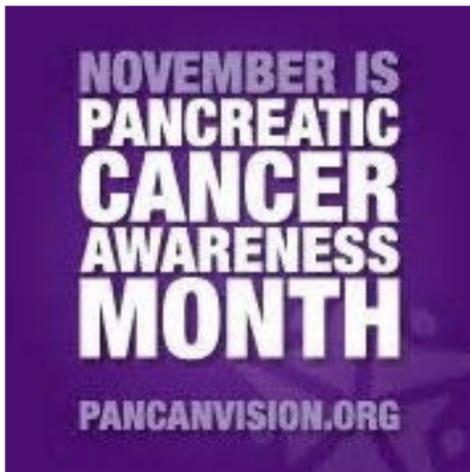
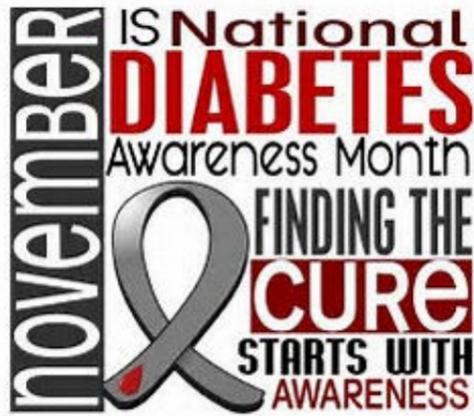


IN THE NEWS

October is...
Awareness Month for:



Continued on Page 3

COLUMN: WRESTLING MR. OOH LA LA AND THE ECWA

BY CHRISTIAN A. BROWNE
Campus Press Columnist

Normally, I am here in this newspaper writing about music; but for a rare occasion, I will be talking about a

man that I was lucky to interview earlier this year and the organization that he works for. While I haven't watched professional wrestling since I was a little kid, I couldn't pass-up an opportunity to go to a match for the first time live and interview him.

Mr. Ooh La La is a professional wrestler who has been fighting for 30 years.



Campus Press Columnist Christian Browne (right) and pro-wrestler Mr. Ooh La La, who has been in the business for 30 years, play to the Monster Factory crowd in Paulsboro, N.J.

Continued on Page 7

Welcome to Campus!



Photo: Shane Kellum

New and returning students pack the Presidential Courtyard on the Blackwood Campus to enjoy the sights, sounds, sunny day and sample the many foods and information at the Welcome Back event on Sept. 28.

By SHANE KELLUM
Campus Press Staff Co-Editor and News Reporter

The scent of burnt charcoal filled the air on Thursday, September 28, as Camden County College's Welcome-Back Barbecue kicked-off on the Blackwood campus. Students were able to enjoy the many foods, games, and opportunities offered by the college.

"I think this is probably my 12th year running it, and my greatest accomplishment, of what I see, is students having a good time," said Jacqueline Tenuto, the Assistant Dean for Student Development and Support. "Sometimes they dance;

sometimes, they're joining clubs; they're getting involved with the campus, and that's what I want. I think if students connect with people on the campus, then they're better [chance] to stay here... You don't appreciate the school as much when you just come and go."

Outside Vendors, CCC Clubs and Offices

Vendors lined the walkways of the campus. The display of tables and banners was comprised of the college's many clubs, such as ASL, MadLit, Theatre, and Chess Club as well as services offered by the college such as Tutoring, Student

Continued on Page 4

COLUMN: Extreme Thoughts, Panic Attacks, and Meltdowns, Oh My!

BY GINA ANDREWS
Campus Press Columnist

If you've ever had a panic attack, you understand what it's like to feel as if you were dying, while knowing that the feeling is irrational. Chances are, the people witnessing the event are all too eager to point out how irrational your behavior is to them, failing to realize that you can't help it.

"I can't speak for everyone who has ever had a panic attack, but for me, they tend to be triggered in part by extreme thoughts. My mind is basically an overactive threat radar, constantly on the lookout for anything that could potentially snowball into a serious problem."

Personal Anecdote on Panic Attack

I have a recent, personal anecdote to share on that note. Last month, on my first day of Radiology class, my bus (I use a special bus system to get to school) tried to take me to the Camden Campus of CCC, rather than the Blackwood campus. When scheduling, I specified that I had to be taken to Blackwood, but there was a mix-up. Knowing that I was going to be

late for class, I suffered a panic attack.

I knew that there probably wouldn't be any serious repercussions for being thirty minutes late to class, especially since I'm on good terms with the professor who teaches my class. My stomach churned. My heart started pounding so hard I felt like it would break out of my thoracic cavity, running at well over 100 beats per minute. I started to hyperventilate. My muscles tensed and quivered. I knew very well that I was being irrational. I knew that my shaking, whimpering, and slamming on my own legs was disturbing the bus driver and the poor woman sitting not far from me, who just wanted to go to the post office. I called the bus company, who arranged to have me dropped off at Blackwood, and calmed down.

Then, I apologized profusely to the bus driver

Continued on Page 7



Tune in to Camden County College WDBK 91.5 FM Radio Station. Follow @915WDBK on Twitter and Instagram.

Listen online with the TuneIn mobile app or on 91.5 FM.

WDBK 91.5 FM Radio Station

Fall 2017 Featured Shows

The Wet Willies

Monday at 1 PM
Discussing environmental issues, animal welfare, local shows and more. Don't forget the DANCE PARTIES!!!

Steel Toed Boots

Tuesday at 2 PM
Punk from its birth to what's going on now.

The Meet CCC Show

Tuesday at 6 PM
Interviews with the faculty, staff, and students of Camden County College.

Midweek Jams

Wednesday at 11 AM
Your midweek pick-me-up featuring some sweet tunes from all eras.

Gamer Guide with R&R

Thursday at 11 AM
The latest news on video games, updates, upcoming releases, and tips and tricks.

The Distorted and Disturbed Show

Thursdays at 2 PM
From classic metal hits, to the underground and national tunes of today hosted by DJ Nooner.

The Mix

Thursday at 5 PM
An eclectic mix of hip hop and alternative music hosted by Shane Kellum.

The Classroom

Thursday at 8 PM
Performances and interviews with local and national talent.

WDBK duz 90'sss

Friday at 8 PM
A special collection of alternative music from the 1990's.

That Gosh Darn Hippie Show

2017 Food Drive

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
beans – canned or dry
peanuts, sunflower seeds, almonds



Fruits & Vegetables

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



Breads & Cereals

breakfast cereals (whole grain)
oatmeal
rice
pasta (whole grain)
pancake mix



Holiday

stuffing mix
cranberry sauce
instant mashed potatoes
gravy
canned pie fillings



Mixed

macaroni & cheese
canned soups
canned stews, chili
ravioli, spaghetti, etc.
granola bars

November 1-
December 8

**YOU CAN HELP
FEED FAMILIES IN
NEED THIS WINTER.**

Please drop off your food items at one of these locations.

- **Blackwood Campus**
Community Center, 2nd floor lobby
- **William G. Rohrer Center**
Lobby
- **Camden Campus**
CTC 1st floor/ College Hall lobby
- **RETC Center**
Lobby



Donations will be given to the Food Bank of South Jersey.

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

Saturday at 7 PM
Vintage vinyl rock n' roll and rarities hosted by DJ Hippie.

Chris Passanante
91.5 WDBK Station Manager
College Community Center
Room 110
(856) 374-4881



Tune into Camden County College Radio Station WDBK 91.5 FM

Follow @915WDBK on Twitter and Instagram. Listen online with the TuneIn mobile app or on 91.5 FM.

Chris Passanante
91.5 WDBK Station Manager
Blackwood Community Center

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
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campuspress@camdencc.edu

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

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

Publication	Ad Deadline*	Copy Deadline*	Publish Date*
December	Nov. 13	Nov. 15	Week of Dec. 4
Jan./Feb.	Dec. 3	Dec. 4	Week of Jan. 15
March	Feb. 12	Feb. 14	Week of Mar. 5
April/May	March 12	March 14	Week of Apr. 9

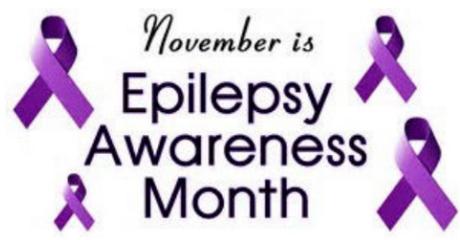


*Subject to change and without notice.

IN THE NEWS

OCTOBER is National Awareness Month for: Pregnancy and Infant Loss; RETT Syndrome; Adoption Awareness Month...AND ALSO...

Continued from Page 1



Public Safety Department Offers Winter Safety Tips

Public Safety Dept. Service Announcement

Traveling on campus during periods of inclement weather can be both challenging and potentially dangerous. Here are some helpful safety tips you can follow when traveling in wet or icy conditions on campus.

Drive slowly and maintain a safe following distance from the vehicle in front of you. Always observe the posted 10 mph speed limit and allow yourself extra travel time to avoid the urge to rush. Refrain from texting and talking on a cellular phone, especially in icy or wet driving conditions.

Choose Footwear with Rubber Soles

Choose footwear with rubber soles, good traction and high ankle support. Make sure your footwear is tied tightly. Be alert and try to avoid hazards in your path of travel, such as ice, snow and water puddles. Observe all posted “wet floor” signage. Wipe excess water and snow from your footwear on the door mats located inside of each entryway. Last, but certainly not least, always use handrails when walking on stair cases and ramps.

The Camden County College Facilities and Public Safety Departments are assigned to proactively search for and treat icy or otherwise unsafe conditions on our campus walks, lots and stairways. To achieve our goal of injury-free, safe travel for everyone on campus, we ask that students, staff and faculty assist us in identifying icy, snow-covered or otherwise unsafe conditions on campus travel paths. If you encounter or are told of an untreated area, contact Public Safety immediately and provide the operator with the location. Personnel will be dispatched to treat the area.

Register for CCC’s Cougar Call

All students, faculty and staff are encouraged to register for “Cougar Call”, the emergency telephone and text messaging system for Camden County College. “Cougar Call” is the fastest and most efficient way to receive information on campus closings, weather emergencies and other useful college related

information. Students, staff and faculty can register for “Cougar Call” at the Public Safety Office on any of our four (4) campuses. By default, all members of the campus community receive advisory emails to their CCC email address. All individuals who are already registered for Cougar Call are encouraged to update their contact information at least once every semester or when phone numbers or email addresses change.

Monitor College’s Homepage for Updates

During inclement weather, monitor the Camden County College homepage at www.camdencc.edu for information about school opening delays, school cancellations, service interruptions, etc. Check external media such as KYW-1060 AM radio and channel 6 ABC News for information about class delays and cancellations. Camden County College’s school closing identification numbers are:

- **Blackwood (AM): 559**
- **Blackwood (PM): 2559**
- **Camden (AM): 1484**
- **Camden (PM): 2084**
- **Cherry Hill (AM): 1486**
- **Cherry Hill (PM): 2086**
- **R.E.T.C. (AM): 1485**
- **R.E.T.C. (PM): 2085**

Adhere to the directions and advice of College and local officials when it comes to weather predictions, precautions and other safety directives during inclement or severe weather. The Public Safety Department wishes you all a happy and safe winter season.

CONTACT PUBLIC SAFETY
856-227-7200, ext. 4288

- **Blackwood/ R.E.T.C.: ext. 7777, Direct: 856-374-5089**
Direct to cell phone: 609-868-2074
- **Camden: ext. 1393, Direct: 856-968-1393**
Direct to cell phone: 609-686-2079
- **Cherry Hill: ext. 6057, Direct 856-874-6000**
Voice Tip Line: 856-374-4907

Public Service Announcement

College 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)

FALL 2017 TRANSFER FAIR
Wednesday, November 15, 9 a.m. – 2 p.m.
Atrium of the Connector Building
Blackwood Campus

Over 40, 4-year colleges and universities will fill the Atrium of the Connector Building for the annual Transfer Fair. The colleges and universities are eager to speak with Camden County College students who are completing their associate degree about their programs of study, admission requirements, and student life.

5 Tips to make the most of the Transfer Fair:

- 1. Research your schools of interest online before the College Fair.**
 - Do they have your major?
 - What is their tuition? Scholarship opportunities?
 - What are the Admission requirements: GPA, application deadlines?
- 2. Create a list of specific questions for the college representatives.**
 - Do students commute? What is housing like for transfer students?
 - What’s the student life like?
- 3. Bring a notebook and pen.**
- 4. Get business cards from the college representatives just in case for follow-up questions.**
- 5. Bring an unofficial transcript from CCC and any other previous schools attended.**

For more information contact Kaitlynn Shawaryn at kshawaryn@camdencc.edu or **856.227.7200, ext. 4503** or visit www.camdencc/transferservices.

College Hosts Welcome-Back Barbecues for New and Returning Students

Continued from Page 1

Life and Activities, Career Services, and CCC Athletics; and even opportunities offered by organizations that lie outside of campus, such as Cooper Hospital, Rutgers University, Gloucester Township Police Department, the National Alliance on Mental Illness (NAMI), and the Camden County Animal Shelter.

“I was just checking out the Chem Club,” said Tori Lawrence, who studies biology at Camden County College, “which I’m interested in because I’m a science major. Now I’m trying to track down the Animal Care Club.”

Event Attracts More Students

Lawrence also commented that the event appeared to have grown since years’ past.

“It seems like they reached out more to not just people at the college,” Lawrence noted. “There’s PATCO, other colleges, job opportunities for students, and free stuff!”

One of several CCC organizations with informational tables made available to students at the cookout was the Educational Opportunity Fund.

“We’re an academic support group that provides students with financial aid and support services,” said Ellen Davis, an advisor for the EOF. “Each student in our program has an advisor assigned to them to help them in their college experience [and] to help them be successful. That entails a gambit of things: study groups, tutoring,



Photo: Shane Kellum

College hosts welcome back to campus events in September for new and returning students at the Blackwood and Camden City Campuses as well as in October at the Rohrer Center in Cherry Hill.

how to transfer, to make sure [students] are taking the right courses to transfer.”

EOF Offers Opportunities for Students

The EOF also offers leadership opportunities, workshops for academic success, peer mentoring, and cultural activities and events. “Students can go on with EOF to any school in New Jersey, except Princeton,” Davis added. “We have alumni all over the world, in any facet of careers you can imagine.”

Radio Station Provides Music

WDBK Radio was also present at the barbecue, providing music for the affair. “Today, we’re trying to bring awareness to students who didn’t know we had a radio station,” said Chris Passanante, the station’s manager, “and to encourage students to join.”

WDBK already had over 20 potential new members signed-up about an hour-and-a-half into the event. “Most of the kids we’ve been talking to are excited about the idea of hosting their own, unique show,” Passanante continued, “to showcase what they’re into, their own personality.”

Roxanne Hurban, a public relations major at the college, said “I’m in the Anime Club, but I want to

check out the radio.”

Returning Students Like the Events

Hurban said that she had also attended the barbecue in years’ past. “It’s a bigger crowd this year: a lot more freshmen, which is awesome because we’re not that big of a community.”

CCC provided students with a variety of food, which included hamburgers, hot dogs, grilled chicken, pasta salad, chips, and other snacks. With more than enough grub to go around, the college exceeded their expectation on attendance, serving over 1,500 plates.

“CCC has the best cookies!” Lawrence mentioned. “Delicious,” added Hurban, “they out did themselves this time.”

“It’s a lot of work,” Tenuto commented at the barbecue, “and to see all the students here, enjoying themselves...that makes it all worth it.”

VIDEO REVIEW: Sims 4 Cats & Dogs



By **KAITLIN MCGEE**
Campus Press Writer

Since Sims 4’s release on September 2, 2014, the game has been a source of disappointment for over a million fans. It was considered a downgrade from its previous versions of Sims 2 and 3.

It has only been further marred by the release of lackluster expansion packs on top of it, aimed at draining the pockets of disappointed fans. From a Bowling Night Stuff Pack to a Parenthood expansion pack, many fans have been left wanting more from the franchise.

However, EA, Sims 4’s publisher, is hoping to change this with the release of Sims 4 Cats & Dogs on November 10, 2017. Each previous game, from the beginning of it all Sims 1, has had pets as an expansion pack, which leaves many wondering why it

Continued on Page 5

News From The Library

New Space

Have you stopped by the Library hoping to find a quiet place to study and it seems like there is nowhere to sit? Then take a moment the next time you’re in the Library and visit the second floor.

There you will find plenty of space to study! Eventually, you will find the Reference Desk, additional study rooms, wi-fi access, and computers on that floor, all to serve you better. Watch your emails for the big announcement.

Study Rooms

To ensure that all students have equal access to the popular study rooms, the Library has instituted some new rules and procedures this fall. A minimum of 2 people per study room is required, and there is a 30-minute wait before you or anyone in your group can check out a room again. We want everyone to understand what the expectations are for study room use, so you will need to sign a Study Room Policy form before you can check a study room out for the first time.

Website

Another change is our website. If you haven’t looked at it recently, check it out: library.camdencc.edu. In addition to the EasySearch box, our answer to Google, you will find hot links to our most popular resources like the LibGuides! There is a new About Us tab with information about the library, our policies, links to



library resources on the Camden campus and the Camden County Public Library System, and a whole lot more.

Library Resources

We are updating the book collection to address current needs and, of course, access to the article databases and eBooks is still 24/7 with your valid CCC Library Card. As a reminder, printing for students is available only at Taft in the Open Computer Lab.

We look forward to seeing you in the Library and we are always happy to help you!

Join The Campus Press.

The Campus Press is seeking dedicated students. E-mail: campuspress@camdencc.edu.

College Service Announcement

MOVIE REVIEW:

By SEAN MCGINNIS
Campus Press Movie Critic

In 1982, *Alien* director Ridley Scott introduced audiences to the dystopian world of *Blade Runner*. A neo-noir thriller taking place in the year 2019, where Harrison Ford played Rick Deckard, a gruff hunter of rogue artificial humans known as replicants.

It carries a complex legacy of a polarized retrospective from audiences, a slow rise to cult status after a disappointing box office run, and several additional cuts that attempted to offer the experience Scott originally intended. And even after all of that, it still holds significance as one of the most influential sci-fi movies of all time, with its thought-provoking themes about humanity and uniquely grounded vision of the future.

Personally, I have yet to watch the original. But I can definitely say that *Arrival* director Denis Villeneuve has crafted a great film nonetheless.

30 Years Into the Future

The relations between humans and replicants has gone down even further than before, as a prohibition was placed under replicant production after *Blackout 2022*; a rebellious sabotage that corrupted and erased memory and archives from California's technology. Niander Wallace rebuilt the former Tyrell Empire as his own, saved the people from famine through synthetic farming, and managed to end the prohibition by manufacturing more restrictive and obedient replicants, the Nexus 9 models.

Cut to 2049: (LAPD Blade Runner) Officer K is wrapped into a sudden conspiracy regarding the birth of a replicant child. K's chief, Lt. Joshi, orders him to erase all traces of the child, even to the point of killing it. As K gets closer to the truth, he ends up getting more questions and answers than he expected.

"Do Androids Dream of Electric Sheep?"

In an age where most blockbusters based off beloved films poorly imitate their predecessors, *Blade Runner 2049* is the exception. Following similar themes to the original ("What does it mean to be human?"), the film masks a self-discovery story under a noir narrative. There's hidden answers and intentions, a growing resistance against a man (Niander Wallace) who wants replicants for slave labor; all the typical sci-fi and noir tropes.

Whether the narrative of discovering the replicant child's fate is compelling depends on the viewer; some (like myself) may be swoon by its twists and connections to the original (Why else would Deckard be here?), while others may see it coming a mile away.

But what I do appreciate about the mystery is that the answer doesn't matter, in terms of the message. What matters is how the narrative smoothly mixes with the psychological themes of the film; mostly through Officer K's character growth. As the film starts, he's generally robotic and

RYAN GOSLING HARRISON FORD

BLADE RUNNER 2049

Graphic: firstflickreviews.com

emotionless, given his replicant model. But new revelations (that tap into ideas like memories) shift his character entirely: he gains emotions and desires that have never dawned upon him before, elements that make him feel more fulfilled and human. Personally, it's intriguing to watch his story play out.

A Shift in the Cerebrum

Another aspect of that separates *2049* from other blockbusters is its lack of hand-holding and trust towards the audience. A plentiful amount of scenes, exchanges, and character moments allow the audience to interpret their own view on the film's ideas and characters.

A great example is the artificial intelligence-based girlfriend Joi. Joi is designed to be the girl who says and does everything you want, yet she's practically the driving force of K's character development. She goes to extra lengths to feel more real to K, she encourages his mindset of feeling wanted and special. Depending on the audience's P.O.V, Joi could be more than just a mere AI or she could be exactly what she is, just more meaningful to K in a meaningless world. But that's up to you; the film has more questions that remain unclear and up for interpretation.

California 2049 - A Dystopian Wonder

Blade Runner 2049 is hands down one of the most striking films to come out this year, in terms of design and craftsmanship. The visuals and cinematography (courtesy of Roger Deakins, who also shot Villeneuve's *Sicario* and *Prisoners*) alone are worthy of their Oscar nominations, as they perfectly blend a mass of practical effects and subtle CGI to create a dreary, dystopian look of the future; even more so than the last film. Other visual pieces that impressed me are Joi's holographic design and the re-creation of Rachel (Sean Young's character), as Joi looks real enough to bypass the uncanny valley (while Rachel intentionally seems to fall right into it).

While I wouldn't buy the CD immediately, the score (provided by Hans Zimmer and Benjamin Wallfisch) does work well enough to establish the dark cyberpunk tone of the film, through subtle instrumentals and bombastic synth pieces when called for. Certain pieces also work as callbacks to the original film's score (composed by Vangelis) in tone, and uses a track from the first film in the last scene.

In addition to the fantastic visuals and decent score, the acting is just as superb as the rest of the film's production values. Ryan Gosling was not the first man I expected to lead a hardcore sci-fi blockbuster, despite appearing in cult (*The Nice Guys*) and major (*La La Land*) hits. Yet he plays Officer K like a pro; his subtle, monotone demeanor works with K's shift from being a cold and emotionless *Blade Runner*, to a replicant that desires a purpose or feeling. Harrison Ford, despite only showing up in the film's last act, does a great job of portraying a worn

out Deckard, who begrudgingly assists K during the investigation and falls under Niander Wallace's web.

And while most like to trash on Jared Leto (not entirely unjustified, his Joker from *Suicide Squad* was awful), he wasn't bad as Niander Wallace: a visionary who seeks to build an army of slaves, delving into semi-pretentious conversations about the idea and state of replicants.

The women here aren't slouches, either. Ana de Armas is a joy as Joi (pun intended), playing the most kind and heartfelt character in the entire film; her delivery and expressions truly make it feel like she loves K, rather than simulating it.

Likewise, Sylvia Hoeks kills it as Luv, Niander Wallace's assistant. To put it simply, she opposes Joi in the fact that she's terrifying; in the best way, of course. Hoeks playing her in a manner that makes you not

want to mess with her if you were to ever cross her path.

Robin Wright also is another standout as Lt. Joshi, as she plays a no-nonsense chief with the best and worst intentions.

Cinematic Value and a Personal Tip

As heartbreaking as it is, I'm not particularly surprised that *2049* isn't doing well at the box office; at least not at this point. The hard truth is that it hasn't attracted a large audience to cover its massive (\$150 Million) production budget (on top of marketing). I've stated *2049* is unique compared to other blockbusters, but that is only a positive in terms of quality. The slow approach (nearly 3-hour runtime) and small bits of action in between may turn off certain audiences, and the small amount of backstory in a film that (while not requires knowledge of this) gives plenty of callbacks and ties to the original doesn't help.

With that said, I still say it would be worth watching *Blade Runner 2049* at least once. Between the compelling themes, the interesting world, outstanding production design, and the passion placed into making it as faithful in tone to the original, it's definitely a standout that shouldn't be outright dismissed. Even if you're antsy about jumping in blind, you can always check out the first film (*The Final Cut* is the most recommended one out of the options available) and the three YouTube shorts (*Blackout 2022*, *2036: Nexus Dawn*, and *2048: Nowhere to Run*) before watching, although I believe *2049* stands well on its own two feet.

Rank: ★★★★★

While not for everyone, *Blade Runner 2049* is one of the rare sequels that is just as engaging and solid as its predecessor. I highly recommend giving this one at least a look, especially on the big screen (before it's gone forever).



Ryan Gosling and Harrison Ford.

VIDEO REVIEW: Sims 4 Cats & Dogs

Continued from Page 4

took three years to add such an integral part of Sims culture.

Sims 4 Cats & Dogs is expected to bring much of the same with an added twist. While it will have many of same characteristics with the same pets available, the ability to teach pets tricks, and similar interactions, the game is expected to build upon where *Sims 3* left off.

New Video Game Includes Added Features

According to EA, *Sims 4 Cats & Dogs* will come with the added ability to add costumes to pets, the addition of animals like racoons and foxes, new

Create-A-Pet tools like a color wheel for fur and the ability to mix dog breeds, and added traits which can make the pets more lifelike. There will be the new ability to become a Veterinarian and create your own Vet Clinic, something which hasn't been seen before. *Sims 4 Cats & Dogs* will also come with a new neighborhood for sims to live, Brindleton Bay.

If *Sims 4 Cats & Dogs* seems like something you may be interested in, you can preorder it on Origin and receive it early, on November 9, or preorder it from Target and receive it on November 10 or on a later date by mail. In order to play it you'll need the *Sims 4* base game.

As the *Sims* producers often say, "happy Simming!"

**Tune into Camden
County College Radio
Station WDBK 91.5 FM**
Follow @915WDBK on Twitter
and Instagram. Listen online
with the TuneIn mobile app
or on 91.5 FM.

Chris Passanante
91.5 WDBK Station Manager
Blackwood Community Center

College Service Announcement

13TH ANNUAL Camden County College

Turkey Trot



2-Mile prediction run/walk
Open to all faculty, staff and students

TIME:

Monday, November 13 at Noon.

REGISTRATION:

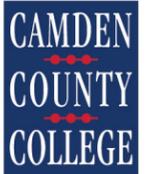
11:00-11:50AM

Papiano Gymnasium Lobby (Blackwood Campus)
or online at camdencc.edu/turkeytrot

\$5 DONATION FOR A LONG-SLEEVE-T-SHIRT

Donations taken to supply 3 needy families
with Thanksgiving meals

For more information, please email:
pdilorenzo@camdencc.edu



Paid Advertisement



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Transfer Info Session: November 15, 3:30 - 5 pm

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The Value of Family

Column: Coping with Panic Attack

Continued from Page 1

who had to put up with me. Fortunately, there were nice people on the bus who didn't try to tell me off or remind me of what I already knew—that I was being irrational.

I can't speak for everyone who has ever had a panic attack, but for me, they tend to be triggered in part by extreme thoughts. My mind is basically an overactive threat radar, constantly on the lookout for anything that could potentially snowball into a serious problem. The day before I started writing this article, for example, I had a job interview.

Since I'm a student, I'm looking for part-time work. The woman interviewing me mentioned twice that her practice is really looking for full-time employees. (A polite way of saying, "There's not a snowball's chance in a Hawaiian volcano that we'll hire you, kid, so go pound sand in a rat hole.")

I was angry when I went home, and I thought, "I'll never be able to get a job. I've been job-hunting for months now. I'll probably have to live with my parents forever, or go on disability. Nobody will ever hire me." Then, I reminded myself that everyone has trouble with job-hunting, especially people who are as young and inexperienced as I am. I later joined a Facebook page for vet techs and vet tech students looking for jobs, and then I applied to be a hospital assistant at another local veterinary practice.

Therapist Helps Coping with Panic Attacks

Another topic I want to address in this month's column is autistic meltdowns. Fortunately, I seldom have meltdowns (or panic attacks) anymore, because I have gained coping techniques from experience and from seeing a therapist. People on the autism spectrum have high levels of electric activity in their brains, and tend to feel emotions (including stress) more intensely than most people.

We are also prone to sensory overload, wherein we over process stimuli such as bright lights, intense odors, or loud sounds that quickly become overwhelming. Stress chemicals, such as adrenaline and cortisol, build up in the system of an autistic person, leading to what most people see as an "autistic tantrum." The person may cry, scream, hyperventilate, kick, punch, and, in extreme cases, harm themselves. For me, meltdowns only really involve crying and sometimes hyperventilating.

(To Be Continued in Next Month's Column)



COLUMN: Matching Words and Wits with a Pro-Wrestler

Continued from Page 1

"I started in 1987. I started at the Monster Factory when the owners were Larry Sharp and Bubby Rogers (Nature Boy). There is a lot of wrestling history there. In fact, the Monster Factory is still the best training factory on the planet," said Ooh La La.

Mr. Ooh La La considers the ECWA (East Coast Wrestling Association) to be a premier wrestling organization, and I have to admit: he is right.

Wrestling Association Showcases Stars

The ECWA has had stars in the past like Daniel Bryan, Christopher Daniels and Mae Young, to name a few. While there were different stars at the show I went to that night, the quality of the stars today in the organization is huge. Wrestlers like Sean Carr, Zombiie King, Karen Q, Deonna Purrazzo and The Classics, to name a few, performed excellently in their matches.

These performers put their bodies on the line with crazy and dangerous moves that made the crowd sit on the edge of their seats. The atmosphere of the show was simply unbelievable. The crowd was cheering and shouting during every match. They threw streamers in the ring, cheering for the performers. It felt like I was at a Flyers' game.

Throughout the night, the crowd was on their feet for every match, watching something that they deeply cared about.

Star Wrestler Steals the Show

From his entrance, Mr. Ooh La La had the crowd in his pocket. With a purple beret and sunglasses, the man walked around the ring shouting to the crowd "Ooh!", with him getting the response back "La La!"

Mr. Ooh La La faced off in a match against



Campus Press Columnist Christian Browne takes a picture with a young wrestling fan and a sign showing her favorite performer, Mr. Ooh La La.

Christian (No, not me!) and won. The match was amazing. You can tell from watching him perform that he simply loves what he does and is very passionate of his craft.

The thing that struck me the most from watching Mr. Ooh La La was his connection with his fans. Before, during, and after the show, Mr. Ooh La La took photos with kids and adults of all ages. He gives autographs to fans like the one that I got a photo with. The crowd was cheering him throughout the match. The man does these things to put a smile on the fans at the show. The man is truly one of the nicest guys in the industry. Mr. Ooh La La would later become an ECWA tag team champion, beating The Classics in another entertaining match.

Psi Beta's Tips for a Stress Free Semester

By Erika Frick

- Choose a quiet, well lit environment, such as the library, to engage in your assignments.
- Stay organized! Keep a planner full of due dates and events, and a binder divided by each subject. This skill will increase your productivity.
- Do not wait until it is too late to ask for help! Tutoring centers are readily available on campus.
- Attend your classes. Remember that attendance is part of your grade. Skipping class is one of the biggest mistakes students make, because you fall behind on crucial content necessary to excel in your courses.
- Take care of yourself! Get plenty of rest, stay hydrated, and eat well.

(Note: Psi Beta is a national psychology honor society for community and junior colleges. It was founded to stimulate, encourage and recognize student scholarship and interest in psychology and to nurture scholarship in all fields of study. Inductees must have an overall grade average of B, at least a B average in psychology, and must have completed at least one semester of a psychology or psychology based course.)

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HOLIDAY FOODS AND RECIPES: Fresh Pumpkin or Full of Sugar?

By **Rebekah Phifer**
Campus Press Guest Food Columnist

During the months of September through November you can see and smell these everywhere and hear everyone talking about them. What are they? Pumpkins of course!

There are a number of things that can be made with pumpkin (amyshealthybaking.com/blog), ranging from breakfast to desserts to drinks. Unfortunately, along with the delicious taste of pumpkin, there is a high number of calories, fat and sugar in many of the recipes and products found on shelves. Here are some examples of the most popular pumpkin products and their nutrition labels:

Grande Pumpkin Spice Latte with whipped cream from Starbucks:

Calories: 420 Fat- 18g Sugar- 50g

Pumpkin Donut from Dunkin Donuts:

Calories: 360 Fat- 21g Sugar- 20g

Pumpkin Cheesecake Smoothie 12oz with whipped cream from Wawa:

Calories: 600 Fat- 32g Sugar- 64g

Now, looking at those numbers without having a base isn't very helpful. The daily limit for added sugar is 36g or men and 25g for women. An average calorie number that is used most often is 2,000 calories. The Dietary Guidelines for Americans, suggest that 25-35 percent of your calories should be fat, lets take 30% as an example since it's in the middle. 30% of 2000 = 600 calories or 67g. Let's take a look again at the three pumpkin products above:

The Grande Pumpkin Spice Latte contributes 21% of your calorie intake, 18g out of 67g of your daily fat, and 50g of sugar when the recommended amount is 36g (men) or 25g (women).

The **Pumpkin Donut** contributes 18% of your calorie intake, 21g out of 67g of daily fat, and 20g out of 36g/25g of sugar.

The **Pumpkin Cheesecake Smoothie** contributes 30% of your calorie intake, 32g out of 67g, and 64 grams of sugar which is way over the 36g/25g of sugar!



Watch the Calories

Those are some pretty high numbers. The reason we need to be watching calories, fats and sugars, is because they increase the chance of becoming overweight, and developing diabetes, and heart problems. When not monitored carefully, your weight could increase very quickly and cause lots of health issues. I'm not saying that this means you can never enjoy these things again and can never eat anything pumpkin during the fall.

The suggestions that I am making are that you only enjoy these things a few times during the season and use them as treats instead of everyday snacks/meals. There are also many, many things that you can make at home that are pumpkin flavored and much better for you! Included in this article is a delicious and easy pumpkin bread recipe. It exchanges things like white flour for whole wheat, and sugar for pure maple syrup. Give it a try!

Next time you are out grabbing your quick snack, think about what you're putting into your body and look at the nutrition label. You'll be surprised how easy it is to start making healthy decisions!

Chocolate Chip Pumpkin Bread: Yields: 1 loaf

This easy quick bread has been called the BEST pumpkin bread people have ever had—and for a good reason! It's really moist, full of cozy spices, and nobody can resist those rich

chocolate chips. Leftovers will stay fresh if stored in an airtight container (or tightly wrapped in plastic wrap) and refrigerated for at least 5 days.

- 2 cups (240g) whole wheat or gluten-free* flour
- 1 tsp baking powder
- ½ tsp baking soda
- 2 tsp ground cinnamon
- ½ tsp ground nutmeg
- ½ tsp ground ginger
- ½ tsp salt
- 1 tbsp (14g) coconut oil or unsalted butter, melted and cooled slightly
- 2 large egg whites, room temperature
- 1 ½ tsp vanilla extract
- 1 cup (244g) pumpkin purée
- ¼ cup (60g) plain nonfat Greek yogurt
- ¼ cup (80mL) pure maple syrup
- ¼ cup (60mL) nonfat milk
- 3 tbsp (42g) miniature chocolate chips

1 Preheat the oven to 350°F, and coat a 9x5" loaf pan with nonstick cooking spray.

2 In a medium bowl, whisk together the flour, baking powder, baking soda, cinnamon, nutmeg, ginger, and salt. In a separate bowl, whisk together the coconut oil, egg whites, and vanilla. Stir in the pumpkin purée and Greek yogurt, mixing until no large lumps remain. Stir in the maple syrup. Alternate between adding the flour mixture and milk, beginning and ending with the flour mixture, and stirring just until incorporated. (For best results, add the flour mixture in 3 equal parts.) Fold in 2 ½ tablespoons of chocolate chips.

3 Spread the batter into the prepared pan, and gently press the remaining chocolate chips into the top of the batter. Bake at 350°F for 35-40 minutes or until a toothpick inserted into the center comes out clean. Cool in the pan for 10 minutes before carefully transferring onto a wire rack.

Notes: For the gluten-free flour, use as follows: 1 cup (120g) millet flour, ½ cup (60g) tapioca flour, ½ cup (60g) brown rice flour, and 1 ½ teaspoons xanthan gum.

Any milk may be substituted for the nonfat milk.

College Service Announcements



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Please donate your gently worn coats

November 1 through December 8, 2017




Donations will be given to the **Team Hines Organization**
 Sponsored by the **Office of Student Life & Activities**
 College Community Center, Room 200 | (856) 227-7200, ext. 4282

Please drop off your coat(s) at one of these locations.

Blackwood Campus Community Center, 2nd Floor Lobby	Camden Campus CTC 1st Floor/College Hall Lobby
Rohrer Center (Cherry Hill) Lobby	RETC Lobby




The Camden County College Library Presents

November 1 through December 8

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