

## For some, college experience course now required

*Some say the new requirement isn't needed, others appreciate skills learned in the College Experience class.*



BY: LACEY HARRISON

There is a class that has always been offered at DMACC but this year it is required for most students.

The College Experience class is a one-credit course and including the required book it is about \$160 plus tax. It is designed to introduce students to college resources, services, and expectations. It also helps them to maximize their benefits from their college experience.

Hollie Coon, disability coordinator and instructor, is part of the DMACC committee where they first brainstormed ways to improve the class. It has always been offered but now it is required for all students unless you're a guest student, an honor student, or coming from another college with more than 24 credits and a 2.0 GPA or higher. "Starting next semester even part time students will have to take it," Coon said.

There are a lot of different opinions about this class, both positive and negative. Wendy Uribe, 18 and majoring in political science, said it should be required "because too many people drop out and they need guidance."

Rachel Stegman, 20 and majoring in pre-education, disagrees and said, "no, it wasn't [required] last semester and it shouldn't be now."

Devan Bolich, freshman, heard about the class from an advisor and joined the class after he heard it was required. So far he has learned how to choose a major. "I hope to gain the skills needed to be a successful college student," Bolich said.

Sydney Campagna, 18 and majoring in liberal arts, thinks the class is "very helpful to new comers, explained a lot better than orientation." She adds that it shouldn't necessarily be required, "students already have a busy schedule."

Coon said, "The most important skills you can get out of this class are being connected with students, being connected with the staff members, and to learn about the resources at DMACC."

She teaches three face-to-face college experience classes and one online class. "We really just want to help students and share with them things they should know for the best college experience," Coon added.

During the course, students will learn college expectations, how to use college technology, what their program requirements are, and many other skills.

Classes are taught at different times of the day throughout the whole week, except Saturday. There are about 61 classes and around 20 students per class.

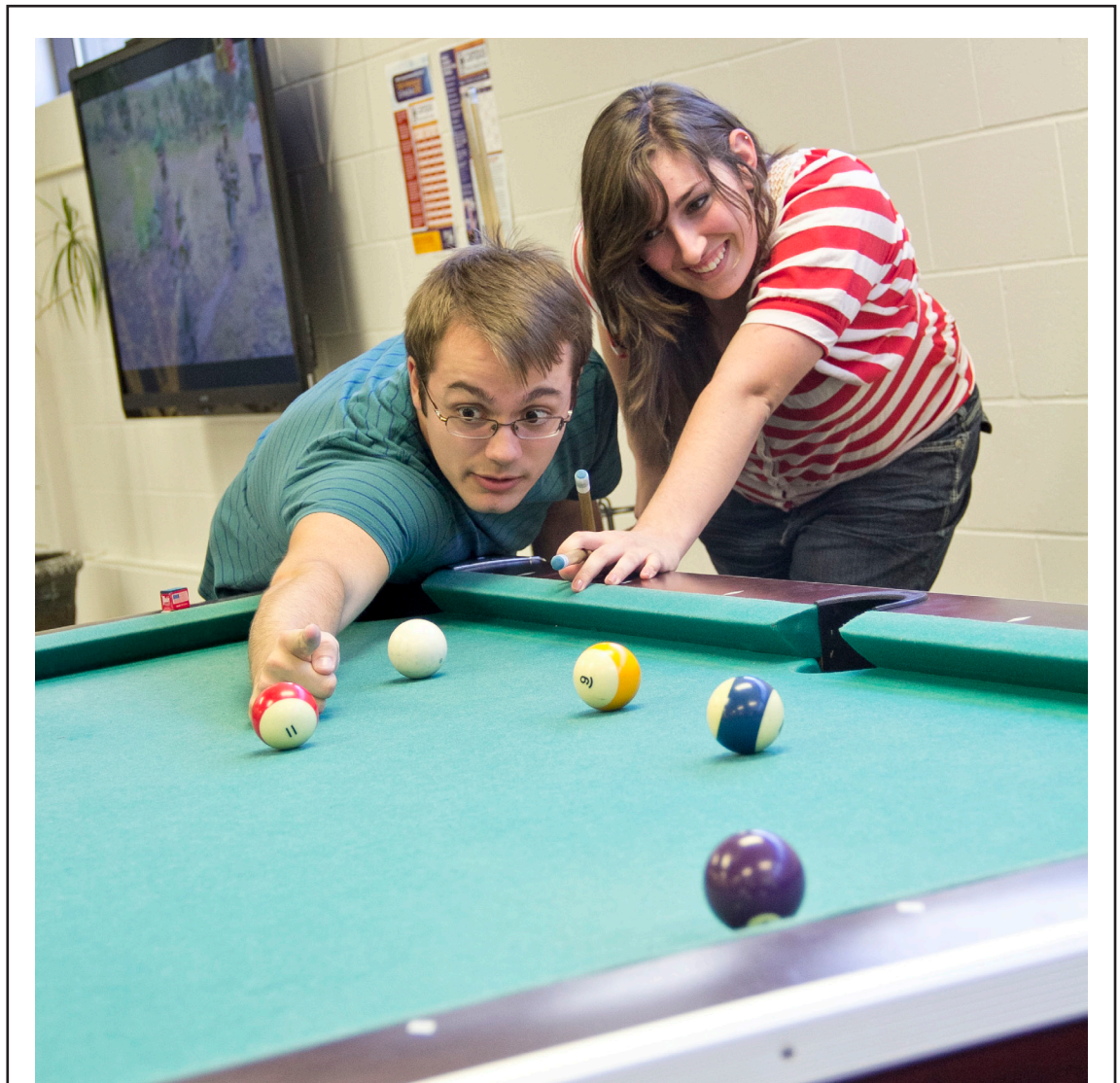


Photo: Nevin Cornwell

Matthew Mendenhall, 18, majoring in nursing, plans a pool shot Monday, September 10, in Building 5 with Ashley Barron, 18, liberal arts major.



Photo by Nevin Cornwell

The DMACC Ankeny security team from Left to right: Justin Stewart, Nick Kelly, Kyle Donahue, Terry Harrison, and Dave Williams.

## Campus security here to help

The Ankeny Campus security team is here to help with many situations, they are not just here for crime related incidents. Leave your lights on while you were in class? Security can jumpstart your car, and unlock your car doors if you left the keys in the ignition. Are you an evening student? According to Ned Miller Director of campus safety, "It's ok to call security to escort you to your car at night."

On campus phones dial 6500, or on your cell dial 964-6500 24 hours a day to reach Ankeny Security.

**Having a safe environment to learn in is important and at DMACC safety is a top priority. Here are the top ways to be safe on campus.**

- Lock your car doors, don't give thieves a chance.
- Keep your belongings close. Don't leave property, especially electronics, lying around, not even to run to the bathroom.
- Pay attention to fire alarms and tornado warnings. These systems are put in place for a reason; to keep you safe.
- Sign up for RAVE. RAVE is a DMACC alert system that will send you voice and text messages in case of emergencies and for weather related closings. The best part of RAVE is that you can find out about school closings this winter without getting out from under your covers. Find out more at [www.getrave.com/login/dmacc](http://www.getrave.com/login/dmacc)
- Drive carefully around campus. With the amount of foot traffic it is important to drive the posted speed limits and stay off your cell phones, you don't want to run someone over.
- Be alert going to and from your car, especially at the end of the day. People leaving campus can be in a hurry and not paying attention to pedestrians.

## Obama vs Romney

*Read our presidential election roundup, pages 4-5*

# Upcoming Events

Wednesday 9/12	Thursday 9/13	Friday 9/14	Monday 9/17	Tuesday 9/18
Venus Family Planning Building 24 Room 25B 1-4 p.m.	Play 'Parfait' Building 6 Auditorium 11:15 a.m., 12:40 a.m., 7 p.m. Cost: \$1	Nebraska Bob Auditions Building 6 Auditorium 3 p.m.  Play 'Parfait' Building 6 Auditorium 7 p.m. Cost: \$1	Isa Adney Motivational speaker Boone Campus Auditorium 10:10 a.m. - 11:15 a.m.	Isa Adney Motivational speaker Ankeny Campus Building 6 Auditorium 10 a.m. - noon
Wednesday 9/19	Thursday 9/20	Friday 9/21	Monday 9/24	Tuesday 9/25
Scott Porter Musician Building 5 Student Lounge 11 a.m. - 1 p.m.	Free consultations with campus nurse practitioner Building 24 Room 103 10 a.m. - 2 p.m. Appointments advised but not necessary	Registration deadline for Chalk It Up design competition	Grocery Bingo Building 5 Student Lounge 11:30 a.m. - 12:30 p.m.	UNI 2+2 Informational Meeting Building 6 Room 27 5 p.m. and 7 p.m.

# The Staff



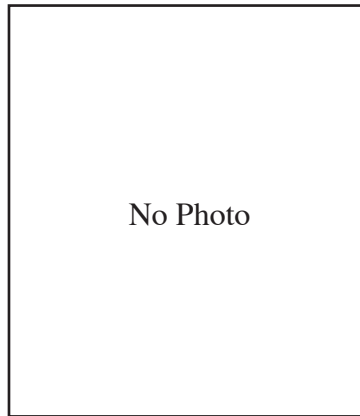
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## The Publication

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## Corrections

The campus Chronicle strives to be accurate, objective and fair in our news coverage. To report an error, please contact the editor at chronicle@dmacc.edu or 515-964-6425.

## Extra cash and extra experience



BY: LACEY HARRISON

College students take on a lot of responsibilities, and if you need experience or want to improve your resume while earning extra cash, then get a job.

A lot of college students have jobs to support their budget but others may need help looking.

Jacki Boldt, career center specialist, recommends students

try and find jobs that require the skills needed with their major. There are bulletin boards in most of the buildings that have job opportunities posted from staff and faculty.

You can also find information in the DMACC Daily e-mail. There are jobs available on campus, "most go through the work study program, but you have to be eligible with financial aid," said Boldt.

There are a lot of students employed during college and a lot that aren't. "Personally I think it's important for students to gain work experience," said Boldt.

There is also an online job board that employers send job postings to. It's free to all students and alumni. The

board lists full-time positions, part-time positions, and internships.

Just go to [www.collegecentral.com/dmacc](http://www.collegecentral.com/dmacc).

There are a lot of fall career events that are coming up, too. A new event DMACC has is where companies will be coming on to the campus every month. They will include information about employment opportunities and also have individual recruiting events. The event will include businesses like Wells Fargo, Home Depot, Marsh, etc.

There will be upcoming events in October and November including the Healthcare Career Fair, Business Career Fair, and more.

## Career events this

### Wells Fargo

Monday, September 17th 12:30-1:30, Quiet Lounge

Thursday, September 27th, 11-1, Building 5

### Healthcare Career Fair

Friday, October 5th, 9-11:30, Building 5 Quiet Lounge

### Business Career Fair

Wednesday, October 10th, 9-11:30 Building 8

### Meet your Major Fair

Thursday, November 15th, 11-2 Building 5 Gym

### Manufacturing and Technology Fair

Tuesday, November 27th, 9-11:30 Building 5, Quiet Lounge

## Benefits of being an honors student



Photo by Heidi Walters



BY: HEIDI WALTERS

Something brand new to DMACC this year is the Honors Program. It's designed to further challenge high achieving and highly motivated students.

Three of the major benefits include: a \$1,000 scholarship

award, based on merit, not just need; priority registration, and spaces to study and socialize with fellow Honors students. These benefits are available at all DMACC campuses.

The Honors Program was started when Executive Vice President Kim Linduska approached Jan LaVille after she returned from teaching abroad last spring in the DMACC study abroad program, based in London.

LaVille was already familiar with other colleges with an Honors Program. She attended the "Beginning in Honors" workshop last summer at the home of the National Collegiate

Honors council in Lincoln, Nebraska. She also attended the NCHS National Conference in Phoenix, Arizona.

This year, exactly 100 students submitted applications to be in the Honors Program. Out of those 100, 58 students began classes this semester as official Honor students.

Some of the things LaVille hopes the program will allow is the opportunity to challenge these students, to give them a place to meet other highly motivated students and form good, solid friendships. LaVille said she believes this program will give students the type of learning that will best lead them to transfer on

to a four-year university of their choice and then continue on to their dream job after graduating from the Program.

The Honors Program is now recruiting current DMACC students who have a cumulative 3.5 GPA, and who have completed (or are enrolled in) a college-level Math and a college-level English course to apply for the spring semester.

For more information visit the DMACC's Honors Program page at <https://go.dmacc.edu/honors/pages/welcome.aspx>

## Long, wild road to the MLB playoffs

### — Opinion —



BY: DEVIN TAYLOR

The road to the Major League Playoffs has been a wild one to say the least. As of now, the standings have the Yankees tied with the Orioles as the co-leaders of the AL East, the White Sox in the AL Central, and the Rangers heading up the AL West. On a similar note, the Nationals lead the NL East, the Reds in the NL Central, and the Giants rounding out the leaderboard in the NL West.

The wild card race is a tight one. In the American League, the three leading teams, the Orioles, the Yankees, and the Athletics, are dead-locked in a tie. Depending on the outcome of the AL East,

the field will be narrowed down to two. In the National League, the Braves and the Cardinals are the front-runners.

This baseball season has and will continue to surprise even the surest of teams. The only sure thing about the season has been uncertainty. Who would have thought that Oakland would be in the wild card race? Baltimore has taken the American League by storm in the dying embers of the season.

The Washington Nationals have been solid this season with a record of 86 wins and only 54 losses. I would have looked for the Nationals in the pennant race, but their leading pitcher in strikeouts has been shut down for the rest of the season. He was a golden gem to the Nationals. I can understand why they shut him down for the season. The "official" reason for the shutdown was to preserve the star pitcher for seasons to come. Another reason could be

that he has had Tommy John surgery, but with the postseason rapidly approaching, this decision couldn't have come at a worse time.

Elsewhere, the Yankees are on top of the AL East, but don't count Baltimore out of the division title just yet. The Orioles will not go down without a fight. Even if they don't clench the division, they still have the wild card race to rise through, and potentially become the World Series Champions.

Oakland surprised the baseball world as the head of the wild card standings. I didn't think, last season, that the Athletics would be even remotely good. With a losing record of 74 wins and 84 losses, the Athletics finished the season 22 games behind the Rangers. Granted, Texas did go on to the World Series, but the fact remains that Oakland wasn't a contender last season. I'm sure that I'm not



the only one who had overlooked the Athletics. They have the top spot in the wild card race. If that isn't a wakeup call, I don't know what is.

Wherever you may be or whoever you may be cheering for, take heart that this season will be one to remember.

*Baltimore Orioles starting pitcher Wei-Yin Chen works against the New York Yankees at Oriole Park at Camden Yards on Friday, September 7, 2012, in Baltimore, Maryland. Chen dropped to 12-9 on the year in an 8-5 loss. (Gene Sweeney Jr./Baltimore Sun/MCT)*

# Barack Obama

Information gathered from campaign website

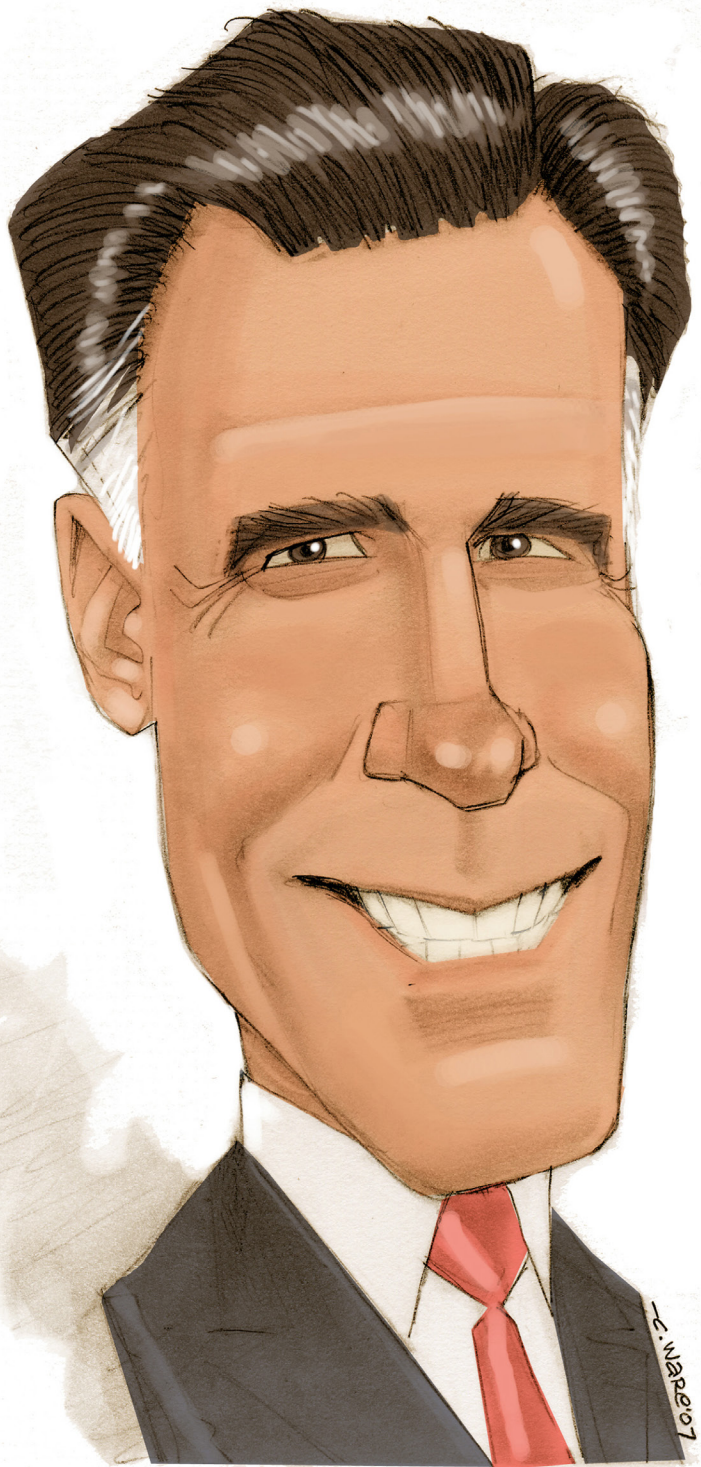
**Economy:** When President Obama took office he addressed both the immediate economic crisis and laid the foundation for a U.S. economy that's built to last. President Obama plans to take aggressive steps to put Americans back to work and to create an economy where hard work pays and responsibility is rewarded.

**Taxes:** One of the first things President Obama did in office was cut taxes for 95 percent of working families, middle-class families, and small businesses. If you're one of the 98 percent of American families who make under \$250,000 a year, your taxes won't go up.

**Health Care:** President Obama passed the Affordable Care Act to restore health care as a basic cornerstone of middle-class security in America. Under this act, young adults are able to stay under their parents' health insurance plans while they are entering the work force, until age 26. The Affordable Care Act will also make health care more affordable to families.

**Education:** The President signed a new law that makes it easier for students to pay back their federal college loans. Starting in 2014, new borrowers will pay no more than ten percent of their disposable income, and the President recently proposed accelerating this benefit for current students.

## A look at the ISSUES



# Mitt Romney

Information gathered from campaign website

**Economy:** Mitt Romney will rebuild the foundations of the American economy on the principles of free enterprise, hard work, and innovation. His plan seeks to reduce taxes, spending, regulation, and government programs. It seeks to increase trade, energy production, human capital, and labor flexibility.

**Taxes:** Fairer, flatter, simpler. Make permanent, across-the-board 20 percent cut in marginal rates. Maintain current tax rates on interest, dividends and capital gains. Eliminate taxes for taxpayers with an average gross income (AGI) below \$200,000 on interest, dividends and capital gains. Also cut the corporate rate to 25 percent.

**Health care:** On Romney's first day in office he will issue an executive order that paves the way for the Federal Government to issue Obamacare waivers to all fifty-states. Romney wants to restore state leadership and flexibility; promote free markets and fair competition, and to empower consumer choice.

**Education:** College must be available and affordable whether it is public or private, traditional or online. Romney believes that post-secondary education cannot become a luxury for the few; instead, all students should have the opportunity to attend a college that best suits their needs.

# Romney for the win!



BY: HEIDI WALTERS

Unfortunately, Obama's plan with Obamacare has failed and is taking our country in the wrong direction. Not only is the bill ridiculously long, 2,400 pages of that are full of regulations, fees, subsidies, excise taxes, exchanges, and rule-setting boards.

This bill not only gives the Federal Government extreme control over every aspect of the health care system, (which means the Government has more control over your life) but it is also extremely expensive.

Obamacare added a trillion dollars in new health care spending. How is this all being paid for, you ask? Your tax dollars. The law raised taxes by \$500

billion dollars on everyone, even the middle-class whom Obama claims he's trying to help. \$500 billion dollars was also taken from Medicare to help pay for Obamacare.

On Romney's first day in office he plans on issuing an executive order that will waiver Obamacare in all fifty states.

Romney wants to restore state leadership and flexibility, promote free markets and fair competition, and empower consumer choice.

In place of Obamacare, Romney will pursue policies that give each individual state the power to create a health care reform plan that will best suit their citizens.

It's pretty obvious that our economy is still suffering. Obama has a problem with taking responsibility. Even though Bush has been out of office for years now he is still being blamed for the economy.

Now I do understand that Obama inherited a bad economy and change does take time, but in his time so far what has he done to try and fix things? Honestly, things seem to be getting even worse.

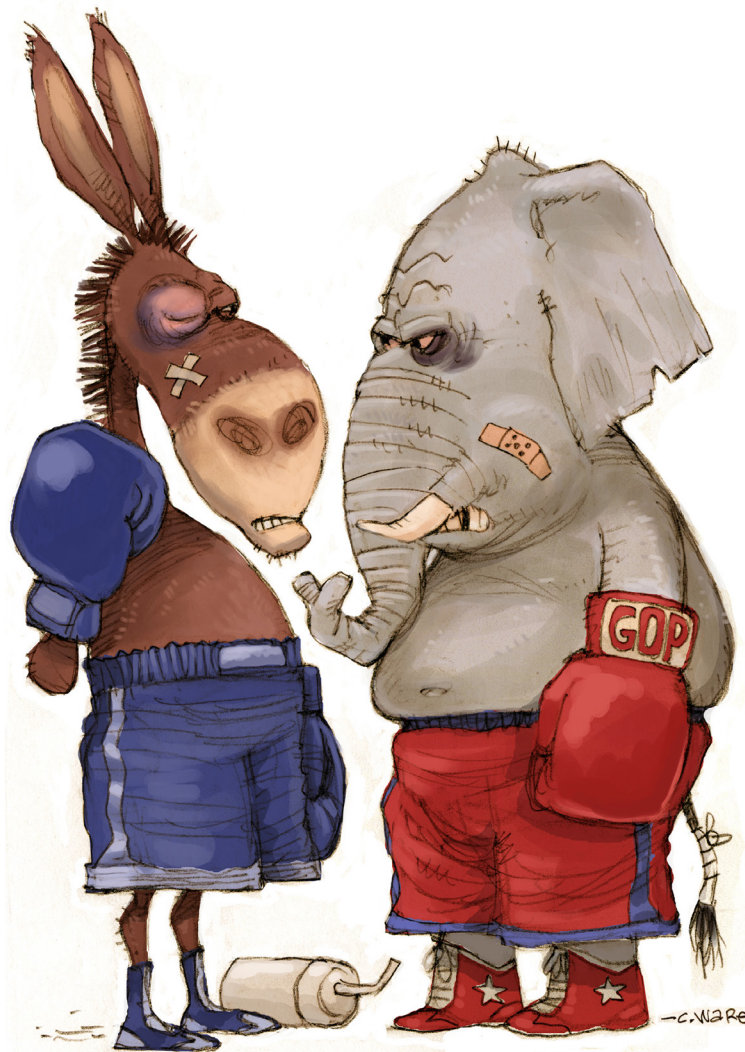
The National Debt is now at a staggering \$16 trillion dollars. The debt was at \$10.6 trillion when Obama took office. This is definitely not the kind of progress we wanted to see.

Romney wants a more fairer, flatter and simpler tax plan. Romney will rebuild the foundations of the American economy on the principles of free enterprise, hard work, and innovation.

His plan will reduce taxes, spending, regulation, and Government programs. It will also increase trade, energy production, human capital, and labor flexibility.

Unlike Obama, Romney actually has a plan to help our country. Obama has had the opportunity to fix the economy and with his wasteful Government spending he's only made things worse.

Obama claims that Romney has no plan and all he talks about is what is wrong with America when in reality it's Obama who doesn't have a plan.



# Back Forth

## Presidential Debate dates:

**October 3<sup>rd</sup>:**  
 Presidential Debate  
**Topic:** Domestic policy  
**Air time:** 9:00-10:30pm E.T.

**October 11<sup>th</sup>:**  
 Vice President Debate  
**Topic:** Foreign and domestic policy  
**Air time:** 9:00-10:30pm E.T.

**October 16<sup>th</sup>:**  
 Presidential Debate  
**Topic:** Town meeting format including foreign and domestic policy  
**Air time:** 9:00-10:30 E.T.

**October 22<sup>nd</sup>:**  
 Presidential Debate  
**Topic:** Foreign policy  
**Air time:** 9:00-10:30pm E.T.

# Obama for the win!



BY: NEVIN CORNWELL

When it comes to health care Barack Obama has been getting a lot of heat in the media. Republicans slam him saying the new Patient Protection and Affordable Care Act (PPACA), or the more often used term ObamaCare laws are not legal; a sham against America.

The new health care bill has a few key points that should interest college students. One is that children can stay on their parent's insurance plan until they are 26. This is big news for college students saving them big expenses as they finish school and start in the working world.

Another great part of the new law is that people cannot be denied a policy because of a pre-existing condition or dropped while they are sick. Greedy insurance companies won't be able to drop patients that need care because they have become too expensive.

The entire point of PPACA is save everyone money. Millions of Americans with no insurance are using the emergency room as their primary care facility, and this expense already falls to the American people. We are required to have car insurance so why not health insurance? The PPACA might even be deficit neutral, which leads to Obama's economics.

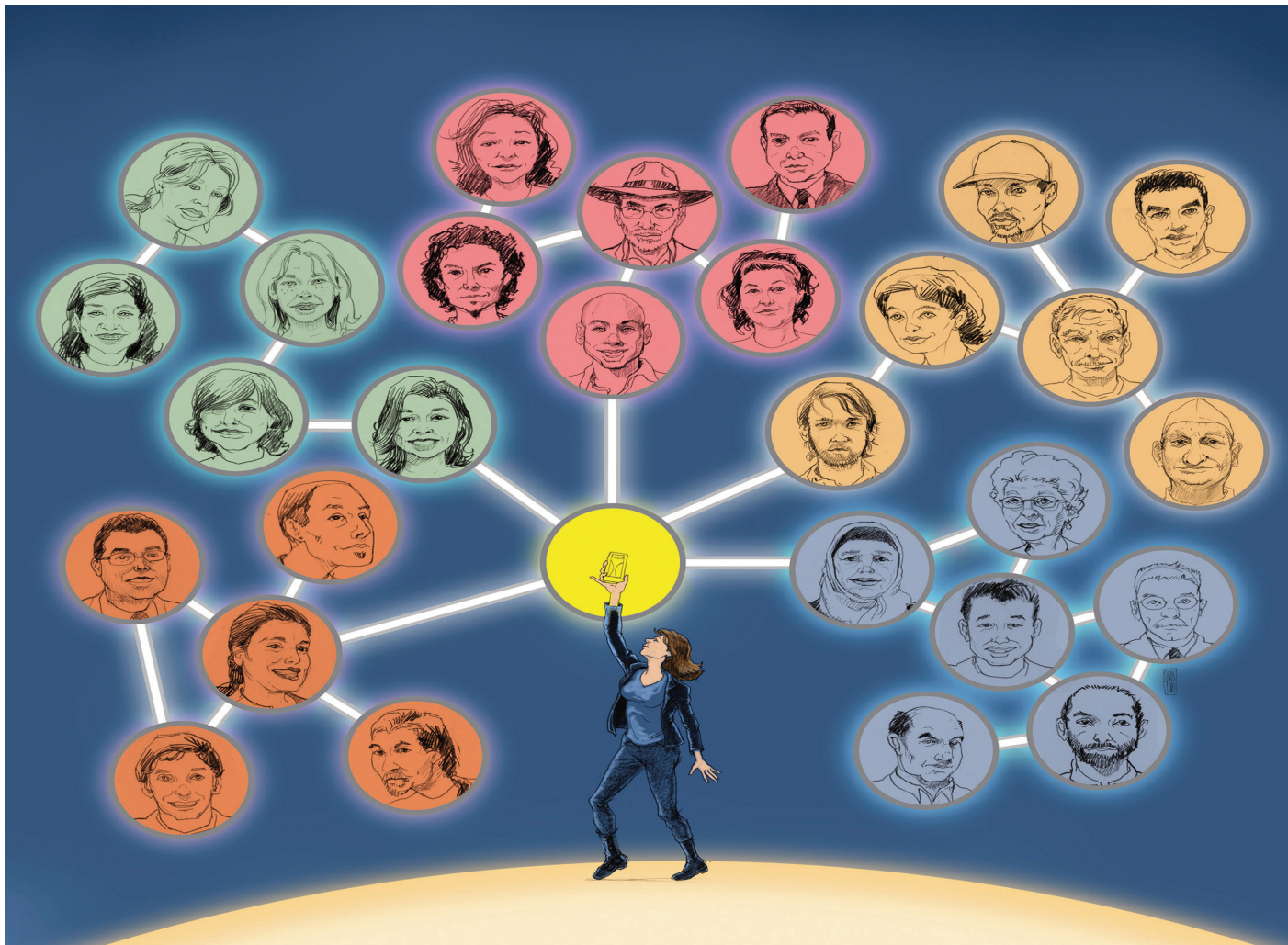
Obama's economics are good for America. The stimulus should be bigger with more aid going to states, but it is a good start. Nearly 1/3 of the stimulus was tax cuts, saving the average American money. The bailout saved over 1 million jobs in the American auto industry alone, saving one of Americas oldest industries.

The Bush-era trickle down effect taxes have not worked, the middle class is disappearing, and Romney wants more cuts for the wealthiest echelon of Americans.

To help the majority of America you need give the breaks to the majority of America, not just a very small percentage. Republicans economics cater to big business, pushing the small guy aside in favor of protecting corporations that move jobs overseas and destroy our environment.

In November it is every Americans responsibility and privilege to show up at the polls and let your voice be heard. If Health care or economics is important to you pay attention to the candidates and make an informed choice.

If you have millions in your bank account then it's clear where your vote is going but for those of us average DMACC students, voting for Obama will make health care affordable and taxes reasonable.



# The freshman's guide to social media

By JOSHUA AXELROD  
McClatchy-Tribune

**S**o you're a rising college freshman. You've got four (possibly more) years of experiences ahead of you that will shape who you are socially and professionally. How can you get ahead in both those areas without too much stress?

Through social media of course! Between Facebook, Twitter, Instagram, LinkedIn and other prominent networking sites, social media can be a wonderful tool for a freshman looking to establish him or herself in a college bubble.

"The strength of social media is in its ability to network and collaborate," said Sabrina Kramer, assistant director at the University of Maryland's Center for Teaching Excellence. "Networking for jobs and other opportunities has always been important — just now you can reach more people much more easily."

Kramer suggested that students start building an online professional portfolio early.

"Employers want to see evidence of a person's ability to think, critically analyze and write effectively," she said. "Building a portfolio, updating it and curating it with good examples of your work also shows good organizational skills and that you care about your work."

## Managing your online identity an essential part of collegiate life

Iowa State University senior Thomas Frank is the founder of College Info Geek, a resource for making college a "remarkable experience." Social media played a huge part in his college life.

"Social media was the catalyst for my first internship," Frank said. "Had I not been using Twitter as a freshman and following my school's new account, I would have never found out about the leadership conference Principal was running. Through that I gained dozens of contacts, a Fortune 500 internship and eventually a \$5,000 scholarship."

As important as the professional advantages here are, don't forget the "social" aspect of social media.

"The advantages of social media came about before freshman year even started," said Madeline Monaco, a sophomore at Elon University, in Elon, N.C. "I found my roommate on Facebook, where we talked and decided to room with each other. By looking at pages she had liked and other things in her 'About Me' section, I was able to connect with a really great girl and develop a really great relationship with her."

Monaco also said that Facebook and

Twitter are slowly becoming her primary news outlets.

"I found out about Whitney Houston's death from a friend's post on another's wall," she said.

Social media also has entered the classroom. Sites like StudyBlue allow students to share study material on just about every subject imaginable in one easily accessible place. Some professors also incorporate social media into their lesson plans.

"In one class, students were able to talk with the author of the book that they were reading via a blog," Kramer said. "In a talk I gave, we were able to interact via Twitter with the speaker in a TED (Technology, Entertainment, Design) talk that I was highlighting in my talk."

Students can also create wikis or Google Docs to help each other study, review and edit papers, or even ask a professor questions the night before a test.

If you're a freshmen not making the most out of social media, you're probably going to fall behind.

"I think that being able to have updates from your friends and family on a constant basis is integral to what most people expect at this point," Kramer said.

"I think it allows for a richer experience and the ability to connect outside of campus. The art of networking is still as or more important in the era of social media as compared to before."

## Mind your updates, employers are watching

Try to find University of Colorado Boulder graduate Erin Moriarty on Facebook. No luck? That's exactly what Moriarty is hoping will happen.

"Once I started applying for jobs, (there was) the idea of going through my entire Facebook profile and making sure I never said a cross thing or posted something potentially offensive," she said. "I went so far as to change my name to Yossarian Caulfield (a combination of the main characters from 'Catch 22' and 'Catcher in the Rye')."

She now goes by Erin Broiarty, a name coined by friends that only they would know to search for on Facebook. It's a strategy that is being used more and more by college students to hide potentially embarrassing parts of their social media lives from employers.

College students are slowly beginning to learn that posts on Facebook, Twitter, personal blogs and other social net-

working sites can be used against them in their professional lives.

Now, it's all too easy to reveal your thoughts and feelings to the entire Internet at the click of a button. College students realize that the photo of them holding a red plastic cup and looking sloppy might be the difference between getting a job or internship and rejection.

"For me, social media is both a personal and professional tool," said Indiana University-Purdue University Fort Wayne junior Laura Rosenbaum. "If it sounds like something I wouldn't want my parents to know about or something I'd get in trouble for from my (employer), I don't post it."

Peter VanRysdam, chief marketing officer for 352 Media Group, which specializes in web development and digital marketing, said that when his employees do something questionable over social

media, his company handles it on a case-by-case basis.

"We don't have any specific rules in place, but we do educate employees about using common sense when making posts," he said. "We just ask they consider the ramifications, and as a result, we've never had a big issue."

VanRysdam mentioned an employee who, after she was fired, posted unflattering comments about 352. Though she was out of the company's control at that point, they still had leverage over her severance package and used that to get her to take down the posts.

Moral of that story: employers can and will see everything you post online.

"I don't think students fully grasp the impact of what they post," said VanRysdam said.

"Actually, I think they just don't grasp how to use Facebook's security settings. It amazes me what some people keep public, especially as they get closer to graduation. It's a buyer's market when it comes to hiring, so everything is fair game!"

If you're a college student worried about your personal life ruining your professional one, either think before you post or make sure you're keeping everything you post as private as possible. Quick warning though: if you're using Moriarty's strategy, make sure people know your real name.

"My name has changed so many times and for so long that at my internship last summer, my first paycheck was made out to Erin Broiarty," she said. — Joshua Axelrod

## What you post can haunt you

When people say that you can get in trouble on Facebook and Twitter, they aren't just blowing smoke. There are plenty of cases of intelligent, talented people destroying their careers because of something they posted on a social media website. Well, intelligence is clearly relative here. It should be a given at this point that anyone can see what you post online. Let the mistakes of a few misguided social media users serve as a lesson for future generations of Facebookers and Tweeters:

### Buck Burnette

One surefire way to get yourself fired is to be blatantly racist, homophobic or just plain hateful online. The poster boy for that scenario is Buck Burnette, a former University of Texas backup center. Soon after Barack Obama's election, Burnette showed the world his true colors via Facebook: "all the hunters gather up, we have a #\$\$%&er in the whitehouse." Once Longhorns Coach Mack Brown saw this, he kicked him off the team faster than Burnette probably figured out that White House is two words.

### Anthony Weiner

Jon Stewart and Stephen Colbert were in comedy heaven for a week when this story leaked. When former New York Rep. Anthony Weiner attempted to send a picture of his namesake to a 21-year-old female college student in Seattle via a private Twitter message, he accidentally revealed his manhood to the entire Twitterverse. It didn't take long for him to resign. Thanks to his inept Tweeting, the world now has Weinergate to remind us why sexting is never a good idea.



CRAIG RUTTLE/NEWSDAY/MCT

### Dharun Ravi

This is bullying at its most despicable and deadly. Former Rutgers University student Dharun Ravi (notice how everyone here is a "former" something) set up a webcam to spy on his roommate Tyler Clementi. When he caught Clementi kissing another man, Ravi took to Twitter and told his followers to watch for a second webcam rendezvous. The next day, Clementi jumped off the George Washington Bridge to his death. Ravi was eventually convicted on 15 counts of invasion of privacy, bias intimidation, tampering with evidence, witness tampering and hindering apprehension or prosecution, and sentenced to 30 days in jail and a \$10,000 fine for invasion of privacy and bias intimidation, among other charges.



AMY NEWMAN/THE RECORD/MCT

### Ashley Payne

File this one under "there's no such thing as online privacy." Ashley Payne's crime was going on vacation in Europe and posting a few pictures of herself at beer gardens and cafes. She was over 21 and only 10 of her 700 photos had alcohol in them, so no big deal, right? The problem was that Payne was a teacher in Barrow County, Ga. Despite having Facebook's highest level of privacy settings, one of her students saw the pictures and the district superintendent received an angry anonymous email from a concerned parent. Payne was forced to resign.

### Gilbert Gottfried

Hollywood and Twitter go together like Ashton Kutcher and misreporting Joe Paterno's death. Gilbert Gottfried thought it would be funny to Tweet some jokes about the Japanese tsunami, like: "Japan is really advanced. They don't go to the beach. The beach comes to them." Gottfried's antics cost him his job as the voice of the Aflac Duck. The lesson here: if there's the potential to offend a large group of people, keep your big bill shut.



SLAVEN VLASIC/ABACA PRESS/MCT

### Kevin Colvin

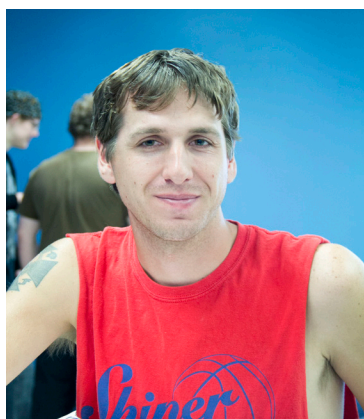
This young man deserves the award for "Worst Liar Ever." Kevin Colvin was an intern at Anglo Irish Bank's North American branch. He told his manager that he would be missing work for a "family emergency." The next morning, pictures of him in a fairy costume (complete with a wand) from the Halloween party he skipped work to attend surfaced on Facebook. His boss found the photo and sent it everyone in the office. Social Media 101: if you're going to lie, cover your tracks. And, if you're a man, don't get caught in a dress.

— Joshua Axelrod

CHUCK TODD (BAY AREA NEWS GROUP)/MCT

# Person On The Street

This week we asked students:  
Who are you supporting in 2012?



Brad Halbloom - 29  
Agribusiness  
Sophomore  
Ankeny

“Neither, I am Libertarian. I am not happy with the job that Obama has done, but I don’t support the Republican views either.”



Brittany Parlee – 19  
Liberal Arts  
Sophomore  
Altoona

“Romney. I don’t know a lot about him, but I support where he stands and he is Republican.”



Brandon Christensen – 18  
Comp Design Tech.  
Freshman  
Norwalk

“Obama. He’s the lesser of two evils”



Casey Viers – 18  
Liberal Arts  
Freshman  
Maxwell

“Romney. I don’t support Obama care.”



Stuart Markland – 19  
Psychology  
Freshman  
Johnston

“Obama. I feel he has his act together more than Romney and Obama has a better plan concerning student loans.”



Jessica Levine – 27  
Nursing  
Freshman  
Des Moines

“Romney. My husband and I serve in the military and I feel that Obama has not done enough to support the military.”



Matt Vola -29  
Pre-physical Therapy  
Sophomore  
Omaha

“I don’t know, I’m leaning towards Romney. I voted for Obama four years ago and don’t see much of a difference.”



Chrissie Barkema – 19  
Early Childhood Education  
Freshman  
Bondurant

“Romney. I just don’t want to vote for Obama.”



Nick Overman – 18  
Liberal Arts  
Freshman  
Des Moines

“Obama. I don’t like Romney at all.”



Upendo Sempambo – 20  
Liberal Arts  
Sophomore  
Waukee

“Obama. He has done a lot for this country in the last four years and he has been focused on education, which is important.”

# College drinking spikes as freshman taste freedom

By Marni Jameson  
The Orlando Sentinel  
(MCT)

As college gets under way, incoming students across the state are entering a world of long lectures, daunting professors, crushing course loads, new friendships and, often, lots and lots of drinking.

Though most older adults know that excessive drinking can lead to death from alcohol poisoning as well as accidents, date rape, assault, violence, vandalism and academic failure, try telling a newly emancipated freshman that.

During the first few weeks of college, students, especially freshmen, are at the highest risk of alcohol-related harm, said Michael Cleveland, researcher at Penn State's Prevention Research Center. "We see a spike then because anxiety is high, and the rigors of course work haven't yet taken hold."

Michael Davis, a senior at University of Central Florida, says the drinking problem often starts with the way the college is portrayed — as a life that revolves around alcohol. "Freshmen come in expecting it to be that way, so behave that way," said the 22-year-old communications major.

Parents have reason to worry. According to national surveys conducted by Harvard School of Public Health, 44 percent of all college students binge drink

and many suffer alcohol-induced blackouts.

Every year, college drinking leads to 1,825 deaths among students age 18 to 25, according to the College Task Force report to the National Institute on Alcohol Abuse and Alcoholism. Drinking also contributes to 599,000 injuries, 696,000 assaults and 97,000 cases of date rape on college campuses each year.

## THE COSTS

The problem not only costs lives, but money. For each college with 40,000 or more students, emergency-room visits for alcohol-related blackouts cost about \$500,000 a year, according to an April report in Health Affairs, an international health-policy journal.

At Central Florida last year, 679 students were cited for alcohol violations, 49 were taken to the hospital for excessive drinking and 29 were arrested for drinking and driving, according to university records. UCF has an enrollment of 59,000 students.

"At the beginning of each semester, I see a jump in the number of students transported to the hospital for alcohol or drug intoxication," said Tom Hall, UCF director of wellness and health promotion.

The infrastructure around the campus doesn't help, said Hall. Many off-campus bars, he said, have irresponsible drink promotions.

Though the university hasn't had an alcohol-poisoning death, it has had students die in alcohol-related auto accidents, he said. "Until Halloween, it's a pretty dicey time," Hall said.

"When they see that (the drinking) really isn't working out, the behavior definitely tapers off," said Davis.

## THE SPIKE

Scott Walters, professor of behavioral health at University of North Texas Health Science Center, looked at data gathered from surveys of 77,000 incoming freshman. The students were questioned about their drinking behavior during the two months before college started and during their first month of freshman year.

Not only were freshman drinking more in fall than in summer, but they were also drinking more alcohol in a shorter period of time, said Walters, who published the study last year in Addictive Behaviors. "Once college starts, students who do drink get less careful about pacing themselves."

Cleveland and his colleagues also studied incoming freshmen and found most students shift up one category. Non-drinkers become light drinkers, and light drinkers start bingeing. Most worrisome was the finding that the heavy-drinking group increased from 8 percent of the sample in the summer to 28 percent by fall of freshman year.

## PARENTS' ROLE KEY



However, the research also shows that parents and peers can bring those numbers down, said Cleveland.

In his study, Cleveland found that when parents talked to their kids about drinking and drug use, it had a positive effect.

The parental intervention involved parents reading a 35-page handbook and discussing it with their kids. If students were non-drinkers going into college, the intervention helped keep them non-drinkers. Students who already were heavy drinkers but received parent intervention were less likely to remain in that group. (Parents can find useful talking points at [collegedrinkingprevention.gov](http://collegedrinkingprevention.gov).)

"Parents need to talk to their children ahead of time and not stop talking to them," said Walters. "Parents can't count on the college to orient student to the perils of campus life. It's the parent's job. Stay on them."

Although parents had the greatest impact, Cleveland's studies also found that peers could play a positive role. When older students talked to incoming students about their academic goals and drinking behaviors and got them to see when the two did not align, the younger students drank less.

Schools can reduce student drinking by reporting its prevalence. At most schools, 60 percent of students are either non-drinkers or drink very lightly, said experts. Yet students typically overestimate how many are drinking and how much.

"I tell incoming freshmen that not all students at UCF party and do drugs, so don't be something you're not," said Davis. But for those kids who come into college and want to experiment, "all I can say is do it in a safe environment and do it responsibly."

# Cutting back on sleep for school work is counterproductive

By Mary MacVean  
Los Angeles Times  
(MCT)

LOS ANGELES — The old aphorism that "you snooze, you lose" doesn't apply to students who stay up late to cram for a test or finish a class project. New research shows that sacrificing sleep for school work is a bad trade.

Researchers from University of California, Los Angeles' Jane and Terry Semel Institute for Neuroscience and Human Behavior enlisted students from three Los Angeles high schools to help them figure out whether academic performance suffered the day after a late night of studying.

It turned out their hunch was correct: Lost sleep resulted in less comprehension during class and worse performance on tests, according to their report, published online Tuesday in the journal *Child Development*.

"Sacrificing sleep for studying seems to be counterproductive," said Andrew J. Fuligni, a developmental psychologist at UCLA and the study's senior author.

The researchers gave 535 teenagers checklists to keep track of their sleep and study time for three 14-day periods when they were in ninth, 10th and 12th grades.

The UCLA team found that regardless of how much time a high schooler normally spends

on homework each day, a student who gives up sleep for extra study time will have trouble the next day understanding material in class and be more likely to struggle with an assignment or test — the opposite of the student's intent.

The researchers didn't quantify the increased risk for academic problems following a longer-than-usual study session, but they said the number of problems was "surprisingly greater."

The relationship held up no matter how academically ambitious the student was, as measured by the amount of time spent studying on a typical day, and it became stronger as students progressed through high school.

The results rang true to Kai Daniels, a college-bound senior at the Los Angeles Center for Enriched Studies, a Mid-City magnet school. On occasions when she's stayed up late to study, she's had more trouble absorbing material in class, she said.

"I'd have to re-teach myself at night," she said.

The finding "makes a lot of sense," said Mona el-Sheikh, a professor of human development and family studies at Auburn University whose research includes sleep. Several new studies are showing that the quantity and the quality of sleep are important for remembering new information and consolidating learning, she said.

Students who get too little sleep don't have enough time to process

what they study, she added; even just one night of sleep deprivation can have a negative effect. Parents should do what they can to make sure their children have sufficient and consistent sleep, she said.

Fuligni said he could not disclose which schools took part in the research. The students varied in ethnic and economic backgrounds, as well as in their level of academic achievement. Their checklists revealed that study time did not change over the course of high school — the average was just over an hour per day — but sleep time decreased by an average of 41.4 minutes.

He said the research didn't delve into why things got worse over time. But as the parent of a teenager, he offered several theories: Perhaps it's because the work grows more challenging, or that the teenagers are biologically driven to stay up later but still have to rise early because of school start times. They also may have developed other interests, including jobs.

Most adolescents need slightly more than nine hours of sleep a night, which 9 percent of high school students actually get, according to the National Sleep Foundation. Although a consistent study and sleep schedule are ideal, the demands that high school students face make that "infeasible," the researchers wrote.

Fuligni suggested that students do their best to compensate by

distributing study time evenly over the week. When extra time is needed, they should consider cutting back on an activity other than sleep. Fuligni's previous

research showed as many as four extra hours were available from time spent socializing, watching TV and helping the family.

## Steps for better sleep



### Adjust your bedroom

Keep the room at a comfortable temperature and well ventilated; block out distracting light and noise; reserve the bed for sleep and sex; don't use bedroom as an office, workroom or recreation room



### Set a regular sleep schedule

Waking up and going to bed at the same time sets the body's internal clock; keep this routine on weekends to avoid a Monday morning sleep hangover



### Take naps, but keep them short

A typical nap lasts 30-60 minutes; research has found that people are better able to stay awake and alert into the late afternoon after a nap



### Avoid chemicals that interrupt sleep

Don't consume caffeine and nicotine 4-6 hours before bedtime; alcohol makes some people sleepy, but when the alcohol level in the blood starts to drop, there is a stimulant or wake-up effect