

COMMENCEMENT DAY
Friday, May 11, 2018
10 a.m.
Truman Courtyard
Blackwood Campus

BULLETIN...BULLETIN

- **May 1:** 2018-2019 Financial Aid Priority Filing Deadline
- **May 9:** Final Exams Begin
- **May 11:** Commencement Day

MOVIE REVIEW: Black Panther

By **MELISSA DAVILA AND COLIN COLEBROOK, JR.**
Campus Press Staff Writers

A long time ago, in a galaxy far, far away.... Wait! This isn't Star Wars.



We're thinking of another place: Wakanda. Black Panther, aka T'Challa, was created by Marvel Comic writers Stan Lee and Jack Kirby. First featured in *Fantastic Four*, he quickly gained popularity among the myriad of superheroes.

Movie based on Marvel Comics

Raised primarily by his father, T'Chaka, he eventually would meet, fall in love with and marry the amazing Storm, aka Ororo Munroe, from the X-Men.

The movie adaptation of Black Panther character, produced by Marvel and distributed by Walt Disney Studios Motion Pictures, was a long time coming.

As far back as 1996, actors and producers were interested in a Black Panther movie, but it never reached the big screen, until now. Early in the movie adaptation, T'Challa assumes the role as king of Wakanda after ritual combat for the throne.

Women Have Leading Roles

We are introduced to his female-led army, and mother Ramonda, who aid and counsel Black Panther in his activities. His highly intelligent younger sister: Shuri, leads creation of technologically advanced clothing and other items for his use. Through the

Continued on Page 7

How to Conquer the Real World and Look Sharp While Doing It!

BY **KAITLIN MCGEE**

Campus Press Co-Editor and News Reporter

Joining the workforce may seem daunting, but while you may feel nervous on the inside, a professional wardrobe is the key to looking more confident than you feel.

According to Allison Green, a Professor and the Coordinator of Speech at Camden County College, and our resident fashionista, "What you choose to wear is an expression of respect not only for the job, but for *yourself*."

With what you wear portraying who you are, it is important to make sure employers and interviewers are seeing the best version of you imaginable.

Wardrobe Should Match Your Profession

Critical to looking like a professional is having the wardrobe to match. According to Green, business casual is "as casual as you want to get." According to *The Balance*, business casual entails for women a combination of a skirt or dress

slacks, a blouse or sweater, and an optional blazer. For men, business casual attire is dress slacks or trousers, a collared shirt or dress shirt with or without a tie, dark socks, and dress shoes.

Men: Keep a Jacket and Tie Handy Ladies: Blazer and Heels are Must Wear

This all may seem like a lot, but after speaking with Green, it's not as difficult as it seems. According to Green, men should keep a jacket and a tie in their backseat for emergencies. In addition, they should have good shoes, made of leather and they should invest in one good suit at least. It's best to have it in a neutral color, where it can be used beyond the workplace, for funerals, weddings, etc. They should own at least four ties and four dress shirts by the time they are ready to enter the workforce.

Continued on Page 6

DRESSING TO IMPRESS AND FOR SUCCESS

ADVICE COLUMN: **Timely Advice to Graduates and Those Planning for Careers After Finishing Their Degrees at Four-Year Colleges and Universities**

Public Safety Department Offers Important Safety Information for Commencement, Friday, May 11

PRINTED WITH PERMISSION OF THE CCC
PUBLIC SAFETY DEPARTMENT

Graduation Day is Friday, May 11th! Congratulations from the Camden County College Department of Public Safety!

It is our pleasure to have served you and we trust that your experience here at Camden County College has prepared you well for your future endeavors. The Public Safety Department will be present throughout the event to assist in making the commencement ceremony pleasant and memorable. Here is some important safety information to know for the big day!

Officers Posted Around Campus

You certainly won't have to look very hard to find Public Safety personnel on Graduation Day. Officers will be heavily posted in courtyards, buildings, along the procession grounds and on each seating aisle under the graduation tent. Also, officers will be manning traffic posts in all parking lots and will perform continuous motor and bicycle patrols of roadways and parking areas.

Gloucester Township Police Attending Event

In addition to Camden County College Public Safety Officers, you will see a large presence of Gloucester Township Police personnel. We are all here to serve you and your guests. Do not hesitate to come to any of these uniformed officials, especially the Public Safety Department, for direction, or with questions or concerns. We ask that all graduates

and guests put their trust in us and follow our direction on graduation day.



For those graduates and guests with disabilities, we ask that you first **contact Assistant Dean Tenuto at 856-374-5088, or visit her on the 3rd floor of the Taft Building**, to advise her of you or your guest's mobility concerns. For parking, lots #10 (front of Gym) and #11 (front of Truman) will be designated for handicap parking. These parking lots will be regulated by posted Public Safety Officers and will be filled on a first come-first serve basis.

Several Public Safety Officers will be operating golf carts to provide transportation to and from the seating area for persons with mobility issues both before and after the ceremony.

Requests for Transportation

To arrange for this service, have a member of your party make a request to one of the Officers posted in your parking lot or nearest to your seating area and they will radio for a transport. This service, too, will be on a first come-first serve basis and may require a short waiting period. For medical emergencies and aid during the event, Public Safety EMT's and other medical personnel will be present and available to give assistance. Report any medical emergencies to the nearest public safety or police personnel. A first aid table will be set up in the area of the Papiano Gymnasium.

Continued on Page 2



Camden County College

College Provides Safety Tips for Commencement

Continued from Page 1

No Large Bags and Back Packs Permitted at Commencement

No large bags or backpacks will be permitted on or near the ceremony grounds. With this in mind, please prepare accordingly to minimize the items you will need on graduation day. A secure and guarded area will be provided inside of the Papiano Gym where graduates can store their personal items until the conclusion of the ceremony. We ask that graduates refrain from storing any items of great value or importance in this area.

Keep Aisles Clear

Several times during the graduation ceremony the aisles under the tent will be used as procession routes for the graduating classes both to and from the stage. To help us accommodate a smooth procession, please advise your guests ahead of time that no photography, standing or congregating in the aisles is permitted at any time during, or immediately before or after, the ceremony.

Caution: Watch Display of Balloons

Also, no balloons will be permitted under the graduation tent. Guest with balloons will be asked to find seating outside of the tent or to store their balloons in a vehicle until the conclusion of the ceremony.

The most important advice we can offer our graduates is to have fun and enjoy your day. You earned it and we are extremely proud of you!



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.



Fall 2018 Payment Plan Options

Option #1
6 Installments

Plan enrollment fee: \$50

Installment 1: 05/21/18 (10%)
 Installment 2: 06/20/18 (20%)
 Installment 3: 07/18/18(20%)
 Installment 4: 08/20/18 (20%)
 Installment 5: 09/20/18 (20%)
 Installment 6: 10/19/18 (10%)

Option #2
5 Installments

Plan enrollment fee: \$40

Installment 1: 06/20/18 (25%)
 Installment 2: 07/18/18 (25%)
 Installment 3: 08/20/18 (20%)
 Installment 4: 09/20/18 (20%)
 Installment 5: 10/19/18 (10%)

Option #3
3 Installments

Plan enrollment fee: \$25

Installment 1: 07/18/18 (50%)
 Installment 2: 09/20/18 (25%)
 Installment 3: 10/19/18 (25%)

Option #4
4 Equal Installments

Plan enrollment fee: \$30

Installment 1: 07/18/18 (25%)
 Installment 2: 08/20/18 (25%)
 Installment 3: 09/20/18 (25%)
 Installment 4: 10/19/18 (25%)

Option #5
2 Equal Installments

Plan enrollment fee: \$20

Installment 1: 07/18/18 (50%)
 Installment 2: 09/20/18 (50%)

Steps to enroll in a Payment Plan:

<https://camdencc.edu/admissions-financial-aid/tuition-and-payment/>

1. Log in to your WebAdvisor account. Click on Student tab and then on Payment Center under Financial Information.
2. Click on Payment Plans tab on the top.
3. Click on Enroll Now
4. Select the term for available plans. Click Select
5. Choose the desired plan from the drop down and click on Select
6. Plan Enrollment details will be displayed. If everything looks good click on Continue
7. Eligible Charges and Credits will be displayed. Click on Display Schedule
8. Following screen with payment schedule with their due dates will be displayed. If everything looks good click on Continue

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

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

Published by the Office of Student Life & Activities

CAMPUS PRESS STAFF

EDITORIAL STAFF
 Kaitlin McGee
 Christian A. Browne
 Melissa Davila

Gina Andrews
 Colin Colebrook, Jr.
 Nimit Kauer
 Sean McGinnis
 Timothy Schreiber

Shane Kellum '18
 Harry Schonleber '16

CAMPUS PRESS ADVISOR
PRODUCTION COORDINATOR
 Samuel W. Pressley

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*
August/Sept.	August 10	August 10	Week of Aug. 20



*Subject to change and without notice.

**How Did You Spend Your Spring Break?
Survey of CCC Students and Staff**

BY COLIN COLEBROOK, JR.
CAMPUS PRESS STAFF REPORTER

In a recent survey, I asked approximately 20 Camden County College students and 10 staff members what they were going to do for Spring Break. **Here are the results:**

Staff: 99% - Work. 1% - Take off
Students: 70% - Go away. 05% - Study
20% - Relax. Work - 10%

College Hosts Teen Summit

BY MELISSA DAVILA
CAMPUS PRESS STAFF REPORTER

On March 2, 2018, the National Hook-Up of Black Women, Inc., led by Karen Stanford, in synch with the Addiction Counseling Club, hosted the Teen Summit on the Blackwood Campus.

The event, whose aim was to alert local teens to the dangers of drugs, kicked off with a video from youth motivational speaker Jeremy Anderson. He spoke about the fact that one must put in work to make it, words that are relevant at any age. He also spoke of Olympic Champion gymnast Simone Biles and her road achieve success.

H.E.A.T (Helping Educate Against Trafficking) speaker Brandy Smith discussed the dangers of the Internet and human trafficking. She provided teens with data (New Jersey is one of the five top places where human trafficking occurs), strong and useful stories and safety tips.

Scott McNair, a Camden High School teacher, engaged students with interactive activities and spoke of building character and self-worth. The Addictions Counseling Club added to the summit by putting on a skit that dealt with many drug and peer pressure related issues. The National Hook-Up of Black Women, Inc. began in 1974.

Power of Positive Thinking: Shoot For the Moon

BY NIMIT KAUR
CAMPUS PRESS STAFF COLUMNIST

Shoot for the moon. Even if you miss, you will land among the stars."

These are the words of Dr. Norman Vincent Peale and these words could be applied to all of us in order to help us live better lives. This is a notion of the power of positive thinking that seeks to bring positivity into a person's life and provide a quality life for the person and those that surround them.

According to studies such as Fredrickson's Study from 2002, it has been proven that people who practice positivity in their lives enjoy optimal and greater health benefits. Individuals have the capability to apply the power of positive thinking into their lives in order to live better, more fulfilled lives.

Definition of Positive Thinking

First, it is important to examine what the power of positive thinking truly entails. The power of positive thinking is the application by which a person expects good and favorable results. It is a process of bringing thoughts into reality, with phrases such as "I can do it," in order to achieve a goal. As Dr. Peale said, it is "the practical application of faith to overcome defeat and accomplish worthwhile creative values in life." It should be noted that faith, in this instance, does not refer to the religious aspect; instead, it is belief in oneself. In addition, positive thinking also involves holding positive future expectations for oneself. This includes expectancies such as, "I know I will do it" or "everything will go fine."

A person can also practice positivity in their daily experiences. Often, we encounter many strangers in our fast-moving lives. We are so involved in our lives that, sometimes, we forget

that small interactions can make a huge difference in someone's life. For example, a positive tone with a bright smile can make a huge difference in a person. I ask of you, the readers, to smile at someone genuinely next time you encounter a stranger. No matter what thoughts are going on in this person's mind, they will smile back at you.

This is the start of a positive relationship between you and this stranger you were skeptical to approach. Even in our own homes, colleges, and workplaces, all it takes to brighten someone's mood is a simple, genuine smile. This further improves the positivity in one's life.

In another instance, a person can experience the power of positive thinking by taking some time from their day and considering the events/people they are most thankful to have in their lives. As simple as it may sound, it truly works to change your impression of your experiences from negative to positive. These are just some of the small experiences and changes by which a person can truly practice the power of positive thinking to live a better life.

Two most common techniques to apply the power of positive thinking are verbal and mental techniques. Verbal techniques are the words that can be said and believed to create the positive energy in the mind. One should use positive words when talking such as, "I can" instead of "I cannot."

The phrase, "I cannot" can be integrated into the mind through spoken words. One should also tell themselves that they do everything to have a happy life, happy career, and to keep themselves in good shape.

(Continued in the August/Sept. 2018 Edition)

Paid Advertisement

5 REASONS TO TAKE THE NEXT STEP

AT PEIRCE COLLEGE

1 Career-focused degrees:

Practical bachelor degree programs in:

- Information Technology
- Healthcare
- Business
- Legal (including Paralegal Studies)

2 The flexibility of Peirce Fit®

Choose to attend class on campus or online from week-to-week, based on what works best for you.

3 Affordable private tuition

One of the lowest private nonprofit tuition rates in Pennsylvania

4 Up to \$3,000 in scholarships

Associate graduates can receive up to \$3,000 in renewable scholarships toward Peirce tuition.

5 Competency-based education

The only Philadelphia college to offer a competency-based program in Information Technology. Earn credit for what you know and get the freedom to go at your own pace.



Experience the Peirce Difference at
peirce.edu/ccpgrad



1420 Pine Street, Philadelphia, PA 19102 | 888.467.3472 ext. 9000

MUSIC SCENE: My Personal Top Five Albums of All Time — Part 1

By Christian A. Browne
Campus Press Music Columnist

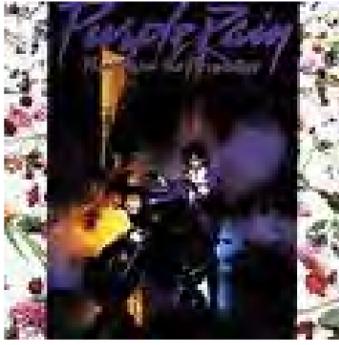
Ok, so listen. I know for sure that we all will not agree with this list. There are so many great albums in the world. It was hard for me to even make this list.

But to end this semester, I'm going to give you an insight into my mind and write about my favorite albums of all time. This isn't what I think is the best of all time but it's what I will listen to until I get tired.

Notable Mentions (in no particular order): Amy Winehouse: Back to Black, Arctic Monkeys: AM, Smashing Pumpkins: Mellon Collie and the Infinite Sadness, Queen: A Night At The Opera, Kanye West: The College Dropout, Daft Punk: Alive 2007 (Live), The Beatles: Sgt. Pepper's Lonely Hearts Club Band.

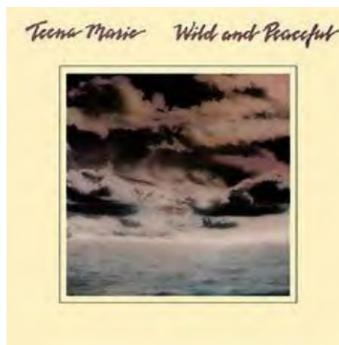
5. (tie) Lady Gaga: The Fame — After this album, I literally couldn't name you a song from Lady Gaga. But Lady Gaga "The Fame" is the best debut album that I have heard from this generation and 2nd best of all time. Yes, it's that good! From "Just Dance", "Lovegame" and "Poker Face" to "Beautiful, Dirty, Rich" This album has nothing but hits. My fave from this album is "The Fame". The song is just very catchy and shows the perception that we have on celebrities today. Every song from albums makes you want to get up and dance. According to Billboard.com, The album remains to be her highest selling album so far. This doesn't surprise me at all. It's a classic pop album and very underrated.

5. (Tie) Prince and The Revolution: Purple Rain — Raise your hands if you have ever heard "Let's Go Crazy" or "Purple Rain". Now everyone put them down. Prince 1984 Purple Rain is a classic. Every song from this soundtrack is perfect and tells a compelling story. Even if you haven't seen the movie like me,



you can understand and relate to the person that prince was. Just like the last album, this is also nothing but hits. The opening piano and beats of "When Doves Cry" to the very sexual song of "Darling Nikki" this album makes you want to listen to it on repeat. My favorite song from this album and well my favorite song of prince in general is "The Beautiful Ones". The song is slow, methodical, and just so beautiful. From the lyrics to the piano to the highest notes that Prince sings close to the end, this song is perfect and one of the best that I have ever heard. If you are married or have a significant other, then play this song to them! This song is basically a love letter to his love interest. While Prince may sadly be gone, his memories and legacy will live forever.

4. Teena Marie: Wild and Peaceful — In my personal opinion this is the best debut album of all time. Teena Marie is my favorite female singer and one of the most underrated artists in history. I remember being in the car with my grandfather as a little kid riding in his car listening to her on the radio. Hearing her music reminds me of my childhood. This album is full of heart and soul.



"I'm a sucker for Your Love" is my favorite song from this album and from her in general. From the funky groove that this song that it has to the chemistry that she and Rick James has throughout the song, I can't help to dance to it every time that I heard the song. "Don't Look Back", "I'm Gonna Have My Cake (And Eat It Too)", "Déjà vu (I've Been Here Before)" and "You Got the Love" are other hits that describes and shows the stronger, powerful and brave women that she was. This is an album that is very hard to find. But if you can find it, you have to buy it. It's worth the money. It's one of those albums that you have to listen to.

3. Michael Jackson: Off the Wall — Yes, Michael Jackson is third on my list. He's the greatest artists of all time. No Question. But



Personally I prefer the two albums higher than it. Secondly, Thriller is the best album that he has ever made. It's the best album that has ever been made throughout history. But again I prefer this album more.

Michael Jackson's Off the Wall is one of the best albums in history.

This album combines disco, R&B and soul music to make a type of sound that you can't help to love. From top to bottom, this album is nothing but magic. "Burn This Disco Out" ends the album with the same high upbeat sound has it began with. How many times have you heard "Don't Stop 'Til You Get Enough" & "Get On the Floor" at block party? The answer is probably too much to count.

(Continued in the August/Sept. 2018 Edition)

Paid Advertisement

MOORE

WELCOME TO THE **Moore College of Art & Design community**

Transfer to a **creative, career-focused** learning environment.

As a Transfer student you will...

- Be eligible for up to a \$16,000 scholarship — awarded annually
- Receive a \$1,000 paid internship
- Discover an inspiring, career-focused environment:
94% of 2016 BFA Graduates are employed or in graduate school
- Explore your individual creativity through 10 BFA majors and 12 accompanying minors
- Free admission to area museums
- Award-winning, mentoring faculty
- Plus, we have an articulation agreement with Camden County College for our Fine Arts major.

APPLY NOW: MOORE.EDU/TRANSFER
Contact us at: enroll@moore.edu • 215.965.4015

JOIN US FOR OPEN HOUSE
SUNDAY, APRIL 28
moore.edu/bfaopenhouse

“The thing I really like about Moore is that we are really close. I think only at Moore you talk to your professor like your friend.”

— An Du '18, Transfer Student from Community College of Philadelphia

MOORE
COLLEGE OF ART & DESIGN
Inspiring Careers

20th Street & The Parkway
Philadelphia, PA 19103
moore.edu | @MooreCollege Art

MOVIE REVIEW AND ESSAY:**PACIFIC RIM: UPRISING****Director:** Steven S. DeKnight**Writer(s):** Steven S. DeKnight, T.S. Nowlin**Story & Screenplay:** Emily Carmichael, and Kira Snyder

By SEAN MCGINNIS

Campus Press Writer and Movie Critic

Four years before taking this year's Oscars by storm with *The Shape of Water*, *Hellboy*, and *Pan's Labyrinth*, director Guillermo del Toro gave us *Pacific Rim*: a love letter to the mecha and kaiju genres, and a big-budget oddity compared to 2013's other Summer hits like *Man of Steel*, *World War Z*, and *Despicable Me 2*.

I, unfortunately, missed the film when it was still in theatres. At the time, I sank my teeth into animated family films and practically ignored the existence of most major live-action blockbusters. Eventually I checked it out several years later, and boy would I love to knock some sense into my younger self.

Pacific Rim was one of the rare niche blockbusters that overcame its problems with pure passion and heart. The story was simple to follow. The characters were fleshed out enough to care about them and to understand their actions and motivations. Their actors' performances (most notably Idris Elba, Charlie Day, Burn Gorman and Rinko Kuniuchi) elevated their cheesy dialogue. Most importantly, the action was absolutely stellar mostly thanks to the memorable set pieces, the semi-dark "end-of-the-world" tone, and beautiful CGI work on the Jaeger mechs and monstrous Kaijus that carried such a weighty presence.

Pacific Rim: Uprising, the long-awaited sequel helmed by *Daredevil* and *Spartacus* showrunner Steven S. DeKnight, doesn't come close to having the same bite that the first did; nor does it stand well as a movie on its own.

Time to Cancel the Apocalypse Again

Ten years after the events of the first film, *Uprising* focuses on Jake Pentecost (John Boyega, of *Star Wars* fame), the reckless and rebellious son of General Stacker Pentecost (Idris Elba). Instead of living up to his father's legacy, he spends his days partying and selling Jaeger and Kaiju parts for money, up until a failed sale gets him busted and locked up by the authorities. His adopted sister Mako Mori (Rinko Kuniuchi) offers to bail him out if he re-enlists in the Pan-Pacific Defense Corps as a commander. Now he and Nate Lambert, an old rival of his (Scott Eastwood), have a new generation of Jaeger pilots to teach, including a Jaeger fanatic Amara Namari (Cailee Spaeny) who built her own Jaeger in preparation for another Kaiju attack. Little do they know another attack is coming, as someone has mysteriously opened the rift to their world again.

A Bland Tasting Mess of a Stewpot

That heading is the best way I can describe the whole experience when watching this film. While the first was oozing with creativity and charm in its approach to the kaiju and mecha genres, *Uprising* simultaneously feels confused and uninspired in its storytelling decisions and direction.

The plot feels like DeKnight and his crew threw story concepts and character arcs onto a wall and tried to see what sticks onto it. While the first film's plot was streamlined and simple, this one has too much going on and too little of it actually matters. You have the character arcs of Jake and Amara, then there's a debate about the PPDC's Jaeger program being replaced with remote-controlled drones, but then the drone Obsidian Fury goes rogue and tries to kill everyone... And don't forget the little subplots between those, like the relationship between Jake and Nate Lambert, or the love triangle between them and their love interest Jules!

What especially kills these concepts is that they're given no time to breathe and develop. The film speeds through its 2-hour runtime at a breakneck pace, and any plot points introduced are either ignored for most of the film (aside from



SPRING FLING 2018

11-2 p.m. | Wednesday
April 25, 2018

BLACKWOOD CAMPUS Wilson Courtyard

Registration for Summer and Fall Semester**REGISTER IN PERSON AT ANY LOCATION:**► **Blackwood Campus**

Student Services Center, Taft Hall

856-227-7200 ext. 4200

Regular Hours: Monday – Thursday: 8:30 a.m. – 6:30 p.m.

Friday: 8:30 a.m. – 4:30 p.m.

► **Camden City Campus**

Camden Technology Center (CTC) Room 211, 856-227-7200 ext. 1304

Regular Hours: Monday: 8:30 a.m. – 6 p.m., Tuesday – Friday: 8:30 a.m. – 4:30 p.m.

(Office closes at 3:30 on Friday)

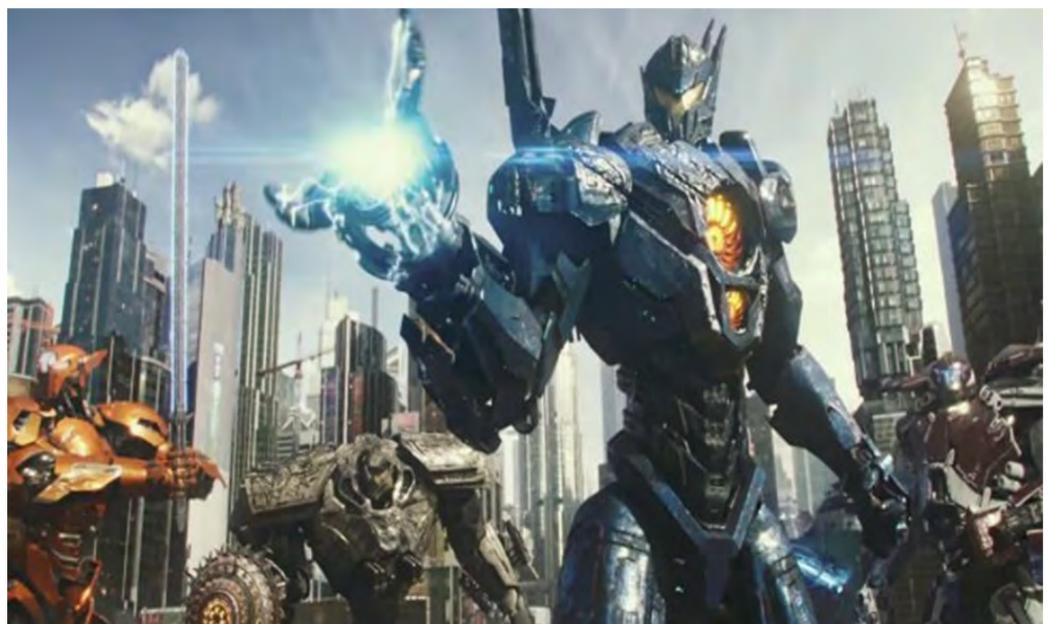
► **William G. Rohrer Center**

Cherry Hill, Information Desk, 856-227-7200, ext. 6000. Regular Hours

Monday – Friday: 8:30 a.m. – 4:30 p.m.

► **Office of Continuing Education:** Blackwood Campus, Community Center, 856-874-6004

Regular Hours: Monday – Friday: 8:30 a.m. to 4:30 p.m.

Graphics: static0.srcdn.com and images.entertainment

maybe a brief moment or two) or abruptly concluded before it can get me invested, like with *Obsidian Fury*. It is especially unfortunate that elements like the drone concept could've been a great way to expand on the film's universe.

Film's Inconsistent Tone

The film's tone is also really inconsistent. The first film committed to a serious approach to its tone, given that humanity is

on its last thread of hope, while still having some light-hearted and humorous moments in between. *Uprising* goes for a more light-hearted tone, which would be fine if DeKnight and the writers either committed to that tone and embraced the silliness, or struck a good balance. Instead, the film still has emotional beats and darker moments that feel very out of place with the rest of the film's humor-centric and over-the-top approach.

(Continued in the August/Sept. 2018 Edition)

Dressing to Impress and for Success

Continued from Page 1

According to Green, women should always have a blazer to cover their sleeves and a heel, even if it's a baby one. Women should own at least four blouses and one good skirt; however, if they're going to wear a skirt, stockings are a must.

Anyone who has tried to build a professional wardrobe knows how expensive it can get, but there are some tricks you can learn to avoid spending hundreds of dollars before your next day of work or interview. According to Green, you should "shop before you have to have it." If you wait until the day before your first day of work to buy business attire, you could get trapped spending more money than you need to.

Also according to Green, there are some places you can check out for shopping on a budget. She recommends trying out thrift stores, like *Red, White, and Blue* on Route 73, and Goodwills. In her personal experience she has learned that consignment shops are the perfect places to find blouses for four times less than you will find them at boutiques and other stores. For women, she recommends *TJ Max* and *Marshalls* for great deals on designer clothing, and *Men's Warehouse* for affordable suits for men. When shopping, according to Green, it is important to remember to "go classic, not trendy."

Camden County College's program, Suit Yourself, also aims to make students look their best for the professional world. Each year, they run a collection for work clothes and accessories, which are donated by the community. Following the collection, they host an event where students can shop for a free outfit or suit. If this sounds like something you would be interested in for the next academic term, you can contact Prof. Jacqueline Beamen at jbeamen@camdencc.edu or at (856)227-7200, ext. 4370 for more information.

For additional information on looking sharp while conquering the real world and would like to speak to a professional, you can contact Prof. Green at her email, agreen@camdencc.edu, or at 856-227-7200 ex. 4362.

College Service Announcement

World Cultures Day

(FORMERLY KNOWN AS INTERNATIONAL DAY)

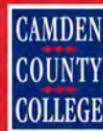
BLACKWOOD CAMPUS – Connector Atrium
Tuesday, April 17, 10:30 a.m.-2:30 p.m.

CAMDEN CAMPUS – College Hall Courtyard
Wednesday, April 18, 11 a.m.-2 p.m.



Be a part of this college-wide experience!

- Meet friends from your country and from countries around the world.
- Showcase your country's traditional clothing in a fashion show, and/or perform a traditional dance.
- Create a poster representing your country with pictures, information, cultural artifacts and/or "fun facts." Be creative!
- Sing a song in your native language, or if you play an instrument, play a traditional song from your culture.



Don't miss this unique opportunity to reveal the beauty, culture and traditions of your homeland to all of CCC!

To participate email Colleen Doyle at cdoyle@camdencc.edu

Paid Advertisement



Transfer to a Path of Success

Open House: April 22, 10 am

Complete your transfer and join our family—all in one session. Learn more about our nearly 40 programs and generous scholarship opportunities. Bring your official transcripts (in sealed envelopes) and enjoy an on-the-spot credit evaluation—even admission—if you qualify. Plus, at this event, you'll experience first-hand the feeling of being surrounded by students and faculty who share your sense of community and higher family values.

Register online at holyfamily.edu/CCCTransfer



Holy Family
 UNIVERSITY

The Value of Family

Public Safety Dept. Provides Emergency Telephones and AED Devices on Campuses

BY CCC PUBLIC SAFETY DEPARTMENT

At Camden County College, your safety is our priority. If you are on any of our campuses and there is an emergency, we encourage you to contact either 911 or the college's **Department of Public Safety**.

One of the easiest ways in which to contact Public Safety is by activating one of the many different types of emergency telephones that can be found on our campuses.

Emergency phones vary in appearance and in design. Some emergency telephones can be utilized by simply picking up the telephone receiver and waiting to hear from a member of Public Safety.

Other Emergency telephones consist of a button that can be pushed, at which time a member of Public Safety will begin talking with you. In this case, there is no hand receiver; rather, a push of the button will connect you and also provide us with your location.

There are also blue lights throughout our campuses that work identically as the call boxes described above. Simply push the button on the blue light if you need assistance, and you will be connected to a member of Public Safety who can then assist you. The Public Safety officer will know the exact location of the blue light and will send help immediately.

Please keep in mind that the emergency phones are intended for emergencies but may be used any time assistance is needed from the Campus Public Safety Department. It is important to note that you can also contact your Campus Public Safety Department by dialing the below telephone numbers at the various campuses:

- ▶ **Blackwood • (856) 374-5089**
- ▶ **Camden • (856) 968-1393**
- ▶ **Rohrer • (856) 874-6000**
- ▶ **RETC (856) 374-4986**

In addition to emergency call boxes, the college also provides automated external defibrillators (AEDs) in the event of a heart-related medical emergency. These defibrillators are located throughout various buildings and can be accessed by anyone who is willing to provide assistance to a person in need of such a rescue device.

To use the AED, simply remove the AED from the box on the wall and follow the voice commands that it provides. The functionality of each one is similar, though there are many different types of AED's on each of our campuses. Remember that prior to taking any action, always call or alert someone for help. Members of the Public Safety department are always ready to provide assistance whenever the need arises.

**See Page 8 for
color photos
of the
Emergency
Telephone
Call Boxes
and AEDs.**

COLUMN — On Heartbreak...For Real

BY GINA ANDREWS

Campus Press Staff Writer and Columnist

Have you ever gotten your heart broken? I sure have; many times, in fact. You probably always assumed that "broken heart" was nothing more than a figure of speech.

Surviving a Heart Attack

Did you know that you can, in fact, get your heart broken for real? The human heart is a strong, resilient organ that is designed to be able to handle a lot of abuse. The fact that people survive heart attacks and can live for years with heart failure shows as much.

However, emotional shock can cause a condition known as "broken heart syndrome," also known as stress cardiomyopathy or takotsubo cardiomyopathy, which occurs almost exclusively in post-menopausal women. High levels of stress hormones, such as adrenaline, can become toxic to heart muscle tissue. This can "shock" the heart into a state of severe dysfunction. When this happens, the heart muscle quickly becomes very weak.

Stress Leads to a "Broken" Heart

Most often, it is the death of a loved one that causes this, but any stressful event can lead to a broken heart. One woman

reportedly developed it after a surprise birthday party. The symptoms, including chest pain, dizziness, and shortness of breath, are similar to those of a heart attack.

Nonetheless, there are notable differences between this condition and a heart attack. In a heart attack, there is a blockage in one of the coronary arteries, but in broken heart syndrome, an angiogram won't show any blockages. There is no heart cell death in this condition, unlike with a heart attack. The left ventricle of the heart takes on a distinctively round shape that resembles a Japanese octopus trap, or a takotsubo.

Benefits of Being Young and Healthy

This condition also has a surprisingly good prognosis, and most people who are afflicted recover within weeks, if not days. I must also mention that it is unlikely that you will develop broken heart syndrome if you are young and healthy.

If you're grieving over a breakup or the death of a loved one, you have enough to be stressed about already, so please don't think that you will have to be hospitalized for a broken heart, because chances of that happening are miniscule.

I promise that if you just hang in there and get therapeutic help if you need it, you will be okay in the end.

MOVIE REVIEW: Black Panther

Continued from Page 1

brehtaking scenery, and interactions between characters, the viewer could see that Wakanda is a very advanced and peaceful place.

Notwithstanding their use of vibranium to produce superior technology, Wakanda had been capable of remaining pretty isolated from the rest of the world, and keeping their abilities under wraps. All would not remain peaceful for long.

Family Feud

Unbeknownst to the rest of the Wakandans, a "long lost" cousin, Killmonger, had been residing and creating mayhem in other parts of the Earth. It would not be long before Killmonger would arrive at Wakanda to challenge T'Challa for the throne.

Upon defeating his cousin and assuming the throne, he destroyed special power giving herbs; and made plans to introduce vibranium and Wakandan technology to the

rest of the world for power and profit. With the help of Shuri, Nakia (his love interest), Ross (from another part of Earth) and another Wakandan tribe, T'Challa was able to regain control and order of Wakanda.

T'Challa rethinks his former position on sharing vibranium technology with the rest of the world, placing in charge Shuri and Nakia with running an outreach center located in the building where his cousin lived as a child. His message to the United Nations, that people must help each other regardless of where they are from, shows his growth as a leader.

Black Panther, with its refreshingly positive gender roles, visually appealing settings and costumes are a few reasons that the movie has been uplifting for viewers of all ages.

In addition, the very talented cast of actors such as: Michael B. Jordan, Lupita N'Yongo, Angela Bassett, Forest Whitaker and Chadwick Boseman in the leading role, to name a few, and positive message for the ages, leave no doubt as to why Black Panther has broken box office record sales (1.1 billion, to date).

If you haven't seen it yet, it is definitely worth the outing.

Paid Advertisement

NJIT

New Jersey Institute
of Technology

Connect To: *A Higher Salary*

njit.edu/visit

**ONE OF THE
TOP 25
COLLEGES
NATIONALLY
WHERE
GRADUATES
CAN EARN
SIX-FIGURE
SALARIES**

- Money Magazine



Camden County College's Public Safety Dept. Provides Emergency Call Boxes (ECB) and Automated External Defibrillators (AED) at Campus Locations

Camden County College campuses contain Emergency Call Boxes and automated external defibrillators (AEDs). More well known by their initials, an automated external defibrillator is a portable electronic device that automatically diagnoses the life-threatening cardiac arrhythmias of a person's ventricular fibrillation and pulseless ventricular tachycardia. In addition, an AED is designed to treat the person through defibrillation which is the application of electricity that stops the arrhythmia. This allows the heart to reestablish an effective rhythm.

(Note: The photographs shown here are courtesy of the college's Public Safety Department.)

Photos: 1# (push button) through 4# are interior emergency call boxes. Photos: 5# and 6# are push button, blue light phones located outside buildings. Photos A# and B# show what the AEDs look like in their locations. Please see full article on page 7.

