

THE ORATOR

HUDSON COUNTY COMMUNITY COLLEGE STUDENT NEWSPAPER

Empowering the voice of the urban student.

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Volume IV, Issue I

Fall 2015

FREE

HCCC Student Leaders Build Life Skills

CLARA OROZCO
EDITOR-IN-CHIEF

On September 19, 2015, Hudson County Community College hosted its second annual Student Leadership Conference. The conference was created by the College to help HCCC students become better leaders. Interpersonal skills and personal growth took center stage as James T. Robilotta, motivational speaker and life coach, warmed the crowd of HCCC's own leaders. Robilotta and school staff and administration such as Angela Tuzzo and Colleen Dallavalle from the Office of Student Activities brought the guests and staff to laughter and deep thought while teaching students valuable life skills—or as Robilotta calls it edutainment.

Some key factors were discussed throughout the conference such as time management, networking, managing a club at HCCC, life-school-club-work balance, motivation to achieve, and how to be imperfect leaders. Also, that every one has to work to their strengths and admit fallibility, as fallibility is the precursor to growth.

Robilotta shared a lot from personal experience such as how his college career took a hit from a severe lack of motivation combined

with homesickness. He allowed this reporter some insight into his experience through a short interview, where laughter and lessons were shared.

Clara Reyes-Orozco: You spoke about how you used to be in a state of apathy when you started school. What is some advice to help students integrate into the student body and not feel homesick and productive as they transition to college?

James Robilotta: There were two things I did that helped me: find friends and get involved. I was in school for marine biology, I wanted to become an edutainer and tell everyone of all the wonderful fish I learned about. Even though I was studying what I loved, it wasn't enough. I needed to feel as if I was a part of something and get involved. It is hard to admit that we aren't the only ones going through something. While the person sitting next to you might look cool and cracking jokes, everyone is just as scared as you are. Everyone thinks "No God! are people gonna like me? Am I gonna make friends here? Are my classes gonna be too hard?" The idea is that someone has to make the first move; get involved, get out there.

See Leaders || Continued on Pg. 3



From left to right: Jasson Gutierrez '18, James Robilotta, Monserrate Alevante-Mockward '16

Heads Up Campaign Advocates for Free Community College

BY BETSY APENA
STAFF WRITER

On September 9, 2015, "Heads Up Campaign" was launched by the Obama Administration in order to make two years of community college free for those who are willing to work for it. Since January 2015, President Obama unveiled America's College Promise proposal in order to make two years of community college free for responsible students around the country. This proposal was inspired by bipartisan efforts and started at Tennessee city which attracted thousand more freshmen than expected. After that, Chicago, Miami, and Kalamazoo joined to this campaign and had a great response for several leaders. The idea is already gaining momentum in places like Oregon, Minnesota, Philadelphia and Long Beach, CA. Education is a luxury for many students because parents cannot afford it. Some individuals have primary priorities such as family and time. Other students do not have a higher education and do not understand the importance of it. For that reason, "Heads Up Campaign" can change the life of several students and will lead to a better, smarter America such as : giving the access to a free, high-quality community college education, encouraging college-going culture, especially with first-generation Americans, and celebrating all community colleges by highlighting the positive value and impact they have in their local communities.

"Heads Up Campaign" gives us important facts that we need to know:

- * In the next 10 years, more than 6 out of 10 jobs will require more than a high school diploma.
- * Currently, only 40% of U.S. adults between 25-64 ages have a postsecondary degree.
- * More than a third of community college students are the first in their family to go to college.
- * The average borrower now graduates

with \$28,400 in debt.

- * A community college student could save an average of \$3,800 in tuition and fees per year.
- * More than half of community college students are part-time, juggling school with work and life at home.
- * Low-income families and first-generation students lag behind in college enrollment by over 30%.
- * Student debt in this country is now over \$1 trillion.
- * Tuition-free community college could benefit more than 9 million students per year.
- * 40% of America's college students are community college students.
- * There are more than 1,100 community colleges in the U.S.

According to the newspaper U.S. News and World Reports, Evelyn Waiwaiolo, Director of the Center for Community College Student Engagement at the University of Texas, Austin, states, "The average community college student age is 28, so this could help not only high school grads, but also single parents and veterans."

A century ago, a big movement was made in order to give free high school available for everyone. As a consequence, America had the most educated workforce in the world in the 20th century. This led to rapid economic growth and prosperity to our communities. Now, this campaign will help Americans to get the knowledge and skills in order to meet the demands in a Global Growing Economy.

This opportunity is not only for young people, it is for parents who came back to college after several years, retired people who want to be productive in the community.

See Campaign || Continued on Pg. 5

New York Press Club Conference



From left to right: Jonnathan Riera, Clara Reyes-Orozco, Mo Rocca, Katherine Oneill, Joseph Pascale

BY KATHERINE O'NEIL
FEATURES EDITOR

Hudson County Community College's Newspaper, The Orator, attended the 23rd Annual Press Club Conference in New York City. The Conference was a melting pot of journalists who have been in the industry for a long time and for those who are just starting out in their careers. The conference covered how they're opening up new areas in the press, such as apps and how the general public is getting their news on their mobile devices.

Following that discussion, we broke off into sessions. There were several different sessions to choose from. This reporter along with her colleague, went to Mastering the Art of the Interview with the panelists David Ush-

ery, David Marjolick, Kitty Eisle and Amar Bakshi.

The panelists discussed that in each situation you have a different interview. For example, you wouldn't interview a politician the same way you would a politician. The second main point that they brought up is half of the interview is just listening.

Towards the end of the Conference the notable Gabe Pressman handed out two scholarships to young hopefuls before the one on one conversation between Steve Scott and keynote speaker Mo Rocca.

The Orator, was lucky enough to get photos with the humorist Mo Rocca and Gabe Pressman. This all would not have happened without the support from Student Activities Faculty Staff Colleen Dallavalle, Angela Tuzzo and Dean of Student Activities Dr. Paula Pando.

f /HCCcedu @ HudsonCCC

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MESSAGE FROM THE EDITOR

CLARA OROZCO

Our founding fathers carefully took the time to write their grievances. Slogans like "no taxation without representation!" and events such as the Boston Tea Party occurred as a reaction to grievances left un-addressed by England. Two-hundred and forty years and a whole lot of history later, students here at Hudson County Community College are also taking the time to address the issues they have with the current situation. This reporter went throughout campus asking students to address their grievances with the school. The answers were granted with a sigh of relief that their voices would be heard. After all, that's what The Orator is here for. So, without further ado, here goes:

One of the hottest issues concerns the huge sign by the entrance to the L building that reads "No outside food in Liberty Café". From a business perspective the sign is brilliant. Restaurants everywhere apply the rule to avoid ill situations like loitering. We find this to be unfair. Liberty Café is not a separate entity registered as a business within HCCC (like Burger King within Newport). It is a part of the college, therefore the fees paid for the very space it occupies are paid by the students, their Pell grants, and loans. Students should have the right to enjoy their food in the café. Their fees unanimously paid for that right.

Another major concern this reporter heard constantly from a few students was the lack of handicap-accessible doors to the L building and the Library. While people are sometimes nice to open doors and HCCC's security guards are extremely helpful, students would like to see these two minor things become part of the L building as they are implemented in the North Hudson Campus.

A third issue constantly being mentioned is also the lack of feminine product disposing units in the L building's women's bathrooms (per individual stall). One garbage can was added to each individual restroom. Yet what happens if "ABC" accidentally drops her phone in the can after "XYZ" has just deposited a sanitary napkin? Hello, blood-borne pathogens! Also, some students using these restrooms would cause less damage to infrastructure as they would have appropriate receptacles to dispose of their products instead of down the porcelain.

Another grievance in the student body is the rate at which online classes are replacing many face-to-face sections. Online classes are effective; however, they cannot replace student-teacher interaction. In world where the virtual is an ever growing part of our reality, face to face interaction is priceless. To add insult to injury, many courses are only taught in the seven week format. While many students find this convenient, other students appreciate semester-length online courses where one can actually learn instead of churning out work like an assembly worker in a conveyor belt. There is also a huge time difference in the demand both course formats place on a student. Sixteen week courses require 20-26 hours of input time per week. For a person working, raising a family, and taking a full semester 20-26 hours become difficult.

All in all, HCCC's students love the campus, its faculty, and staff. From the perspective of this reporter's eye communication is a key component of every relationship—especially one that lasts two or more years. Aside from sanitary napkin disposal receptacles, "No Food in Liberty Café", handicap accessible doors, and the virtualizing of many classes. We love you HCCC, we truly do.

Meet The Orator 2015

Staff

EDITOR IN CHIEF



more of my writing @NomadInJC

Hi, my name is Clara Orozco, I'm a Graphic Arts major here at HCCC. I am a writer, artist, and musician. I love being a part of The Orator because I want to spread awareness of the issues pertinent to students. Feel free to follow me to read

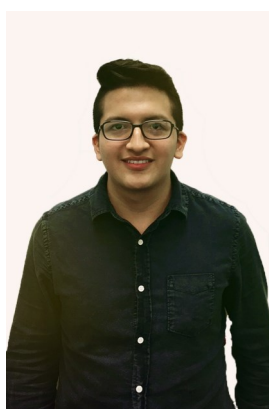
FEATURE EDITOR



dream is to write children's books as well as work here at HCCC.

Hello, my Name is Katherine O'Neill I graduated from HCCC in 2011. I returned to HCCC for there were classes that I always wanted to take. Although I am transferring to NJCU to obtain my "BA": HCCC and the Orator will always be my home. I am an avid reader and my

PRODUCTION EDITOR



motivational tweets, @Riera_Jonnathan

Greetings! My name is Jonnathan Riera. I am a Computer Science major. I enjoy learning about business and technology. My goal is to one day become a successful investor, entrepreneur, author, and motivational speaker. Follow me for some

STAFF WRITER



inform with several opportunities for being successful.

Hello, my name is Betsy Apena and I am a Business Administration major. I joined the Orator because I loved to share articles about amazing activities what happened at HCCC and keep my fellow students

SPECIAL THANKS TO:

TERRENCE SYKES
STAFF ILLUSTRATOR

JOSHUA LORETO
CONTRIBUTING WRITER

ALEJANDRO ALVAREZ
CONTRIBUTING WRITER

RENE HEWITT
CONTRIBUTING WRITER

Letter to The Editor

Dear Orator,

I am a student at Hudson County Community College. I am also a person who doesn't prefer to use the hand dryers in the bathrooms, for they are too loud and leave your hands a little damp. I understand that it costs more to have the paper towels and it's eco-friendly for the hand dryers. However, the use of paper towels gets more of the bacteria's off the hands than the dryers do. So, please can you bring back the paper towels already?

Yours Truly,
Wiper of the Jeans

THE ORATOR

HUDSON COUNTY COMMUNITY COLLEGE STUDENT NEWSPAPER

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Notice an error? Please submit all corrections to The Orator Editors at orator@live.hccc.edu



POST CARD



Why write for us?

- Strengthen writing skills
- Have your writing published
- Looks great on your resume
- Be involved in HCCC activities
- Have your voice heard
- Have fun
- Go to events & interact with people

The Orator HCCC's own
award winning newspaper
wants YOU

Meetings:

Wednesday 1-2 p.m.

Friday 5-6 p.m.

@B201

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HAPPY HALLOWEEN, FROM THE ORATOR



LEADERS || Cont. from Pg. 1

CO: Did you ever think that you'd become such an inspiration to students based on your trajectory?

JR:No, not at all, I am very fortunate to do what I do. I never thought that my story was good enough. I came from a privileged background, you know... from an upper middle class household; white, straight, male. Why would people care about my story? I don't tell a sob story. Yet it turns out, a lot of people go through what I went through. A lot of people do need someone to talk to. A lot of people are trying to figure out, could I be a leader, what does it look like to be a leader? I always knew I loved to entertain, but to be able to entertain and educate at the same time is really cool.

CO:Is there anything schools can do better to entice students to participate in school activities?

JR: Ways to get people involved-give time. It takes more than having a table saying, "we're the blank club, here's a lollipop, come to our meeting we have free pizza". Sometimes people will get involved in organizations because they like like the people. Involving students comes from creating a connection. If my school had had a comedy club I would've joined but why would I want to join if the club sucked. In order to have students involved, students need to make other students feel that they matter to their organizations.

CO: Do you keep in touch with your mentors?

JR: Yes I stay in touch with plenty of my mentors through many stages of my life. College is like a leadership residency. Just like doctors, (how) they take care of their patients. Leadership is like a residency to try to be this person you

didn't know you could be. A lot of them (my mentors) are proud of me for what they can see that I've done. They've told me, "it's amazing to watch you, to think how annoying, disorganized you were (laugh)... we always knew you had potential so it's awesome to see what you've become." Oftentimes we don't give ourselves enough credit. It's hard to be proud of ourselves sometimes.

James T. Robilotta is a life coach and lecturer. He currently tours the nation inspiring many individuals, from students to entrepreneurs to make life changes that will help them succeed. He is also the author of the book *Leading Imperfectly: The value of being authentic leaders for leaders, professionals, and human beings.*

Election Special, Orator Style

BY CLARA OROZCO
EDITOR-IN-CHIEF

A new election cycle is upon us. For many students here at Hudson County Community College it will be their first time voting. For many of us however, the experience will be one that brings back the bitter old feeling that the presidential primary (and the whole process leading up to the general elections) resembles a scene in *Forrest Gump* where he says "life is like a box of chocolates, you never

know which one you're going to get". Unlike Forrest's box of chocolates, here at *The Orator* we understand the need for you, our wonderful readers to understand every chocolate (candidate) in the primary box and have access to the dates you must register by to participate in the primary elections.

Since you should have a choice when you pick your chocolate, here's a nice little recapitulation of the main contenders' views and positions on major issues. There you have it folks, Happy Voting! May the ballots be ever in our favor.

Last Month's Satire this Month



BY JOSHUA LORETO
CONTRIBUTING WRITER

- On September 18, 2015 - M. Nyght Shamyron had opened a Zoo. He had many zoos before he opened this current one. Many fans and critics responded negatively to the zoo, they exclaimed that the zoo's he had open up in 1999, through, 2002 were better and had a better twist. The Director responded "Yes there is a twist to the zoo. The twist is the critics are the animals."
- On September 24, 2015 - The Pope visited New York. Citizens greeted him with open arms, and shoving pizza down his throat. The Pope visited all sights in New York. He talked about his favorite sport Baseball. He expressed his love for Baseball and stated that "Jesus hates the Yankees..." and

"That A-Rod might be going to H-E-Double Baseball Bats."

On September 21, 2015 - The Mayor of Jersey City, Steven Fulop, launches the Citibike program. Fulop will be opening the program having 350 bikes and 35 stations. Including MLK Light Rail, Garfield Ave and Bayside Park. Fulop recommended "Get these before they're stolen...I mean gone."

On October 5, 2015 - Hurricane Joaquin hits New Jersey. Hurricane Joaquin is moving from the Bahamas to the North East hitting states. Donald Trump said "Hopefully this is the last time something foreign ruins this country."

	Bernie Sanders	Hillary Clinton	Martin O'Malley	Jill Stein	Donald Trump	Ben Carson	Jeb Bush	Carly Fiorina
Party Affiliation	Democrat	Democrat	Democrat	Green	Republican	Republican	Republican	Republican
Occupation	Senator	Ex-Secretary of State	Governor of Maryland	Physician	Real Estate Developer	Neurosurgeon	Former Governor of Florida	Ex-CEO Hewlett-Packard
Free education at public colleges	YES	MAYBE	NO	YES	NO	NO	NO	NO
Same sex marriage	YES	Opposed until 2010	YES	YES	NO	NO	NO	NO
Path to legalization for immigrants	YES	YES	YES	YES	NO	NO	NO	NO
Increase taxes on the rich	YES	NO	NO	YES	NO	NO	NO	NO
Woman's right to choose	YES	YES	YES	YES	NO	NO	NO	NO
Reduce excessive incarceration	YES	NO	NO	YES	NO	NO	NO	NO
Opinion on Black Lives Matter	SUPPORT	SUPPORT	SUPPORT	SUPPORT	OPPOSE	OPPOSE	OPPOSE	N/A
Spying on Americans	NO	YES	NO	NO	YES	YES	YES	YES
Repeal Patriot Act	YES	NO	NO	YES	NO	NO	NO	NO
Privatize Social Security, Welfare, and other Social programs	NO	NO	NO	NO	NO	YES	YES	YES
Support Unions	YES	N/A	N/A	YES	NO	NO	NO	NO
Trade Agreement support (TPP, NAFTA, and job outsourcing)	NO	N/A	NO	NO	YES	YES	YES	YES
Thoughts about current wars (Libya, Iraq, Afghanistan, and Syria)	NO to all	YES to all	N/A	OPPOSE	SUPPORT	SUPPORT	SUPPORT	SUPPORT
Support for renewable fuels	YES	N/A	YES	YES	NO	NO	NO	NO
Regulation of Wall Street	YES	NO	N/A	SUPPORT	OPPOSE	OPPOSE	OPPOSE	OPPOSE
General: Deadline to apply for a Mail-In Ballot by Mail for General Election	Tuesday, October 27 2015							
General: Deadline for Application to Receive General Election Mail-In Ballots by Electronic Means for Qualified Overseas Civilian and Military Voters	Friday, October 30 2015							
General: Deadline for In-Person Mail-In Ballot Applications for General Election by 3:00 p.m.	Monday, November 2 2015							
Primary Election Day	Tuesday, June 7 2016							
General Election	Tuesday, November 3 2016							

*dates courtesy of mytimetovote.org

Spirit of NJ Dinner Cruise



On left, Jacqueline Jaramillo with her boyfriend and on right, Katherine Quezada with her friend were enjoying the view of Statue liberty and Washington Bridge

BY BETSY APENA
STAFF WRITER

On September 18, 2015, some students from Hudson County Community College had the amazing opportunity to enjoy a wonderful trip shared with their families and friends. Student Activities from Hudson County Community College decided to organize this adventurous trip after they received several requests from past student surveys. The Spirit of NJ Cruise was a successful event tickets were sold out in two weeks. Many students purchased their tickets for \$25.00 and guests paid \$50.00, and transportation was included. In addition to this amazing deal, Student Activities gave an additional discount of half price on the tickets for students who confirmed their attendance to the Annual Leadership Conference on September 19. The Spirit of NJ Cruise was hosted by members of Student Activities Staff Director Colleen Dallavalle, Secretary Tera McGee, and Programming Assistant Kyara Martin. They stayed with students and

guests until the end. During the night, this reporter interviewed some fellow students who shared their feelings about this trip:

Nursing Major student, Jacqueline Jaramillo said “It was my first time on the cruise and it was awesome. The food was great and I had great time with my boyfriend for an incredible price.”

Nursing Major Student, Katherine Quezada said “I think it was great a way to get all students together and know each other as a community. I really love it!”

Criminal Justice Student, Hamza Saleem who is the Secretary of the National Society of Leadership and Success said, “It was my first time on a cruise and being here is a beautiful experience. I can enjoy seeing the view of New York and all the way to Washington Bridge. I absolutely highly recommend all students to take advantage of these events”

Manfred Rojas Hamza’s guest said, “Sharing this amazing experience with my friend and his fellows was awesome and we had a lot of fun.”

Accounting student, Ismauri Lopez who is a member of the Spanish Club said, “I’m glad to be here and enjoy this view with my classmates. The price is very convenient for a luxurious experience.”



Students from HCCC

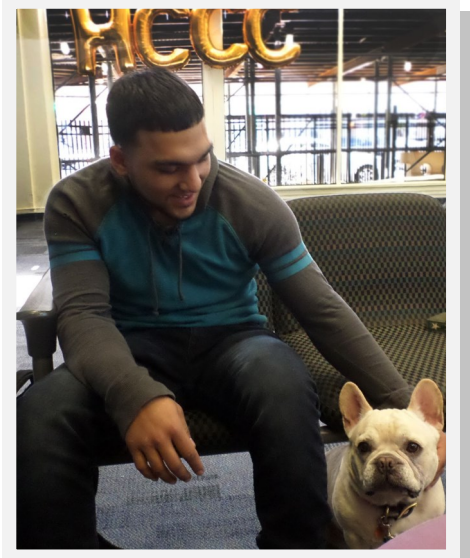
Therapy Dog Stress Relief

BY KATHERINE O’NEILL
FEATURES EDITOR

With midterms just around the corner, it was a great stress relief to see therapy dogs here at HCCC. The dogs wanted to be petted and the students got great enjoyment out of doing so. Kian Wilson, theatre arts major was in a bad mood when she first got to school. But that all changed when she heard the dogs were going to be here. Ms. Wilson connected with one dog in particular, Charlie. “Charlie is my spirit guide; it is a bond that people with curly hair share in.”

Just by looking at the students here, they didn’t have to say much, to know that they and the dogs were having a good time. These dogs were from Creature Comfort Pet Therapy, for more information on the organization you can go to the website at www.ccpettherapy.org

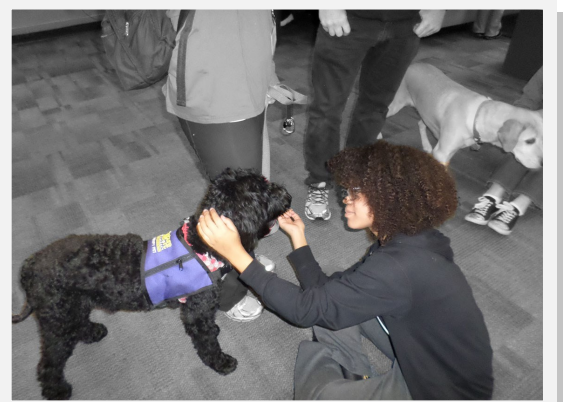
The owners and the dogs that came from CCPT to HCCC names are Lindsay Dial owner of Frank the French bulldog, Mark Rooney owner of Marley The yellow Lab, Linda Mast owner of Charlie and Tatiana Carino owner of Cookie French bulldog.



Student Hammad Raza & Frank the French Bulldog



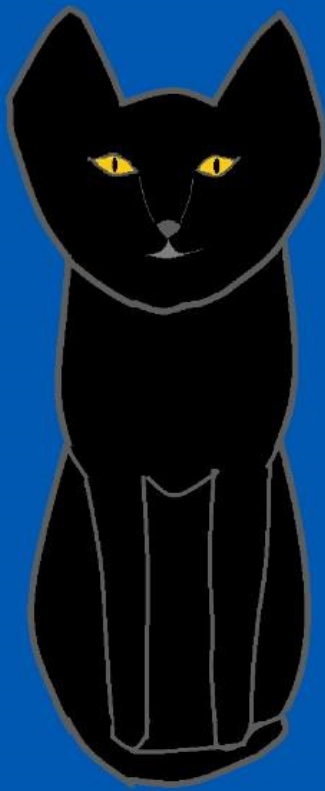
Owners and dogs from left to right Mark Rooney with Marley, Tatiana Carino & Cookie French Bulldog, Linda Mast & Charlie Labradoodle lastly Lindsay Dial & Frank the French Bulldog.



Student Kian Wilson with Charlie the Labradoodle



Tatiana Carino holding Cookie French Bulldog with HCCC Student



My name is Shadow, nothing original for us black cats. Black Cats are cast in the shadows of midnight. Forgotten and discarded. We are thought to be witches in disguise (that would be cool) but we’re not. We also are not a demonic creature or evil spirit, nor do we steal a baby’s breath while they are fast asleep in their cribs.

However, we are mistreated in our ever growing and overcrowding in the shelters of unwanted pets.

My name Shadow, nothing original. How would love to be someone’s Button. For I think I am cute-as-a-Button, don’t you?

It's On Us: HCCC Joins Nationwide Effort To Halt Sexual Abuse on Campus

IT'S ON US TO STEP UP AND STOP SEXUAL ASSAULT.

6% Men in college who admit to committing sexual assault

94% Men who can stop it

Take the pledge and learn how at ItsOnUs.org #ItsOnUs

is—Rape • Act when we think someone is in trouble • Do something • Be part of the solution, not part of the problem • Always be on the side of the victim • Make sexual assault unacceptable • Take reports of sexual assault seriously • Stop someone from doing something we know is wrong.

So why is it on us?
It's On Us, to become aware, compassionate, and responsible. It is unfair to ask women and men to become responsible for other's actions. However, by acknowledging the points illustrated above, we can come to a deeper understanding. Sexual harassment is wrong--whether one is the perpetrator, victim, or a person aware of the acts. It is our duty to break the silence and the stigma that many victims face such as slut shaming, loss of masculinity, and self depreciation. **NO MEANS NO.**

What can our campuses do?
One of the major problems storming the nation that It's on Us

BY CLARA OROZCO
EDITOR-IN-CHIEF
From October 5 until October 9, 2015, Hudson County Community College hosted the college wide event It's On Us. It's On Us was started by the Obama administration to address the alarming rate of sexual abuse on campuses nationwide. The event began as a point for discussion, hosting tables where students participated by taking pledges to create awareness towards sexual harassment. **It's On Us** was conceived to help students support victims of sexual harassment and/or to help students recognize when sexual harassment might be taking place. The campaign cites the statistic that one in five women along with one in 16 men have been sexually assaulted in college.

So what can you do?
Recognize that as students It's On Us as peers, friends, family, and significant others to help victims in need. **It's On Us to:**

- Recognize that if someone doesn't or can't consent to sex, it's sexual assault • Make sure guys knows that if she

doesn't or can't consent to sex, its sexual assault • Take responsibility for our actions and our inaction • Realize we have a role to play in stopping sexual assault • Create an environment where women feel, and are, safe • Step in if a friend is doing something that could lead to sexual assault • Get someone home safely if he or she needs help • Hold our friends accountable • Tell our friends if what they are doing is wrong. • Never blame the victim • Be more than a bystander • Stop a sexual assault any way we can • Keep an eye on someone in a vulnerable situation • Not look the other way • Do something to get in the way of a sexual assault • Step up and say something • Let our friend's know what is and is not acceptable • Not give our friends a pass • Help a victim report a sexual assault if he or she wants to • Look out for someone who has had too much to drink • Get in the way if we see something happening • Stand up to those who tell us it's not our business • Say something when our friends are being stupid • Call non-consensual sex what it

is trying to combat is the recent wave of Title IX violations. Title IX is a federal law that specifies that federal funds are to be used, without any discriminatory treatment in regards to sex. Many universities were found to be in violation of Title IX when cases of sexual harassment on campuses went unprosecuted or largely dismissed by school administrations across the nation. It's On Us is a campaign to promote awareness in school administration and also within the source of the problem and the answer--the student body.

The good, the bad & the misconceptions
Aside from taking steps to actively promote awareness of sexual harassment on college campuses, we can also become more sensible to the fact that men are victims just as women are. The campaign, ItsOnUs.org, describes itself as a gender neutral campaign by listing the statistics for both men and women. However, the campaign's ads, promote the perpetual myth that women are the sole victims of sexual harassment on campus. Women are affected more often than males, that is a fact. However, by publishing ads

**Hudson County Rape Crisis Center
Christ Hospital Counseling
and Resource Center**

179 Palisades Avenue
Jersey City, NJ 07306

24 Hr. Hotline: (201) 795-5757
Office: (201) 795-8741 or (201) 795-5816
Fax: (201) 795-8761 or (201) 418-7017
Education & Outreach: (201) 795-8375 ext. 5269

Jersey City Medical Center (carries rape kits)
355 Grand St, Jersey City, NJ 07302
201-915-2000

Hoboken University Medical Center
308 Willow Ave.
Hoboken, NJ 07030
201-418-1000

Episodes of Sexual Abuse on Campus

- It's On US came about after a wave of campus harassment cases went public in major universities. A major report surfaced after June 23 2013 when Vanderbilt University students, Brandon Vandenburg and Corey Bates along with other members of their football team carried an unconscious victim—Vandenburg's date, back to his dorm room after she passed out after a night out. After the event they proceeded to gang rape her and send the pictures to friends. The evidence came afloat because of a surveillance tape that showed Bates, Brandenburg, and the rest of the alleged perpetrators carrying the unconscious victim. Police recovered pictorial evidence after security guards brought the video to the administration. The victim did not believe she was raped until detectives showed her the video (TheTennessean.com).
- Another recent case from 2011, involved Jerry Sandusky. Sandusky was Penn State's ex assistant football coach. Sandusky was found guilty of 45 counts of child molestation from 1994 until 2009. The school's administration resigned after allegations that Penn State administrators covered up for Sandusky (ThePatriotNews.com)
- Also, a male student from Brown University recently came forward about a fellow male classmate who proceeded to rape him a dorm bathroom on September 5, 2011. The student came forward to school authorities. The victim later found out that his aggressor was a repeat offender. He violated two other males before the school chose to take action by expelling him. The statistics currently hold that men who violate other men are mainly heterosexual trying to teach other men "masculinity"

What you can do if you are harassed?

- If you want to report the crime, notify the police immediately. Reporting the crime can help you regain a sense of personal power and control.
- Call a friend, a family member, or someone else you trust who can be with you and give you support.
- Preserve all physical evidence of the assault. Save all of the clothing you were wearing at the time of the assault. Place each item of clothing in a separate paper bag. Do not use plastic bags. Do not clean or disturb anything in the area where the assault occurred.
- Get medical care as soon as possible. Go to a hospital emergency department or a specialized forensic clinic that provides treatment for sexual assault victims. Even if you think that you do not have any physical injuries, you should still have a medical examination and discuss with a health care provider the risk of exposure to sexually transmitted infections and the possibility of pregnancy resulting from the sexual assault. Having a medical exam is also a way for you to preserve physical evidence of a sexual assault.
- If you suspect that you may have been given a "rape drug," ask the hospital or clinic where you receive medical care to take a urine sample. Drugs, such as Rohypnol and GHB, are more likely to be detected in urine than in blood.
- Write down as much as you can remember about the circumstances of the assault, including a description of the assailant.

CAMPAIGN || Continued from Pg. 1
It is the dream of many first generation students who wants to change the future of their new generation. One of the principal requirements for being granted with Free Community College to be a responsible student. Does it sound impossible for you? I do not think so because being a responsible student is: A student who has good grades, maintains a 2.5 GPA and being serious about getting a degree or certificate.

A student who is committed to transfer to a 4-year university or go towards completing vocational certificates and degrees.

A student who do community service in order to give back to the community.

There are several fellow students who are in Honor Programs and work very hard in order to be the best. In my own experience, Hudson County Community College helped me to enhance my communication skills and opened the door to several opportunities. I found amazing advisors and professors who supported me and kept me motivated to follow my dreams. Hudson County Community College will host a campaign at North Hudson Campus and Journal Square Campus. National Society of Leadership and Success-HCCC Chapter and Phi Theta Kappa- Alpha Beta Phi HCCC will have a table giving all the information regarding to this campaign from October 26 to October 29. "Heads Up Campaign" needs the support of everyone. Help to spread its voice in different social media. We can take action and join to the movement at HeadsUpAmerica.us and everytime you spread the voice use the hashtag #HeadsUpAmerica. I am in and you...?

SPRING REGISTRATION IS JUST AROUND THE CORNER...

Think about what classes you want/need to take now... so you are ready then.

REGISTRATION STARTS ON NOVEMBER 1, 2015

GMO and Organic products. What are they to you?

BY RENE HEWITT
CONTRIBUTING WRITER

Genetic engineering - also called GMO, Genetically Modified Organism – actually is biotechnology. However, organic produce is grown without the use of pesticides, synthetic fertilizers, sewage sludge, genetically modified organisms, or ionizing radiation.

GMO's are created when genes from one species are inserted into the DNA of a different species using GMO technology. In other words, genes can be from a plant or meat and DNA is artificially reformed using a process formulated in a laboratory. GMO's can also include genes from unrelated plants, animals, viruses, or bacteria and this cannot happen unless worked on by humans. Why should you want to know about GMO's? The answer is very simple. There are people throughout the country that would like to know how and what additional structures are being used to enhance their food. In contrast, there are people who just don't care about it and are shopping to rush home and cook.

One way of signaling the merchant is by labelling each product. According to Labelgmos.org, "A recent New York Times poll shows 93% of people want genetic engineering food to be labeled." On the other hand, some of the food companies are saying that if they are forced into labelling, the price of the product will have to go up. According to Arran Stephens, president of Nature's Path, "Claims that labeling GMOs would significantly increase the price of food for the consumers just aren't true." The Kellogg's company started labeling its food in Europe, but won't do the same in the United States. Organic farmers are concerned but labeling can keep track of GE crops and also to protect the organic farmer. Part of the issue is because the consumer is not educated and even if a person read the label and it lists, "Ingredients: water, vegetable oils (contains genetically modified soyabeanoil)", will the person put the product back or buy it? Chances are the product, whether it is fish, chicken or even beef, will be bought.

GRAS – Generally Recognized As Safe - is stating that before the products gets to the market, testing is not necessary even though the majority of experts from the FDA's Biotechnology Task Force feel GMO foods can cause problems and there might be risks and therefore cannot be alleged safe.

Organic and what is it to you?

As stated some of the consumers do not understand the labelling and are confused with the USDA Organic Seal with other non-certified labels. In the United States the official label is the USDA Organic Seal.

There is not an official "Locally Grown" label. When a consumer needs to reference products of such, they must rely on the phrase "locally grown". Locally grown labeling is used for a lot of food products. For example, eggs, meats,



jams, and in some cases, non-food products such as, textiles, cleaners, body care products and sometimes products made with wood. Did you know that locally grown food has not been defined and monitored? You would have to ask whether the food is local according to distance, state, city, borders and even regions. For example, the label can state, "grown and sold locally in Boston, MA", and you assume it is a good product. It is important to note, just because the food is labeled organic or even local, doesn't mean that it is organic. These days, we see labelling with the word, "Natural". This is mostly used on body care products, cleaning supplies and toys. When you see this labelling, keep in mind that the term "natural" cannot contain artificial ingredients, added color and a lot of processing. The natural products can also contain synthetic ingredients and the consumer thinks they are getting a safer, healthier and much better product.

Organic livestock, by regulation, must be allowed to roam outdoors. Just because the animals are allowed to roam outside, doesn't mean that they are being raised organically. The final question is, do we know what we are buying and is the higher cost of organic food necessary? In part two, I will compare the differences between GMO and Organic foods, examine the distributors, and explore why we are actually paying more.

Strides Through Community Growth

BY ALEJANDRO ALVAREZ
CONTRIBUTING WRITER

The north eastern region of NJ is arguably one of the most densely populated areas in NJ as well also one of the most active and most thriving. With Bergen, Essex, Hunterdon, and Hudson County, to name a few, at the forefront of the north eastern region of NJ, Hudson County holds some of the most eclectic communities with poverty stricken neighborhoods on one end of the district and total affluence on the other. With this stark contrast as the makeup of the Hudson County area, it is important to stay on track with local and state wide policies that impact homelessness, as well as children not receiving adequate early childhood education. It is also extremely important to not forget about getting involved on a personal level to help the community. There are local programs readily available and geared towards low income to no income families that can use as much help as possible.

One program that stands out immediately with resources that stride towards making a change in the Hudson County community is the North Hudson Community Action Corporation's Head Start/ Early Head Start Program. This program fights avidly towards providing comprehensive early childhood education, health, nu-

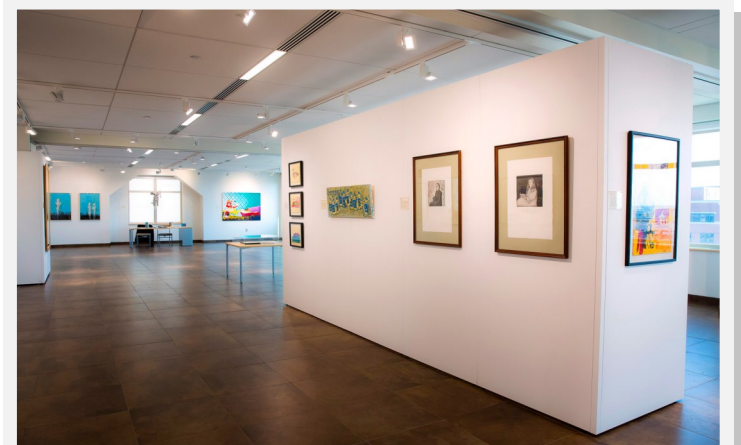
trition, and parent involvement services to low-income children and their families. The program's services and resources are designed to foster stable family relationships all the while reinforce a sense community and cultivating a positive ambience for the family as a whole. The enhancements of children's physical and emotional well-being are also established with environments that concentrate on developing strong cognitive skills. The best thing about this program is that they are always welcoming volunteers to get involved with the community, which is perfect for college students majoring in early childhood and other liberal arts majors. The type of hands on experience that is offered by the Head Start/ Early Head Start program is crucial and imperative to everyone and anyone who has a passion for getting involved with the community, especially those who are liberal arts majors. With 50 Years of active community programs that serve low income to no income families, the Hudson Community Action Corporation's Head Start/ Early Head Start Program is a trailblazer in providing children and families with support, advocacy and growth. So follow the lead of Hudson Community Action Corporation and get involved in your community to make a difference for future generations to come.

Grand Opening of The Benjamin J. Dineen, III and Dennis C. Hull Gallery at HCCC



Dr. Gabert delivering the opening speech

Photo Credits to flickr.com/hudsonccc/



Inside the Benjamin J. Dineen III and Dennis C. Hull Gallery

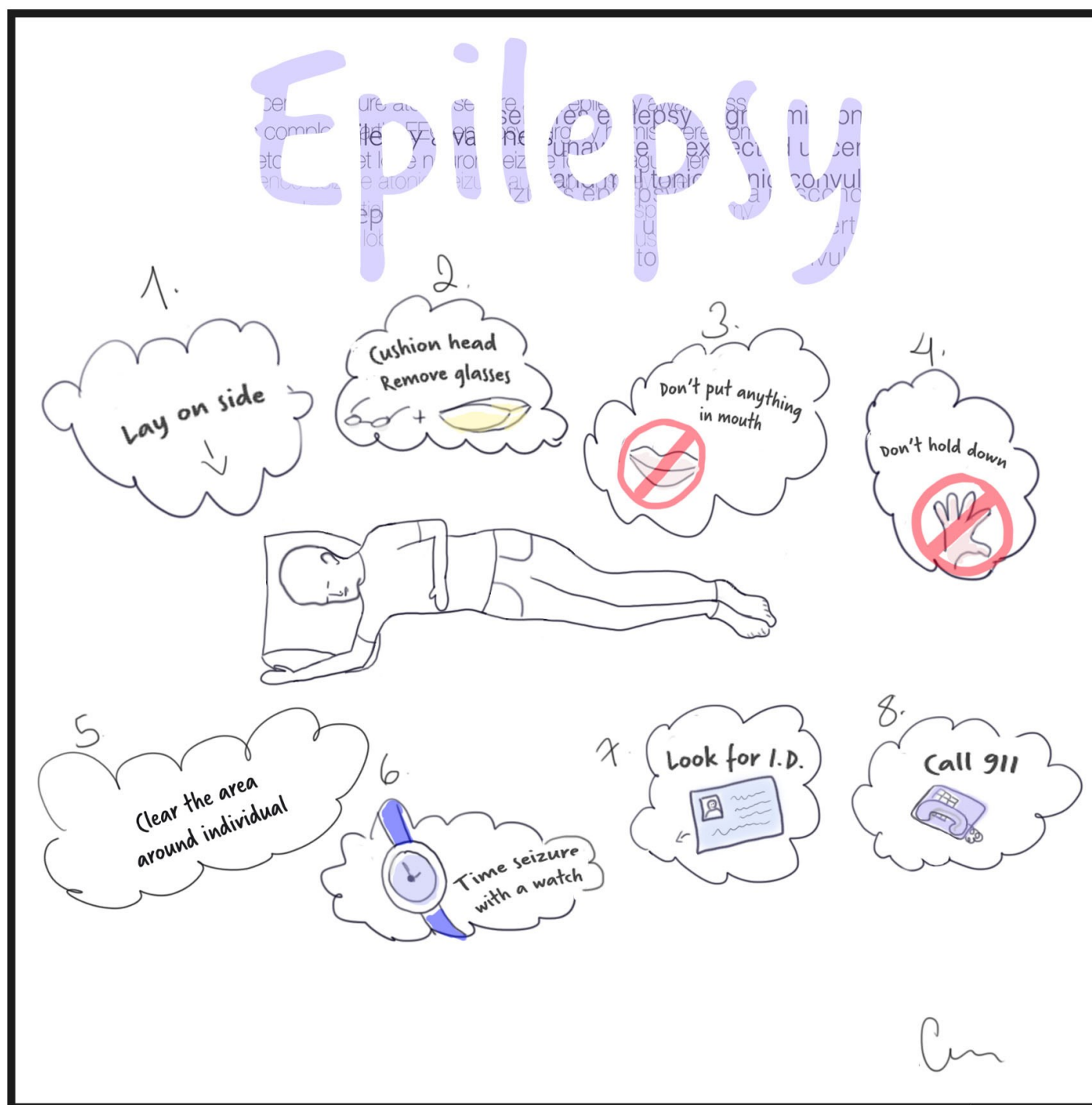
Photo Credits to flickr.com/hudsonccc/



NORTH HUDSON
COMMUNITY ACTION CORPORATION



A HCCC Student's Experience Epilepsy



"Epilepsy, steps to take as a caretaker" By: Clara Reyes-Orozco

KATHERINE O'NIELL
FEATURES EDITOR

You are in the post office, when you hear a crash. A clerk has dropped a package. An argument ensues. The line is getting longer and people are getting cranky, one small incident can create chaos because of the breakdown in communication. That is what an epilepsy seizure is: a breakdown between the brain and the nervous system.

Epilepsy is a seizure disorder of the brain. It temporarily changes the normal functions of the neurons which communicate to other neurons. These neurons send out messages through the axons and dendrites that overload a person with bursts of neurons causing a seizure.

A family sits around the table with their three children ages 3, 4 and a 14 month old baby girl. The two boys are engaged in a small contest at the table while enjoying their dinner (cheeseburgers and French fries). The wife and husband talk about their day when the youngest child goes limp with

a mouthful of food. She is non-responsive and has a far off look on her face. The Father tries to open his little girl's mouth but it is shut tight. Seconds pass by and the baby starts to come around. The pediatrician is on the phone explaining to the mother that the baby just had a seizure and to monitor her. If she has any more she has to go to the hospital. A month later the child was put in the hospital and at the age of eighteen months she was diagnosed with having epilepsy. (Personal experience)

A person is diagnosed with having epilepsy after having two or more unprovoked seizures. Having a seizure and having epilepsy is a different thing. A person can have a seizure because of a high grade fever, or drug and alcoholism usage.

Secondly, a person can even have a seizure after being in car accident resulting in cranial trauma. However, if that person has two seizures or more following the car accident. Doctors will most likely diagnose him/her with epilepsy. People can have a seizure at any age, from birth and from changes in

hormones that occur during puberty, pregnancy or menopause. The elderly can have seizures because of health related illnesses such as strokes and so on.

Furthermore, there are many types of epilepsy, the most commonly known is grand-mal also known as (tonic-clonic) seizures where the person shakes violently, convulses and their extremities flare about in a stiff manner. They are prone to biting their cheek, tongue and or lips; they may even lose their bowel or control of their bladder. After the seizure has passed, depending on how long it was, the person may be unable to make verbalization of words, their balance will be off, and their body will be exhausted after the event.

Then there are absence seizures that are often overlooked because the person looks as if they're in a daydream; they don't fall, they don't shake and will most of the time hold on to whatever object he or she has in her hand. This may last for a few seconds; at the most they will be unaware of what happened between these moments.

Another type of seizure is Complex Partial seizures. CPS's are correlated to Tonic-Clonic seizures in the sense that the person loses consciousness, shakes, pursing their lips, biting their tongue, cheeks, etc.. The duration can last around thirty seconds to two and a half minutes (any longer call 911). The person goes into a dreamlike state, keeping their eyes open for the most part.

While having epilepsy (and the many types there are) doctors have to look at the brain through several procedures such as, electroencephalograms better known as EEG. EEG is a device with many wires that are placed all throughout the scalp to determine if that person had a seizure.

Consequently, the brain is tricky organ, it hides the fact that a person has had a seizure from the machine and the test will come back normal. The EEG device is like a lie detector test it is good to have, but won't stand up in a court of law. That is why the doctors use other tools such as a CAT scan and MRI's.

The CAT scan referred to as the CT, is a big x-ray machine that allows the operator to view all sides of the brain. To get a closer view of the brain, another machine that is often used is an MRI. An MRI is another imaging scanner that allows doctors to tell how the seizures affect the brain.

There are also medications, a diet named the Ketogenic Diet, as well as procedures done. One of the procedures is the Vagus Nerve Stimulator. The VNS is a pacemaker-like device that is implanted under the skin. There are also different types of brain surgeries.

One of those surgeries is a two part operation. The first part, Invasive Monitoring is done by drilling holes in the skull and placing electrodes either on the skull or directly on the brain. The doctors then wrap the patient's head with bandages and wait for a response, (a seizure) to tell them where exactly the what part of brain the seizures are coming from. When the patient has the seizure(s) the doctors can then do the second part of the surgery which is called a Corpus Callosotomy.

The Corpus Callosum is a bunch a nerve fibers that join the two hemispheres of the brain. The CC is big conduit to relay messages from one side to the other. The surgeon then separates the connection. The amount of separation depends on the person.

On the other hemisphere (hand), in today's society epilepsy is more accepted, than even just forty years ago. Today there are day-cares for children with epilepsy. There are also outlets for the person afflicted with seizures such as the Epilepsy Foundation. The Epilepsy Foundation has resources for young children, adolescents, adults and the elderly.

However, there is a risk of death in epilepsy it is called Sudden Unexpected Death in Epilepsy. For every 1000 people with epilepsy 1 person is said to die from seizures. This means a person goes to sleep like they always do. They have a very bad seizure; that seizure causes so much stress on the body, which it goes into shock. For more information on SUDE, you can go to the epilepsy foundation website at www.epilepsy.com

FACTS ABOUT EPILEPSY

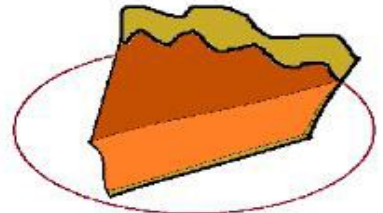
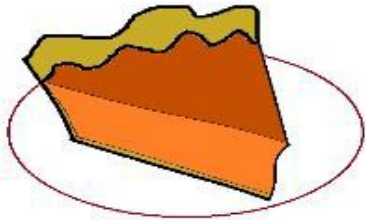
- November is Epilepsy awareness month
- Never put something in the persons mouth, doing so can injure the person.
- People having a seizure **CANNOT** swallow their tongue.
- The term "fits" is offensive
- People with Epilepsy can hold down jobs.
- Epilepsy is NOT rare.
- Epilepsy is having unprovoked seizures.
- Provoked seizures such as drugs and alcoholism are NOT related to Epilepsy.

Instant Decision Days: What they are about

- Instant D-Days are for students who want to transfer to another college/ after they completed their courses here.
- Check Out What Colleges/Universities are best for you and your degree(s)
- Some Colleges and Universities come here to HCCC to help you get to there.
- Have a letter of Recommendation(s)
- Written essay for that particular school
- Official Transcript (UNOPENED)



HAVE A HAPPY THANKSGIVING FROM THE ORATOR



Hotel Transylvania 2 Review



Image Courtesy of Sony Pictures Entertainment

BY KATHERINE O'NEIL
FEATURE EDITOR

Hotel Transylvania 2 is a fun movie for all to see. The whole Group of monsters from the first movie are back including Dracula. Dracula and his buddies are trying bring the monster side out of Drac's adorable half-vamp half-human grandson. There were giggles and chuckles all throughout the crowded showing of Hotel Transylvania 2.

911: In Plane Site Review

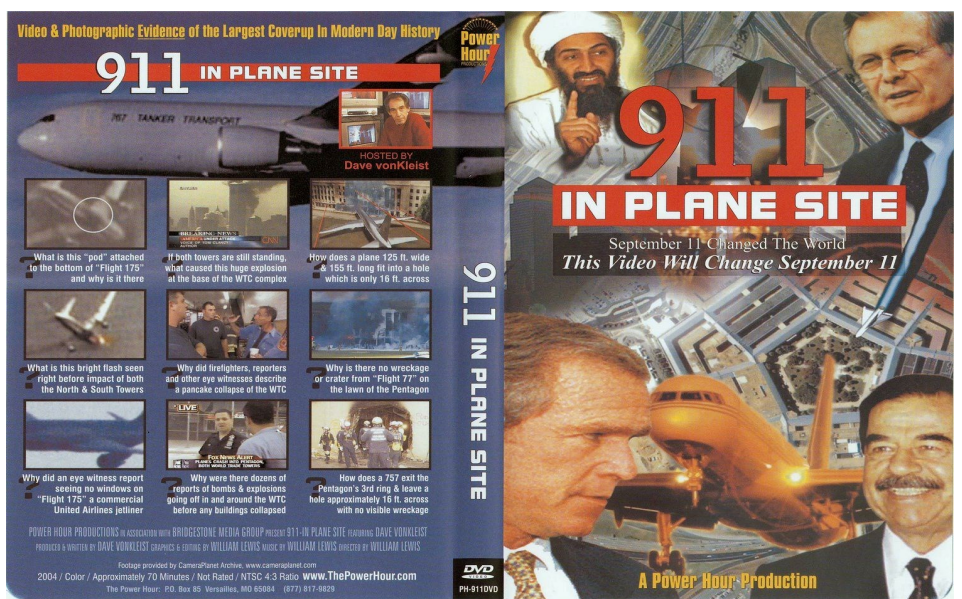


Image Courtesy of 911inplanesite.com

BY JONNATHAN RIERA
PRODUCTION EDITOR

9/11 is a day that nobody will ever forget. Millions of people lost their loved ones on 9/11 due to disasters. Despite the recent 14-year anniversary, many people still question the official story. Although our United States government has given official word that the people responsible for the 911 attacks are terrorist group Al-Qaeda, led by Osama bin Laden, many people are still skeptical about it. I decided to look into these questions by reviewing the movie 911: In Plane Site, produced by William Lewis and Dave vonKleist. The film offers a lot of skeptical footage and possible explanations to the occurrences. The film raises many questions such as: Why is there a lack of footage of the plane hitting the pentagon? What were the explosions after the planes hit the twin towers? Why did the buildings fall like a demolition? While these are legitimate questions, the film did not offer definitive proof like the producers claimed. Nevertheless, this is clearly a topic that has not been put to rest. Republican candidate Donald Trump has brought the topic back into the spotlight, "When you talk about George Bush — I mean, say what you want, the World Trade Center came down during his time," Trump said at a rally. "They knew an attack was coming," he said of the Bush administration. "George Tenet, the CIA director, knew there would be an attack, and he said so to the president and said so to everybody else that would listen."

Shay Valentine

in: *The First Mistake On The First Day!*

by: Terrence Sykes

