

BULLETIN...BULLETIN

Dear Readers: What's Going On?

On behalf of the hard working and dedicated staff of The Campus Press, Happy Holidays and Happy New Year!

Best wishes also to semester year, particularly Campus Press Co-editor and Writer Kaitlin McGee and Music Critic and Columnist Christian Browne.

Moreover The Campus Press regrets to inform you that the college administration plans to remove the student newspaper from its current and original location in Room 106 on the first-floor of the Mauke Community Center Building.

Some visitors to the editorial office have inquired about the "Property of The Campus Press" signage that are taped to various pieces of equipment in the office. Now you know...Since no explanation has been given for the abrupt displacement, we are unable to provide you with the reason at this time as well as any new location. But the staff remains hopeful that the editorial office will remain conveniently located just down the hallway from the campus radio station, WDBK 91.5 FM. The two student media organizations enjoy a collaborative relationship.

The Campus Press staff is hopeful also about eventually receiving the official explanation about one, the recent misrepresentation of the newspaper's name for others to attend an off-campus event, and two, the recent and possible unauthorized use of Campus Press funds.

Watch this space for updates.

Again, thank you for your readership and support. Happy Holidays and a Happy New Year!

The Campus Press

Stress Management Tips for the (Possibly Stressful) Holidays

By **MELISSA DAVILA**
Campus Press Staff Writer and Columnist

For many, the upcoming holidays can be a time of fun. Aside from Christmas shopping, visiting family and friends, winter break is a time to relax and enjoy.

For others, holidays can bring about stress and tension. Christmas shopping, visiting family and friends and school exams within a short time frame can be a bit daunting. The holiday season doesn't have to be as hectic as we can sometimes perceive it to be if we do a few simple things.

Make a Plan or Schedule

One way to maximize our time during this busy season is to make a plan or schedule and put things in order of greatest to least importance. In a stress management course I took last semester (HPE 106), one of the exercises we did was making a list of things that we had to do using

the A, B, C 1,2,3 method.

We put everything in order of what was the most important to the things that weren't. After we got the A, B, C part done; we looked at each of the letter items and assigned them a number. Not only does that method ensure more efficiency, once we prioritize daily activities, we don't feel as badly about not completing the "less important" tasks.

Make Time for Studying

Remember to include studying and time for yourself! Another way to spare yourself some tension is to do things that make YOU happy. Many times, we do things because it is what is expected of us, at the expense of our own peace of mind. Remember, time is precious and something we



never get back.

It is okay to opt to surround yourself with the people that you enjoy being around, who appreciate you. It is okay to relax at home with a nice warm (or

Continued on Page 5

OPINION COLUMN: Remembering Those Who Died in Wars

By **LOUIS CHILDS-O'DOWD**
Campus Press Staff Writer and Columnist

I'd like to pay tribute to the men who died in France. One hundred years ago, an armistice was signed on the 11th hour of the 11th day of the 11th month (November), ending the most awful expression of human failings that the planet had ever seen.

Millions of men fought in defense of their empires, in defense of their pride, in defense of their honor, and ended up giving their lives for nothing, in my opinion. The slash of war left a gaping lesion throughout Europe that could only be healed through the fire of a new war, as bitterness and hatred seeped from the wound.

Poem Dedicated to the Brave Men and Women

These obliterated men deserve more than a day of honor; they deserve to be remembered for who they were, what they did, and what they sacrificed. I'd like to highlight one of these men now, and cite a poem

from Wilfred Owens, who died a week before the Armistice was signed.

*Bent double, like old beggars under sacks,
Knock-kneed, coughing like hags, we cursed through sludge,
Till on the haunting flares we turned our backs,
And towards our distant rest began to trudge.
Men marched asleep. Many had lost their boots,
But limped on, blood-shod. All went lame; all blind;
Drunk with fatigue; deaf even to the hoots
Of gas-shells dropping softly behind.*

*Gas! GAS! Quick, boys!—An ecstasy of fumbling
Fitting the clumsy helmets just in time,
But someone still was yelling out and stumbling
And flound'ring like a man in fire or lime.—
Dim through the misty panes and thick green light,
As under a green sea, I saw him drowning.*

In all my dreams before my helpless sight,
He plunges at me, guttering, choking, drowning.

Continued on Page 4

CCC Students Now More Likely to Vote in Primary and Major Elections, Survey Shows

By **COLIN COLEBROOK, JR.**
CAMPUS PRESS NEWS REPORTER

After last month's article on President Trump's choice to fill the vacancy on the United States Supreme Court Justice (Brett Kavanaugh, I asked 25 CCC students what they thought about the article (situation) and whether it would influence them to be more active, with regard to voting.

Here were the results:

	No difference	Less likely to vote	More likely to vote
Primary elections	3	2	6
Major elections	2	2	10

Most students said that knowing what happened with Kavanaugh and having information on candidates beforehand would make them more likely to vote. The people that said knowledge about Kavanaugh either wouldn't make a difference or would make them less likely to vote said that they felt their vote wouldn't make a difference (or much of a difference) anyway.



Calling All CCC Poets! Submit your creative musing to *The Campus Press* for consideration for our **POETRY CORNER!** You don't have to be a member of the Press. Anonymous submissions are OK; just keep the topics and language rated G, please. **E-mail us at campuspress@camdencc.edu.**

CCC Teaching and Learning Center Hosts Two Concurrent Workshops Thursday, Dec. 6, at 3:30 p.m.
One workshop will be at the Blackwood Campus and the other will be at the Camden City Campus.

Blackwood Campus, Madison Hall 212
New/Revised Course Forms: A "How To"
Presenter: Mike Billingsley, Chair of Curriculum Committee

This workshop is intended to help sponsors navigate the newly revised course forms on the college S:Drive. If you are thinking of developing a new course or revising an existing one, please bring it to this session. Even if you don't have a new or revised course in mind at the moment, this session can assist you in understanding what to expect of the new form should you need it in the future.

Camden City Campus, CTC 200
Let's Talk about Self-Directed Learning
Presenter: Prof. Lester Owens

Most community college students only know how to be taught; they have not learned how to learn. Community college students are often thrown into a web of courses with little direction and almost no experience in how to select an approach to learning.

Self-directed learning, characterized by learner autonomy, critical reflection, and student engagement, is presented as a competency for higher education. Because of new developments in education, such as the use of information and communication technology and the development of hybrid and pure online courses, more responsibility is placed on learners to take action in their own learning.

Students participating in the courses without learning the skills of self-directed learning have experienced anxiety, frustration, and often failure. Self-directed learning is now a survival tactic, a basic human competence, the ability to learn on one's own. Self-directed learning is an ability that has become a pre-requisite for living in this new age. Hence, formal education has the duty to prepare its students for a life after graduation and this preparation must include the development of self-directed learning. The presentation discusses Staged Self-Directed Learning, how instructors can actively equip students to become more self-directed in their learning.

TITLE IX

UNDERSTANDING DOMESTIC & SEXUAL VIOLENCE, DISCRIMINATION AND HARASSMENT



DON'T BE SILENCED!
SPEAK UP AND WE WILL LISTEN!

Resources and reporting options are available, if you or someone you know at Camden County College has been a victim of:

- Sexual Assault
- Domestic Violence
- Dating Violence
- Stalking
- Discrimination or Harassment

RESOURCES AND REPORTING OPTIONS

If an incident occurs to you or you know of an incident, please immediately contact at least one of the following:

Department of Public Safety
(856) 374-5089

Student Services
(856) 374-5088

Department of Athletics
(856) 227-7200, ext. 4260


camdencc.edu

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.



Camden County College Policy on Non-Discrimination in Educational Programs

Camden County College complies with Title VII of the Civil Rights Act of 1964, Title IX of the Educational Amendments of 1972, Section 504 of the Rehabilitation Act of 1973, the Age Discrimination in Employment Act of 1967 and New Jersey's Law Against Discrimination. These laws prohibit discrimination on the basis of race, creed, color, national origin, nationality, ancestry, age, marital status, affectional or sexual orientation, sex, familial status, domestic partnership status, disability and handicap. Decisions on admission, recruitment, financial aid programs, access to course offerings, or

other aspects of its educational programs or activities, including vocational programs and vocational opportunities, are not made on the basis of any of these factors. Inquiries regarding these laws may be directed to the Dean of Students Office, Taft 236, Camden County College, P.O. Box 200, Blackwood, NJ 08012, (856) 227-7200, extension 4371; jtenuto@camdencc.edu or to the Executive Director of Human Resources, Camden County College, P.O. Box 200, Blackwood, NJ 08012, (856) 227-7200, extension 4221.

The Campus Press
Editorial Office

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

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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*
Jan./Feb.	Jan. 3.	Jan. 4	Week of Jan. 15
March	Feb. 12	Feb. 14	Week of Mar. 5
April/May	March 12	March 14	Week of Apr. 2



*Subject to change and without notice.

Wolverton Library: Mission to Serve College Community

BY MELISSA DAVILA
CAMPUS PRESS STAFF NEWS REPORTER

Many of us rely on our school or public library for many things: getting email, studying, researching material for class, or meeting with friends and colleagues to discuss things.

With the onset of a new school year, the library should be a place that students and staff alike visit often, very often. As the semester progresses and colder weather sets in, you will find the library, with its friendly, helpful and knowledgeable staff a good place to settle in to study for exams.

I sat down with Isabel Gray, Director of Library Services, and Lori Lenox, Information Literacy Librarian, to discuss: librarian duties; the past, present and future of libraries and ways you can benefit from Camden County College's Wolverton Library.

Q- What are some of your duties?

Lori: I work with instructors, library guides for research, among other duties.

Isabel: I make sure things run smoothly, and fill in as needed. I work at the reference desk, prepare the budget for the library and equipment, to name some of the duties.

Q- What are some changes that you have noticed within the library, in general?

Isabel: The discipline has gone from masters in library science to a master's in library information science. The new degree incorporates digital technology. There must be a balance between print and digital.

Lori: Most colleges have gone from library science to information library sciences. The degree incorporates ethics, privacy, copyright (which is very big right now), informed decisions as to what to have in the collection. Our collection is driven by the school's mission.

Q-What are some changes that this library has gone through?

Isabel: Recently, the second floor has gotten more study space. There are rooms with and without doors to study in. There is independent study space, and computers. We are in the process of updating the print collection. The discovery layer for search and digital content is stable. We have a searchable electronic catalogue.

Lori: The searchable catalogue gives alternatives for better search ability.

Q-There used to be card catalogues before. What were/are cons with digital and/or non-digital catalogues?

Isabel: If the system is down, you can't find books. We do know where books are generally. "L" books are educational, for example. With the card catalogue, if you didn't know the system, you couldn't find a book.

Lori: If the cards are or were put back incorrectly in the card catalogue, it was a big problem to find the misplaced card.

Q-What are some of the services/things that the library offers?

Isabel: We have most of the books for the courses available in reserve. They can be borrowed with a current library card for up to three hours.

Lori: We also have private study areas, and study rooms that can be checked out for group (two or more) use for three hours. One person must stay in the room at all times.

Q-If there is anything you want students to know, what would it be?

Isabel: You do not have to be in the library to access online resources. You can access the library portal at: <http://libguides.camdencc.edu/CCCLibrary>.

Lori: There are anatomical models that can be borrowed, as well as laptops.

(Note: *As of March 30, 2018, anything that had to be printed must be printed in Taft's computer lab.)

Current library hours, which change according to semester, are:

Monday-Thursday	8:30 am-9:00 pm
Friday	8:30 am-4:30 pm
Saturday	10:00 am-4:00 pm
Sunday	*****CLOSED

CAMDEN COUNTY COLLEGE Tutoring Center
camdencc.edu/tutoring

FOOD DRIVE

November 1 – December 14

Not sure what to donate?

Here are the most needed non-perishable items.

High Protein
peanut butter
canned tuna or salmon
canned chicken or ham
beans – canned or dry
peanuts, sunflower seeds, almonds

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

Breads & Cereals
breakfast cereals (whole grain)
oatmeal
rice
pasta (whole grain)
pancake mix

Holiday
stuffing mix
cranberry sauce
instant mashed potatoes
gravy
canned pie fillings

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

YOU CAN HELP STUDENTS IN NEED THIS WINTER.
Please drop off your food items at one of these locations.

- BLACKWOOD CAMPUS Community Center, 2nd floor lobby
- CAMDEN CAMPUS CTC 1st floor/ College Hall lobby
- WILLIAM G. ROHRER CENTER Lobby
- RETC CENTER Lobby

Donations will be given to the CCC Marketplace Food Pantry
Sponsored by the Office of Student Life & Activities, Taft Hall, room 302 (856) 374-5088
jtenuto@camdencc.edu

Four-Year Colleges and Universities —

Brand Market and communicate your institution to our students seeking transfer to continue their higher education.

Contact us to receive our publishing schedule and ad rates. Email: Campuspress@camdencc.edu.

Readers' Theatre Presents *Into The Garden*

FREE PERFORMANCES OPEN TO THE PUBLIC

- Wednesday, December 12, 2 pm
Wolverton Learning Center (Library)
CCC Blackwood Campus

Allison Green, Assistant Professor of Speech
Coordinator, Speech
Artistic Director, Readers' Theatre

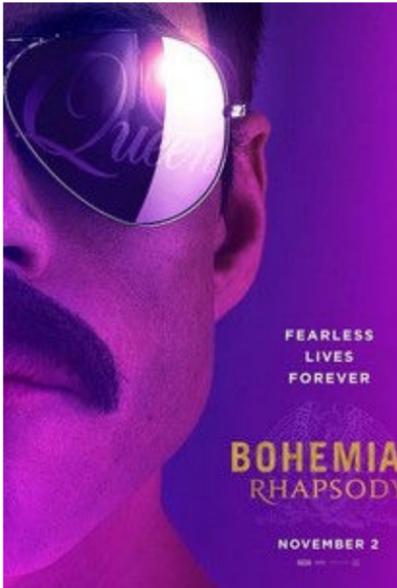
Adapted and Directed by Jackie Massaro
Is it human nature to be attuned to our mortality? What is it that drives us to live? Why, aside from the basic need of survival, do we wake and sleep and dream? Time will pass, regardless if our goals have been accomplished, and soon we are tired and gray. Unleash your fears and questions of aging and life, and enter the conversation about human nature as told through the works of T.S. Eliot, Lord Alfred Tennyson, and Lewis Carroll.

Dablo's Corner

MOVIE REVIEW: Bohemian Rhapsody — Warning: There are Spoilers. So Read on!

By Ryan F. Daehling
Campus Press Movies Columnist

Music is a very tricky business to succeed in. The world is constantly looking for new sound, yet many in the industry would rather look for the same sound over and over. One of the most defining musical groups broke traditional musical structure and had a very defiant sound to their music. I am, of course, talking about Queen, and I will also be reviewing their biopic, *Bohemian Rhapsody*.



Graphic: rottentomatoes.com

“You’re name’s Mercury now?” (Synopsis)

If you read the Wikipedia article for Queen up to their Live Aid appearance, then you’ve seen the movie. However, I feel obligated to give some background, so I shall begin.

The movie begins in the POV (Point Of View) of Farrokh Bulsara, known professionally as Freddie Mercury (Rami Malek). He attends a live performance of a band called “Smile,” which consists of drummer Roger Taylor (Ben Jones), guitarist Brian May (Gwilym Lee), and singer Tim Staffell (Jack Roth). Tim quits that night to pursue other musical ventures and leaves the band without a singer. Enter Bulsara, who, with enough charm and impressive vocal range, enters the band as the eccentric lead singer. Within a scene later they pick up bassist John Deacon (Joseph Mazzello) and thus, Queen is born.

Queen Who? (The Band)

I will be the first to admit that I am not the most knowledgeable person on Queen, but even I knew of their many top hits such as “Another One Bites The Dust” and “Killer Queen.” Be that as it may, I was really disappointed at how the film’s focus on the band was very minimal. While the film focuses more on Freddie Mercury, as it should, it could have given the other band members more of a role. The rest of the band are merely comic relief on screen and provides little to the movie other than a relationship for Freddie to be insecure about.

As such, the movie glosses over the rise of Queen and gives little attention to the songs and their inception. “Killer Queen” gets no attention other than a mention within a scene, “Another One Bites The Dust” gets a very short scene, and “Bohemian Rhapsody,” the title of the movie and the band’s most popular song, gets around five, maybe ten minutes. The movie is not a Queen biopic, it is a Freddie Mercury biopic.

“There’s room for only one hysterical queen!” (Freddie Mercury)

As previously stated, this movie is more about Freddie Mercury, than the actual band and it really shows. Thankfully, the movie is well aware of this, which helps become enjoyable to sit through. The portrayal of Freddie Mercury is one of the best acting performances I’ve seen in movies thus far. Rami Malek adds so much more depth to Freddie’s expressions during simple interactions with other people. His life becomes a rollercoaster of emotion and Makek’s performance makes you feel every wave.

Final Thoughts

Overall, I felt the movie was a great biopic on Freddie Mercury. Had the movie advertised itself as that rather than a biopic on the band as a whole, I would definitely recommend people to see it. As it is now, I would go if you were heavily interested in the life of Freddie Mercury.

Opinion Column

(This column is based on a radio commentary given by the columnist on CCC radio station WDBK 91.5.)
— Continued from page 1 —

If in some smothering dreams, you too could pace
Behind the wagon that we flung him in,
And watch the white eyes writhing in his face,
His hanging face, like a devil’s sick of sin;
If you could hear, at every jolt, the blood
Come gargling from the froth-corrupted lungs,
Obscene as cancer, bitter as the cud
Of vile, incurable sores on innocent tongues,—
My friend, you would not tell with such high zest
To children ardent for some desperate glory,
The old Lie: Dulce et decorum est
Pro patria mori.
(This is a line from the Roman poet Horace, which translates to: it is sweet and proper to die for one's country.)

Of Human Bondage...to Self

Humanity is complicated. Man has shown repeatedly that we are capable of the most selfless and noble sacrifices, while also displaying acts of the utmost selfishness and cruelty. These contradictions can be embodied by the same person, even. No human being has ever been all good or all bad, and today I’d like to highlight the good in one especially contradictory man: President Donald Trump.

On Trump: The Good, Bad and The Ugly

The news has for the past year or so been wall to wall, 24/7, bad news about Mr. Trump. I too have written extensively about my problems with the president.

Today I’d like to share something about him that I feel is a positive contribution he has made to our society. I want to highlight some positive about Mr. Trump because I don’t want this show to be just like every other liberal show out there: I want to praise people for the good and chide them for the bad.

Endorses Criminal Justice Reform Bill

The president, on November 14th, endorsed a criminal justice reform bill that is nothing less than critical. The bill, if signed into law, would reduce mandatory minimum sentences for a whole host of crimes, in addition to allowing judges more discretion in their rulings for a number of low-level crimes, even allowing them to ignore the mandatory minimum sentence all together.

And finally, the law would reduce the distinction the federal government makes between powder and crack cocaine. This bill provides critical positive changes to our broken system, and Mr. Trump’s eagerness to sign this bill, going so far as to say “I’ll be waiting with my pen to sign it”, shows a willingness to engage in some much needed bipartisanship in our divided nation.

On Becoming Our Best Selves

Nothing defines humanity more than our hypocrisy. “All men are created equal” was written by a slave owner. The man who led the fight for civil rights was a preacher who cheated on his wife. And yet, should we condemn these men for the mistakes they made, or do we tally up the sum of all their parts and judge them accordingly?

Your answer to this question speaks volumes about who you are as a person. I only hope that it's the kind of person that you want to be.

College Service Announcement

**Color Your Stress Away
at the Wolverton Library!**



Drop in, Color & De-stress!

★ **December 10th through December 21st** ★

We wish you all the best with your Finals!

MUSIC SCENE: My Choice of Inductees for the 2019 Rock & Roll Hall of Fame Class

By Christian A. Browne
Campus Press Music Columnist

For the final time as a member of The Campus Press, I will be giving you my annual prediction on who should be inducted in The Rock and Roll Hall of Fame. I know, I know very sad times. Get your tissues ready and let's begin.

Let's all be honest with ourselves. The Hall of Fame just picked a couple of artists from a hat and decided to give everyone a chance to finally get in. Other than the artists that I will be predicting to get in, none of the other nominees deserve to get in yet. For the first time in a long time, there will not be a sole individual or band who will get in on their first try. In fact, for six nominees, it's their first time getting into the nominee phase after waiting for years.

If there was a year for anyone to get into the Rock and Roll Hall of Fame, then this would be the year. While there are many nominees for this year Rock and Roll Hall of Fame, I have only gone for three artists this year. While the rest are worthy as well, these three in my honest opinion are the cream of the crop from this class. Before we begin, I would like to point out the fact that Whitney Houston who has been eligible for the Hall of Fame for nine years, STILL has NEVER been nominated once which is a shame. Anyway to the list.

1. The Cure

This really shouldn't surprise anyone here. If you read the October 2018 edition of The Campus Press, then you would've seen that their album "Kiss Me, Kiss Me, Kiss Me" was rated as number Two on my Personal All-Time Favorite Album. Of all of the bands who have not been inducted into The Rock and Roll



Photo: Rachael M. Smith
Christian A. Browne

Hall of Fame yet, they are easily the best band. From "Friday I'm in Love" and "Lovesong" to "Picture of You" and "Boys Don't Cry", this band has made numerous hits throughout their forty-two-years career.

They have made classic albums like "Kiss Me, Kiss Me, Kiss Me", "Disintegration" and "Wish". Their longevity is seen by Robert Smith who is the front man for the band and who's been there for their entire run. Even after all of these years, they are still touring around the world selling out places like Madison Square Garden. The Cure has influenced bands like Fall Out Boys, Smashing Pumpkins, and The Killers. They also have had an impact on filmmakers like Tim Burton and the creators of South Park. The Cure clearly had made a impact not only in the music industry but pop culture as a whole and more than deserve their place in The Rock and Roll Hall of Fame.

2. Janet Jackson

Another year passes by and I find myself on my soapbox again talking about how Janet Jackson should be in the Rock and Roll Hall of Fame. The fact that she has not been inducted into it yet blows my mind. While her brother was the King of Pop music, Janet Jackson clearly earned her status of being the Queen. She has had an extremely legendary career in her own right. Janet Jackson had multiple albums reach number one on the billboard charts. And she is only one out of four artists to do it in the past FOUR decades.

She has had multiple songs like "Escapade", "Black Cat", "Again," "Love Will Never Do (Without You)" and numerous other songs reach number one in billboard single charts. Furthermore, in June 1995, she was the first woman to ever have a song debut in the top 10 chart. Janet Jackson has made timeless albums



Photo: Runtagh, Jordan; www.rollingstone.com
Members of the rock and roll band, The Cure.

over the years like "Control", "The Velvet Rope" and "Janet Jackson's Rhythm Nation 1814". Just like The Cure, Janet Jackson deserves to make it into the Hall of Fame this year.

3. Stevie Nicks

Last but not least, Stevie Nicks: She is already in the Rock and Roll Hall of Fame thanks to her contributions to the legendary band Fleetwood Mac. However, she more than have earned the honor of being inducted into the Rock and Roll Hall of Fame as a solo artist. If she was inducted into the hall this year, then she would become the first woman to ever be inducted into the Hall of Fame multiple times. Nicks has made classic songs like "Edge of Seventeen", "Stand Back", "If Anyone Falls" and "Nightbird."

Her 1981 album "Bella Donna" reached number one in both the United States and Australia, selling more than four million copies. Her following albums "The Wild Heart" and "The Other Side of the Mirror" would also reach the top 10 in the U.S. charts as well. She has influenced countless female artists today like Florence Welch from Florence and The Machine, Carina Round, and Lykke Li.

Stevie Nicks is still to this day touring around the world as a member of Fleetwood Mac. She as more than earned her placed in the hall.

It has been a pleasure being a part of the Campus Press for over two years under my music column. I have enjoyed working with lovely editors and talented writers over the years. Above all, I appreciate Sam Pressley for taking a chance on me. Not in a million years would I expect to be a writer.

But life has a funny way of working out and things just happened to work out perfectly. I will be graduating in December with this be one of my last columns and articles as a member of Camden County College.

Thank you so much for reading my pieces. You can see me only 20 minutes away at Rowan University.



Photo: essence.com
Janet Jackson



Photo: rollingstone.com/music
Stevie Nicks

Stress Management Tips for the Holidays

Continued from Page 1

cold) drink and watch a movie, study; or go out and enjoy whatever time you have off.

Finally, there are several techniques to relax yourself that may be helpful. Yoga. It sounds like an adult form of Twister to many, but there are many different types of yoga that can be chosen from. It is easy, and with a video, book, or internet, you can get into poses that stretch, tone and/or relax your mind and body.

Include Time to Simply Meditate!

Another thing you can do is meditate. Meditation is free, and a lot easier to do than many think. Sometimes, it may take more than one attempt, but YOU CAN do it. Listen to soft music, or not. Focusing on your breathing, and perhaps a word or image helps ease your mind of other thoughts and relaxes your mind and body.

Practice "Mindfulness"

The last thing you can do is practice mindfulness. In short, it is "taking time out to smell the roses"; being alert and aware, in the moment you are in. Mindfulness has been around 'forever', but with all that there is to do in a day, people tend to have many thoughts in their head at once.

Focus on your environment. Take notice of the sights, sounds, smells even. Listen actively to the people you are with. Mindfulness ensures that you are IN the current moment, not worrying or thinking

about what happened already, is going to happen, or needs to happen in the future.

Try some mindfulness this holiday. After all, isn't being happy and living in the moment what the holidays are about?

Try some mindfulness this holiday. After all, isn't being happy and living in the moment what the holidays are about?

Join The Campus Press.

The Campus Press is seeking students from all three campuses — Blackwood, Camden City, and Cherry Hill. E-mail: campuspress@camdencc.edu.

MOVIE REVIEW: Bohemian Rhapsody — Rock Concert Experience on IMAX Screen

BY BEV HANSEN
Campus Press Writer

Somehow I had the good fortune to forget to order my opening day tickets at my usual reclining-seat movie theatre. I remembered there was a local IMAX theatre in Cherry Hill. I held my breath and checked for available seats there. Much to my happiness, there were plenty of seats left at several showings and only (a mere?) \$3 more per seat than my usual theatre ticket price. So, I booked my ticket and trotted over to see my favorite band on the big screen.

I was not adequately prepared for what I saw and felt (and it wasn't my first IMAX experience): absolutely all the feels to the nth degree, in one movie. 'Glorious' doesn't begin to do this film justice. Rami Malek gives a stellar performance as the fabulous Freddie Mercury. In fact, all of the actors portraying all of Queen's original four band members (plus other pivotal characters throughout their career) did a superb job. Throughout the movie, I felt like the unmusical 5th band member watching events and history unfold with the band.

The trailers and reviews don't begin to show you or tell you what this movie is about. All I want to reveal is for music lovers of any genre. This movie is a MUST SEE! I'm a huge Queen fan and even I learned something new about the band's members and the band's rise to fame. But more interestingly for you music students, this movie gives you a glimpse of how relentless you need to be in order to do what you feel you were born to do in the music business. Power to the misfits! (Watch it and you'll know what I'm talking about—OK, that might qualify as a political remark, too.)

If you can, experience this movie in an IMAX theatre! If you can't, go see this movie anyway! **Good spoiler:** You'll feel like you have a better than a royal box seat in London's Wembley Stadium back in 1985!



1985

Photo: sea.mashable.com
Queen's lead singer Freddie Mercury on stage performing during the Live-Aid concert in 1985 to raise funds for relief of the ongoing Ethiopian famine.



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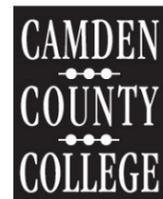
At Holy Family University, 30% of new full-time students began their college experience at another institution. Like them, you'll find nearly 40 programs to choose from, one of the lowest net cost options among private universities in the region, and a truly supportive learning environment. Plus, Holy Family University was ranked by NPR as a top 50 school in the nation for emphasizing upward mobility.*

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* National Public Radio, September 2015

Tis the Season: Holidays and Other Fun stuff

BY MELISSA DAVILA AND COLIN COLEBROOK, JR.
CAMPUS PRESS STAFF REPORTERS

Hard to believe, but December is upon us once again. Aside from holiday travel, shopping and looming exams, there are many other things and days that we have to look forward to as well as different things to learn and experience.

Did you know that December boasts many small, fun days that we can take advantage of? In addition, there are the major holidays (Passover, Channukah, Christmas, Kwanzaa, to name a few) across cultures and religions. If you didn't already know of the other fun days, here's a small list of different things to enjoy and become acquainted with.

December is a time for many 'days'. For you foodies out there, there are:

12/7: National Cotton Candy Day

12/8: National Brownie Day

12/13: Ice Cream Day

12/14: Roast Chestnut Day

12/24: National Chocolate Day; Nat.'l Eggnog Day

12/29: Pepper Pot Day

12/30: Bacon Day

If all the food is too much for you, there are:

12/7: Pearl Harbor Day

12/9: International Children's Day

12/10: Human Rights Day

12/15: Bill of Rights Day.

12/21: Humbug Day

Winter Solstice (shortest day of year)

12/28: Card Playing Day

And just in time for the new year:
December 30 is Make up your mind day!
What ever you choose to do, enjoy.

Nutritious Oatmeal Bowl Recipe

By: Heather Krawsek

OATMEAL BOWL RECIPE

Yield: 1 serving
10 minutes

Ingredients

- 1 cup water
- ½ cup rolled oats
- 1 banana, (½ mashed & ½ sliced)
- 1 Tbsp almond butter
- 1 Tbsp chia seeds
- 1 Tsp raisins
- 1 Tsp sliced almonds
- 1 Tsp dark chocolate chips

Instructions

1. Bring 1 cup of water to a boil, then add in oats
2. Reduce the temperature to simmer, stir occasionally until the water is absorbed
3. Turn off burner and put oats in a bowl
4. Mix in the ½ mashed banana with the oats.
5. Top with almond butter and chia seeds
6. Add raisins, sliced almonds, dark chocolate chips, and sliced bananas



OATMEAL PROVIDES FIBER AND MICRONUTRIENTS

Oats are a complex carbohydrate containing both insoluble and soluble fiber. Soluble fiber helps lower cholesterol, improve satiety, and stabilize blood sugar. Insoluble fiber helps with constipation.

Oats are also full of micronutrients, which are nutrients consumed in smaller quantities, such as vitamins and minerals. Oatmeal contains important vitamins and minerals, such as magnesium, thiamin, zinc, manganese, and iron.

Oats provide 4 grams of fiber per ½ cup and only 150 calories!

EAT HEALTHY FATS

The ingredients in this recipe are nutrient-dense and some are good sources of essential fatty acids. For instance, chia seeds are a source of omega-3 fatty acids. Almonds and almond butter are good sources of omega-6 fatty acids. Some benefits of these fatty acids include helping reduce the risk of heart disease and enhance brain function.

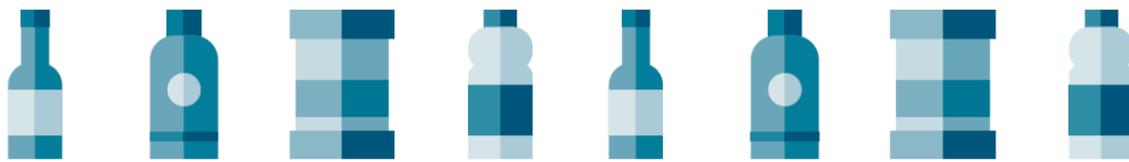
THE MARKETPLACE

CAMDEN COUNTY COLLEGE STUDENT FOOD PANTRY

Hunger and food insecurity are realities everywhere - even on college campuses. This problem has prompted many campuses to establish food pantries to help students in need. Camden County College is happy to help our students in need.

That is why we opened The Marketplace.

The Marketplace is stocked by monetary and food donations from our college community.



VISIT THE MARKETPLACE IN BLACKWOOD & CAMDEN

BLACKWOOD HOURS & LOCATION

Community Center, Room 200

Monday & Tuesday

12 noon to 2 p.m.

CAMDEN CITY HOURS & LOCATION

College Hall, Room 405B

Wednesday & Thursday

12 noon to 2 p.m.

The following items are needed to stock the shelves:

Canned Vegetables
Macaroni and Cheese
Cereal
School Supplies
Feminine Products
Beans

Bottled Water
Peanut Butter
Cans/Tuna Fish
Shampoo/Conditioner
Diapers
Rice/Pasta

Soup Packets/Cans
Spaghetti Sauce
Granola Bars
Deodorant
Packaged Food/Snacks

DROP OFF LOCATIONS

BLACKWOOD CAMPUS

The Library, 1st floor in the Lobby
Community Center, Room 200
Taft Hall, 2nd floor

CAMDEN CAMPUS

College Hall, 1st floor
CTC Building, 1st floor

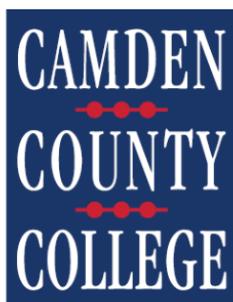
ROHRER CENTER

1st floor Enrollment Desk

MONETARY DONATIONS

Cash or Check donations will be accepted at Student Services, Taft 302, CTC Room 211 and Rohrer Enrollment Desk. A receipt will be issued for your donation.

If you have any questions regarding donating to the food pantry, please email, jtenuto@camdencc.edu



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To learn more, visit us in Taft Hall Rm. 317, call 856.227.7200 ext. 4524 or email yc591@docs.rutgers.edu.



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