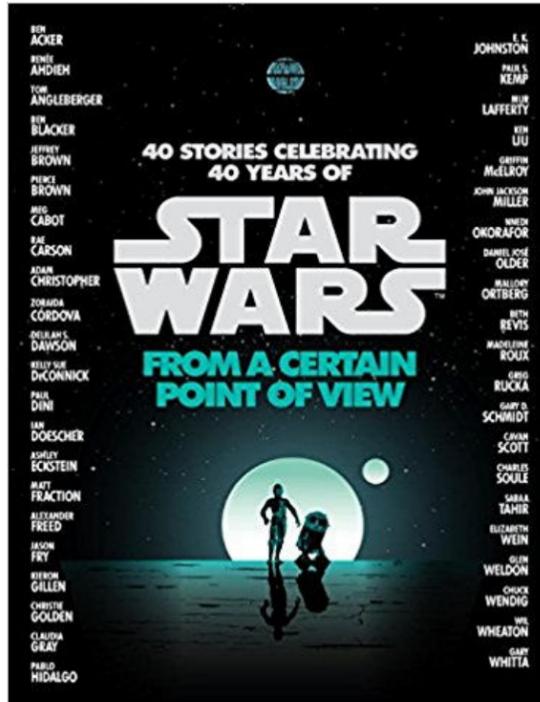
It has been said that everyone has a story to tell. This cannot be more true than this anthology. Based on *Star Wars IV: A New Hope*, it is a collection of stories of characters, no matter how small the viewpoint is throughout the movie.

From Captain Antilles of the Tantive III to Rebel Pilots on Yavin IV, it follows the course of the movie. You will hear stories from droids, an alien bounty hunter and scavengers, a rebel, an imperial, or neutral alignment, to even some surprise characters.

### Well-Written Stories

I will try not to spoil who tells their story in the book, but all of them are well written and fill with funny, insights, and even heartbreaking emotion. Some of my favorites include stories about Jawas, Mouse droids, and some storm troopers.

The characters they pick are so well developed that I wish they could expand on them, if not in a film but maybe a book or an episode of a TV show. This anthology made me excited about the new Star Wars movie. So if you are a fan of Star Wars or just interested in the expanded universe, pick up this book and check it out.



## Stress Management Tips



Continued from Page 6

### Managing Time and Stress

On the same note, the ability to manage time effectively comes into play. If students have multiple jobs and need to complete assignment or study for a test or a final, they can make time in between each responsibility. For example, they can study during their break. If they effectively make use of a calendar and plan ahead, completing assignments and studying is a lot easier.

Another way to manage stress is to simply take good care of one's health. Instead of eating junk food every day, we can reduce the number of times we consume junk food. In addition, eating meals around the same time is helpful. Overall, keeping up nutrition has a major impact on managing stress.

### Positive Impact of Exercise on Stress

Exercise is another part of taking care of your health. It is important to stay active. If joining a gym is not an option, simply walking or jogging for 30 minutes can greatly help to reduce stress. Exercise is another way to clear out everything from the mind.

It is important to get good sleep. According to the National Sleep Foundation, adults should get 7-9 hours of sleep. Simply taking care of your body will help greatly in managing stress.

Another part of stress management is to have some relaxing time built into your schedule every day or even every other day if possible. This can include listening to music, riding a bike or doing anything you enjoy. In that timeframe, there should be no obligation. It could be your relaxing time to re-charge yourself.

### Meditation and Yoga

You can also use known relaxing techniques such as meditation or yoga to manage stress. In addition, it is important to bring simple changes in one's personality. For example, it is important to stay calm if something unexpected happens. Life is going to throw curve balls at us. Instead of panicking, it is best to stay calm and think of a reasonable solution to the problem. On another note, if you have an important decision to make, it is most helpful to stay calm and relaxed before making a decision. You are more than likely not going to make a wise decision in the state of anger or panic.

### Maintain a Sense of Humor

Also, it is okay to keep a sense of humor even laughing at yourself at times. This helps in seeing the positive things about life thus leading to a better stress management.

In summary, stress itself is not harmful, but over-stress can be harmful and detrimental to our health. There are ways to effectively manage stress such as taking care of your body, staying organized, managing time and tasks, relaxing and bringing simple changes to your personality.

The most important thing is to stay in control of the situation instead of the situation being in control. In addition, it is completely acceptable to seek for help if you are truly unable to manage stress or just need somebody to talk with in order to manage your stress. Managing stress effectively will lead to a positive and a more rewarding life for you and the people around you.

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