Mercy Health Clinic on Campus: The Doctor Is In
by Korey Johnson

Jefferson College now has a fully functional health clinic on the Hillsboro Campus.

The Mercy on Campus Health Clinic at Jefferson College is located in Apartment 215, 802 Mel Carnahan Dr. in the Viking Woods complex. Mercy on Campus is open not only to students, faculty and staff, but to community members as well. The health clinic can deal with sick visits, personal wellness, chronic disease management, vaccinations, stress management, and other health related concerns. It has two fully equipped exam rooms and can treat everyone from newborns on up.

"Having the Mercy on Campus clinic at Jefferson College is exciting because it brings a much-needed resource to the campus and community by enabling high-quality, convenient service for health and wellness issues," said Roger Barrentine, college director of public relations and marketing.

"The opportunity for students, faculty/staff and community members to receive on-site care is important because it can reduce student and employee downtime due to the immediate availability of care," Barrentine said.

"I encourage everyone to take advantage of the new clinic and its excellent staff. Beyond the past six decades of cooperation, the new health clinic is yet another example of how Jefferson College and Mercy Hospital Jefferson are working together to care for our campus and community," Barrentine said.

Dr. Tassey Hayden, a family medicine specialist, will initially staff the clinic, Monday through Friday. Clinic hours this fall are 9 AM to 2 PM Mondays; 8 AM to 4:30 PM Tuesdays; 10 AM to 6:30 PM Wednesdays; 10 AM to 3 PM Thursdays; and 8 AM to noon Fridays.

Hayden, a Maryville, MO, native in 2011 graduate of the Washington University School of Medicine. She said so far the clinic has been keeping busy with walk-in visits by students feeling ill.

"I think the health clinic is important to be available for people to get the urgent or preventive care they need," said Hayden.

Hayden said she has seen how living in Vikings Woods is teaching students about steps towards adulthood and independence. She believes a strong part on taking those steps is dealing with their own medical care.

"I'm really excited to be here and be part of the community," said Hayden. "I think it's wonderful that an institution like Jefferson College is here. I really enjoy working with the college because they seem to understand the needs of the community and the students."

In December Hayden will move off campus to open her new private practice in Hillsboro. From that point Mercy Health Nurse Practitioner Julie Eppe will take over operations at the health clinic. Hours of operation will change from daily to only being open twice-a-week: 9 AM to 2 PM on Mondays and 10 AM to 3 PM on Thursdays.

Eppe brings more than 12 years of experience as a family practitioner. She earned her associates degree in Nursing from Jefferson College and continued her education through the Barnes College of Nursing at University of Missouri-St. Louis. She specializes in caring for her patients of all ages, with an emphasis on the treatment of skin disorders, elevated cholesterol, hypertension, depression, diabetes, allergies, and asthma.

Jefferson College President Ray Cummiskey said having a health clinic on campus has been a goal for quite some time.

"There's been a lot of attention I think in the last few years about overall employee wellness and student wellness," said Cummiskey.

"We know that one of the barriers to wellness is access, so we started a few years ago investigating the possibility to have treatment on campus about the same time the Obama Care Law started to come around and it really got us thinking about what can we do to provide resources for students, faculty and staff. We know a lot of students don't have regular access to health care so we thought putting those points together would be a positive. Within a month's time since the health clinic has been open it has demonstrated that there is a great deal of interest," Cummiskey said.

According to Cummiskey, Jefferson College closed negotiations with Mercy on having an on-campus clinic last winter. The college agreed to pay Mercy an annual fee of $25,000 to provide their service on campus. Cummiskey stated after a few years the clinic will revisit with Mercy officials and discuss whether or not the clinic has become financially viable for the hospital which in

Academic Success Center Opens
by Hayley Richardson

As the fall semester continues, many students need some extra help to get through their classes. What many are unaware of is that Jefferson College offers an outstanding opportunity for all students at the Academic Success Center.

Jefferson College-Hillsboro offers Information Systems Lab, Math Lab, Science Lab, and Writing Lab, Monday through Friday. The Academic Success Center is located on the first floor of the TC Building in rooms 103-107.

Whether you are a 4.0 scholar or struggling to pass your classes, the Academic Success Center can benefit you. If there is a subject you are particularly good at, you can sign up to be a peer tutor and get paid to help others understand better.

According to the Jefferson College website, "The Academic Success Center at Jefferson College Hillsboro supports the educational development of students and reinforces classroom learning. Our desire is to empower students to achieve their academic goals by providing opportunities to enhance student learning, course success, and personal growth."

Information Systems Lab is offered Monday through Thursday from 8:00AM – 9:00PM and Friday from 8:00AM – 5:00PM. Math Lab is offered Monday through Thursday from 8:00AM – 8:00PM and Friday from 8:00AM – 3:00PM. Science Lab is offered from 12:00PM – 8:00PM Monday through Thursday and Friday from 12:00PM to 3:00PM. Writing Lab is offered Monday through Thursday 8:00AM – 8:00PM and Friday 8:00AM – 2:50PM.

The Academic Success Center has tutors available that have degrees and instructional experience in their respective fields. These tutors are for every Jefferson College student.

"I have used the writing tutor. [Using the tutor] made my paper better," said Reje’ Pitchford.

Study hall is held for all athletes Monday through Friday in the Academic Success Center, from 6-8 PM. There are more than enough computers and desks for all of the athletes who need a quiet place work. All athletes in their first semester at Jefferson College are required to do six hours of study hall a week in the Academic Success Center.

There are many sources that are available for someone that needs a little extra help in a class.

"The math tutor is very beneficial for me because I don’t have a math tutor in my crib," said DJ Hickey.

"I have all the resources I could ask for along with a ton of time to use those resources," said Carter Hanford.

The Academic Success Center is a welcoming place for all Jefferson College students. Do not be shy about getting extra help. There is nothing wrong with wanting to do your best.
Mercy, cont. from pg. 1

turn a new financial negotiation will be set.

“The focus on wellness is just one step in this process,” said Cumminskey. “We (Jefferson College) do want to promote a healthier lifestyle. We have eliminated tobacco and smoking on campus. We want to emphasize health and fitness benefits for everyone who is interested. All these things will help create an environment that supports a healthier lifestyle by which we think will lead people to a greater satisfaction in their college choices and employment.”

The health clinic also has the potential to reduce medical costs and the college’s employee insurance claims by offering an affordable alternative to hospital emergency rooms and acute care centers. The health clinic’s billing system is completely separate from Jefferson College and works like any other health care facility.

Jefferson College does encourage students who do not have a health care insurance provider to look into the college’s student insurance program which is available through student services.

The concept of an on-site clinic was vetted with Jefferson College students and staff through two open forums where officials of Mercy Clinic answered questions and explained how the clinic would function. In addition, a survey was conducted involving the college’s employees and students where almost 400 responses, which were overwhelmingly in support of the clinic, were received.

In addition to the on-site operating schedule, the health clinic has 24-hour phone access at (636) 543-2290 for appointment scheduling and information.

Changes at the Viking Cafe

by Morgan Partrney

The Viking Cafe at Jefferson College is always making changes to make it even more enjoyable, affordable and delicious. Recently, they have added a fruit and yogurt bar, called, “Build-Your-Own Fruit Bar,” where students are able to pick from their own list of different varieties, and add their choice of yogurt.

There is also a new selection of cookies. They have added new flavors other than just chocolate chip to pick from. A different way to get a sandwich has been introduced as well, as the students get to go down the line and pick out what they would like on their sandwich, very similar to Subway, except it is called “Sandwich Station.”

Not only can students get particular about what they want on their sandwiches, they can do the same with wraps. The cafe has added pizza by the slice, too, which makes it easier to grab it and go.

Hot breakfast is a new addition to the cafe as well, for students who enjoy a nice, warm meal in the mornings. Also, “Brio” is a different approach on the food choices in the cafe. Students get to pick exactly what is in their meal, and it is made right in front of them. “Brio” is only on Tuesdays and Wednesdays from 11 am to 1:30 pm. On Tuesday’s, students are served “Pasta Brio,” and on Wednesday’s they are served “Asian Brio.”

At the Arnold campus, a gourmet coffee machine has been added, which is said to have gotten enormous reviews. Also, on Mondays, the cafe has paired up with the campus Bookstore to deliver food to the Arnold campus.

Another resource that is available at the Viking Cafe is the Food Service Meal Card. The cafe has proposed a meal card to use in the Viking Cafe as well as the Viking Snack Bar. Everything is reasonably priced, from the homemade soups, the grilled and fried foods, the homemade wraps, the sandwich station, and more. If the student is a cardholder, they will receive 10% off on most of the food they purchase.

The cafe accepts cash, checks, credit cards, or it is possible to debit financial aid (if applicable) with a voucher from the Jefferson College Cashier Window.

Clubs Show their Spirit

by Angelica Fletcher

August 27th-28th marked Club Spirit Day on the central lawn of campus. Many different booths were set up to recruit passing by students to come join their clubs.

One of the clubs there was the Service Club. Service Club puts on many different activities such as activities for veterans and dinner at the Ronald McDonald house. “It’s an opportunity for people to get service hours,” Susan Welsh, club advisor said. “It counts towards Jeffco service hours and looks great on applications for scholarships.”

The WIA Youth Program was also present. They specialize in helping students find career options. “Our goal is for the youth to maintain employment,” Charlene Linhorst, WIA Youth Specialist said. With services including workshops on resume writing, career exploration, interviewing skills, and leadership development, they work hard to prepare and help the youth for the world of employment.

Student Senate, a group of 16 students elected to represent the students of Jefferson College, was also looking to gain new members. “We are recruiting fine young minds to join Student Senate and we are bribing them with cookies,” Will Rohman, Student Senate president, said. Student Senate is responsible for representative events, community service projects, and activities for the student body. They represent the students of Jefferson College and make sure that their opinions are heard.

With all these many different, available clubs, it’s hard not to get involved. Whether you’re into gaming or service projects, there’s a perfect fitting club for everyone. Being involved in clubs helps you meet new people, gain new experience and knowledge, and have fun while doing so. Getting involved is easy, so join today!
Automation Program Offers Hands-on Tech Experience

by Nathan Inlauy

Robots are the future. One industry that is almost guaranteed to grow in the foreseeable future is industrial electronics and automation. New manufacturing facilities are being built in the United States based on technology rather than manpower. This creates a demand for skilled technicians to repair and maintain the machinery used in modern factories.

Jefferson College has an exciting tech program for industrial electronics and automation. It is a two-year program for an Associates of Applied Science in Automation and Electrical Control Systems. This program is perfect for anyone who wants to work with industrial electronics and robotics. Nearly all of last spring’s graduates are currently employed in their chosen field.

The head of the program, John McDaniel, graduated from Jefferson College and spent nine years working as an industrial electrician, service technician, and service manager. McDaniel brings practical experience into the classroom, preparing his students for success in their field.

McDaniel maintains contact with graduates to discuss the effectiveness of the program. McDaniel said he was “constantly talking with graduates,” to discuss which aspects of the program were most beneficial, and, occasionally, what subject matter was covered in too much detail. This feedback ensures that subject matter is not only relevant, but will have practical value in the workplace.

Students who graduate from the program will, “Be able to walk into a job and learn quickly,” according to John McDaniel, due to the focus on the practical instead of the theoretical. Students use training robots, circuit boards, and advanced measuring equipment to give them the practical experience to succeed in the workplace.

The program is perfect for new students who have no experience with electronics, and for industry professionals looking to increase their knowledge or earning power. Many of the students employers work with them on scheduling so that they can benefit from the employees increased knowledge and ability.

Anyone looking for an exciting and challenging career, with excellent prospects for advancement, should look into this program. Technicians get to work with new things on a regular basis, making this a good fit for those who like to solve problems. There is also opportunity to advance to a management role, as many companies promote from within to take advantage of practical experience.

Teachers also help students build their resumes and search for jobs. McDaniel maintains a database of potential employers to assist students in finding out what is available. He also works with them on interview skills as well as resume building which McDaniel describes as, “half the battle.”

Second year students visit local factories to get further experience with how modern factories incorporate the technology used in the classroom. Last spring students went to Intelligrated to see the newest technological advances. Intelligrated designs and builds new robots for factories, as well as the software to run them. This helps keep students acquainted with the latest advances, preparing them to be competitive in the job market.

Anyone with questions about the program can contact John McDaniel at jmcdani1@jeffco.edu.

In Autumn, Watch the Weather

by Corey Johnson

Tornadoes have caused loss of life and much destruction throughout the Midwest during the fall season. Meteorologists have marked late September through October and much of November as a more favorable time where conditions persist in the atmosphere to see developing tornades and other severe thunderstorm events such as large hail and damaging winds.

The increase is driven by atmospheric conditions becoming more dynamically setup due to the transition to cooler temperatures in the fall.

The transition period from more of a warmer summer like pattern to a cooler autumn feel sometimes yields low pressure systems and their associated frontal systems which can provide an environment favorable for severe thunderstorms, including tornadoes.

With the annual risk of severe thunderstorms each fall it is vital that you have a plan. A key part of any plan should be when and where to take shelter anytime thunderstorms or other severe thunderstorm hazards threaten.

Generally the best protection from flying debris would be a shelter that has the most amount of space/walls between the person and the outside. Preferably the smallest room on the lowest floor of a home or other structure is the best shelter during a severe thunderstorm.

Injuries from debris cause most casualties, so regardless of the location of any shelter; people should try and take cover under tables, mattresses, etc. to further protect themselves from flying debris. In most ideal cases, rooms used for sheltering should be windowless. It’s very important for people to be prepared for any possible natural disaster by having a disaster supplies kit in a designated safety shelter location. A disaster kit is simply a collection of basic items throughout the household that people may need in the event of an emergency.

Most importantly, people should assemble his or her kit well in advance of an emergency. A natural disaster can occur at any time and people may be forced to evacuate at a moment’s notice.

Most kits should have canned food items, water, and supplies in sufficient quantity to last for at least 72 hours or more.

Additionally, basic services such as electricity, gas, water, sewage treatment and telephone service may be cut off for days or even a week, or longer. Supplies kits should contain items to help manage such outages accordingly.

Another item that should be stocked in any designated shelter should be a NOAA Weather Radio which is operated by the National Weather Service 24 hours a day, 365 days a year.

By listening to the weather radio people can access round-the-clock weather reports, warnings, and other information to help prepare for the day (weather wise).

During time of emergency, routine broadcasts on the weather radio are interrupted for watches, warnings, and other critical information.

The weather radio has a plug in and batter power option so when and if the power goes out, NOAA Weather Radio can still operate and inform on batter life.

Another excellent way to receive weather warnings is via mobile phone alerts. Wireless carriers across the United States have been helping to build a “Weather-Ready Nation,” through a nationwide text emergency alert system, called “Wireless Emergency Alerts,” which will warn people by sending a weather alert text message when severe weather threatens.
Falling Under His Spell
by Janis Francis

The brains of Jefferson College came under the hypnotic spell of Brian Powers on September 4. If this opening performance of the new PACE season is any indication, the season will be very powerful. Brian Powers has spent the last eighteen years as a comedic hypnotist, but he was not always a comedian. He started out his career as one of the biggest skeptics of hypnotism. When he began working for an entertainment company he began to watch the other performers and he began thinking, “there had to be something to this hypnotism thing, they could do the performance again and again.”

He has worked all over the United States, and on Norwegian Cruises as a comedy hypnotist. He uses his performance to also teach about the importance of learning how to better communicate.

One example of this, which he visualized with the audience, is that when the visual brain and the hearing brain do not connect we do not communicate correctly. To visualize this he had the audience make a circle with their fingers; telling them to put their finger on their chin, but visually he put his finger circle on his cheek instead. The audience followed right along with him, showing that there is a disconnection in communication.

Did you miss seeing St Louis Magician Keith Jozsef on campus last year? Did you enjoy seeing his performance? Did you miss seeing St Louis Magician Keith Jozsef on campus last year? Did you enjoy seeing his performance? Did you miss seeing St Louis Magician Keith Jozsef on campus last year? Did you enjoy seeing his performance?

though the booth may be gone, students are still allowed to smoke inside their cars. “The ban hasn’t had much effect on me,” Jessie Fasnat said. “I can go to my car or drive off campus. I haven’t been as social because I’m not going to those booths anymore, but I smell more like smoke because I’m coming from my car.”

With this change, most can agree that it is for the best. While cigarette smoking causes about 1 in every 5 deaths each year in the U.S, an estimated 53,800 people die each year from secondhand smoke. Exposure to secondhand smoke damages the heart and blood vessels and can even cause heart disease and lung cancer. With this ban, the campus has become a much safer and healthier place. “I think this ban is a really good idea,” Megan Brooks said. “It creates a cleaner campus and it’s not regrettable.”

“It is recommended you reserve your tickets while it’s in town. You can also purchase tickets online at Jeffco.edu. However thanks to the change of Jeffco’s website you can now order tickets online! By clicking the “Learn More” link on the PACE Series tab on Jeffco’s homepage you will be taken to a page with a link for information on how to for PACE event tickets. You can buy tickets in advance at the cashier window in the Student Center. Come support your fellow students as they take the stage to kick off the start of Jeffco’s theater season!”

Catch Bus Stop on Campus
by Jordan Freeman

It’s fall which means another semester and in the Fine Arts center another play. That’s right, the fall play is on the way and will be here before you know it. William Inge’s Bus Stop is set to arrive early next month from October 9-12th. So there is still plenty of time to reserve your seat. This play follows the summer spectacular, which was Grease, performed on the campus. After the record shattering attendance for the musical, Bus Stop is an excellent opportunity to see what all the buzz is about. If you are new to theatre and looking for a fun night of drama and entertainment the Fine Arts center will take you in with open arms.

Bus Stop is set in 1950’s Midwest America in a street corner restaurant in a small Kansas town just miles from Kansas City. During an icy winter storm, a bus is forced to seek refuge in the small establishment.

Some of the other plays Wil- liam Inge has written include: Come Back Little Sheba, Picnic, Summer Brave and Where’s Daddy? If you are unfamiliar with Inge’s work, Bus Stop is a great play to introduce you. Bus Stop is a play that seasoned theatre patrons and new-comers alike can enjoy. As a plus for anyone in Project Success, you know you must attend a cultural event sometime this semester. Attending a play is a great way to attend a cultural event and its right here on campus. You can make your way to the Fine Arts center for one or both of the evening shows, catch the morning performance or the matinee.

On Thursday October 9th you can catch the 10 a.m. performance. If you are like most students you probably have class; not to worry the Friday and Sat- urday shows are at 8 p.m. The final show will be on Sunday the 12th at 2 p.m. and will be your last chance to see bus stop while it’s in town.

Dakota Hunter shows his approval

Smoking Ban
by Angelica Fletcher

“In order to promote health and safety, while maintaining the cleanliness of college property, with the start of the fall 2014 semester (August 18, 2014) all Jefferson College campuses are smoke-free/tobacco-free environments under a policy adopted by the Board of Trustees.”

This new rule instated by Jef- ferson College has banned the use of cigarettes, cigars, pipe tobacco, smokeless/chewing tobacco, electronic cigarettes, herbal smoke products, hookahs, and beedies. Whether for the good or bad, students all react to the ban in many different ways.

“I think people are going to do what they want to do, regardless of whether it’s banned or not,” Amy Schmitz said. “They’ll find different ways and areas.” The ban is heavily enforced and those caught violating this new rule will be subjected to a $25 fine.

Though the booths may be gone, students are still allowed to smoke inside their cars. “The ban hasn’t had much effect on me,” Jessie Fasnat said. “I can go to my car or drive off campus. I haven’t been as social because I’m not going to those booths anymore, but I smell more like smoke because I’m coming from my car.”

With this change, most can agree that it is for the best. While cigarette smoking causes about 1 in every 5 deaths each year in the U.S, an estimated 53,800 people die each year from secondhand smoke. Exposure to secondhand smoke damages the heart and blood vessels and can even cause heart disease and lung cancer. With this ban, the campus has become a much safer and healthier place. “I think this ban is a really good idea,” Megan Brooks said. “It creates a cleaner campus and environment, and I truly appreci- ate that.”

You are getting sleeeeeeeepyy

You are getting sleeeeeeeepyy

You are getting sleeeeeeeepyy

You are getting sleeeeeeeepyy

You are getting sleeeeeeeepyy
It’s On Us

By Jesse Inman

It’s On Us is a campaign that is focused on the issue of sexual assault on college campuses across the country. The campaign, called “It’s On Us”, was featured with celebrities such as Jon Stewart, Kerry Washington, Connie Britton, and President Obama and Vice President Biden at its first public service announcement.

As is somewhat evoked by the moniker, the campaign is intended to challenge the culture of U.S. colleges by inspiring all people on campus to take any and all actions to prevent sexual assault. The statistics on college campus sexual assault have been nothing less than sobering. It is estimated that 1 in 5 women will face sexual harassment or assault during their college years. Arriving rather appropriately as the story of Emma Sutkowicz has been making news. A Columbia University student who has vowed to physically carry her mattress around her campus until her accused rapist is thrown out of school. And just earlier this month, statistics released by the CDC revealed that 19.3% of U.S. women have been raped in their lifetime.

The “It’s On Us” campaign is specifically directed at young men, and in emphasizing the importance of being a bystander, isigmatizing this issue plaguing colleges. According to the campaign’s website, one of the primary goals is: “To recognize that non-consensual sex is sexual assault. To identify situations in which sexual assault may occur. To intervene in situations where consent has not or cannot be given. To create a environment in which sexual assault is unacceptable and survivors are supported.”

Ultimately, there is a growing momentum in the U.S. to encourage young men to administer their empathy to young women who have traditionally bore this issue of sexual assault and singularly. And to demonstrate that we all share a responsibility and an urgency to this as a society, and as a people.

Tips for Moving

By Janis Francis

As the new semester begins so do the challenges faced by the students of Jef- ferson College. One of those challenges might be moving. Whether it be moving into the campus apartments or mov- ing into your own apartment or home for the first time, there are several things to remember.

The first and most im- portant thing is to review your budget. Make sure you know how much money you make, and that you know your income versus your outgoing funds. Decide if you need a roommate or if you can make it on your own.

Remember that it is not going to be just rent that you have to pay. You are also go- ing to need to make sure that you leave money for utili- ties and transportation needs. There is not a point in having so much money going out of your bank account that you cannot afford important things such as food.

Make an inventory of what you have and what you will need. If possible try to start buying small items like kitchen or bathroom needs before you get ready to move that way you are not having to pay for everything all at one time.

Take your time choosing your new home. Do not rush into any decision. It is going to be the walls you are going to be looking at for a long time so make sure that you are happy there. If you get a creepy vibe, then do not choose that location. If you would not feel comfortable walking outside at night, then that is obviously not the right place for you.

Some places require a fee for applications, so make sure that this is a location that you are re- ally interested in before you shell out money for the application.

The last thing is make sure that when the day comes to move, get help. You do not want to try and move everything you own all by yourself. If you are not going to hire someone to help you move, then at least try and get your friends to help. Make a moving party out of the event. Make some sandwiches and offer some sodas and play some music in the new home.

So as you begin to look for your new home keep these sug- gestions in mind and most of all, have fun with your search, and with making your new home just that, your new home.

Can You Trust the 5-Second Rule?

By John Crabtree

It is highly doubtful there is anyone in the United State that does not know about the rule where if someone were to drop food onto the floor, they have a maximum of 5 seconds to retrieve the delicious treat, aka the 5-second rule.

Yes multiple people have conducted experiments about the 5-second rule determining whether or not the food was safe to consume. The studies were designed by high school seniors, Julian Clarke, who had a six week internship in the Food Science and Nutrition Department at the University of Illinois at Urbana-Champaign, where Meredith Agle, a doctoral candidate at the time, supervised her studies.

According to Agle, Julian took swabs from the cafeteria, labs, and hallways at the uni- versity to conduct her tests and found some very surprising re- sults. According to Julian each of the indoor areas had nearly the same number of bacteria, so germs in English. She also dis- covered that carpet had the least amount of bacteria, this has also been agreed with her conclusion.

Julian Clarke won an Ig Nobel Prize for her study on the 5-second rule. Yes, I know, how can someone win a Nobel Prize for something like the 5-second rule? Are they just handing them out like candy at a parade? Before any of you start flipping out about people winning Nobel Prizes, let me explain exactly what the Ig Nobel Prize actually stands for.

An Ig Nobel Prize is similar to the famous Nobel Prize, but instead of the award reserved for great scientific achievements, these are given each year in Octo- ber to ten individuals whose work first draws a laugh and then their studies are seen for their poten- tial. Yes, they are giving away awards making people like me and you falsely believe someone won the actual Nobel Prize.

When asked how people feel about eating food from the floor, their answers differed but many agreed on one thing. Many people said that the only real fac- tor in determining whether or not they will eat food off the floor is a little bit of what the food item is, but the main reason for them not eating food off of the floor is where the food had been dropped. This is the deciding factor for people to eat food off the floor, where it is dropped. People usu- ally don’t care about what food item has fallen on the floor, they just believe that where the food item is dropped is all that matters.

The conclusion Julian Clarke had come at the end of her intern- ship at the university, the 5-sec- ond rule more of a safety net than anything else. Many scientists believe after the five seconds have expired, on average the accumu- lated amount of bacteria frosted onto the delicious treat would be too high for our immune system to counter, causes the devour to become ill.

So in short, don’t eat food off the floor after 5 seconds. Mom and Dad aren’t just being the typi- cal pains in the rear for no reason like usual. They are actually pro- tecting you from becoming a bed zombie, but what do they know? They’re complete idiots as we all know, so go right on ahead, because as we’ve all learned we know best, not! didn’treatfood stuffonthefloor00

Minor Fire Damage at Library

by Morgan Partney

When students arrived back to school from the extended Labor Day weekend, the library building had a new appearance. Because of the obvious difference, there were suspicions as to what was going on. It turns out, over the Labor Day weekend there had been an air conditioning failure inside the library. Also, there had been a small fire that occurred due to the smoke from the air conditioner.

When asked about the fire, library staff Tony Ben- ningfield said, “The fire is the rumor going around” and clarified that it was just a minor one that happened because of the trouble with the air conditioning.

If you’d like to comment on any article or suggest article ideas, email us at harbinger@jeffco.edu. We may publish your comments in the next issue and reserve the right to edit for grammar and length.
Midterm Mourning
by Jesse Immam

The national approval for the U.S. Congress has been repeatedly polled at less than 10 percent. And yet, the re-election percentage of congressional incumbents is at least 90 percent. How could such an eye-brow-raising disparity exist? The people bitterly complain and vent their dissatisfaction for the performance of government. But when it comes down to voting time for their political representatives, they continue to cast in their lot with the same congressman who have spent their terms causing all of this displeasure and resentment to begin with. What is behind this peculiar dissonance? There are several answers to that question.

And one of the answers lies with the American youth vote. Though an overall sense of lethargy and indifference pervades in American culture in regards to voting (exacerbated by general cynicism and disdain for the whole political system), youth voters especially represent apathy towards voting, particularly when midterm elections roll around. During the last midterms in 2010, well over a quarter of college students reported that they did not register to vote. The same year, an estimate of 24 percent of eligible voters ages 18-29 voted in the 2010 midterms. Turnout in 2010 was down nearly 10 percent from 2006’s midterms.

In April of this year, Harvard’s Institute of Politics poll found that 23 percent of voters in the age bracket mentioned above said that they would “definitely” vote in the upcoming midterms (an 11 percent drop from the previous survey five months prior). In the 2002 midterms, voter turnout among the youth was 56 percent. In 2010? 49 percent.

Peter Levine, the director of the research group Center for Information & Research on Civic Learning and Engagement (CIRCLE), said, “Youth turnout has stayed between 22 percent and 25 percent in all midterm elections since 1998, compared to an average of 30 percent in the 1970s and 1980s. We have to find a way to raise it.”

What do we have to credit for these turnout statistics? Inevitably, with the youth, it seems to come down to a case of disinterest.

Climate of Change
by Jesse Immam

New York City. September 21, 2014. The number of protesters who attended the People’s Climate March topped 400,000, triple the original prediction of people expected.

Among the faces in the dizzingly throng of people joined arm-in-arm into the compressed city streets was the city’s mayor himself, Bill de Blasio. As well as Ban Ki-Moon, the General-Secretary of the United Nations who hosted more than 120 heads of state and government at, what he called, a “political action forum” on climate change the following day. Other attendees to the event include Leonardo DiCaprio and former Vice President, Al Gore (who has been notably outspoken on the threat of climate change).

The rally marked the largest recorded demonstration calling for a response to climate change. And New York wasn’t alone. Over 2,000 similar rallies occurred globally on September 21, including London (where an estimate of 40,000 protested), and Melbourne, Australia (where 10,000 protesters demonstrated).

New York’s mayor said about the protest: “My sense is the energy you see on the streets, the millions that have amassed here and in other cities around the world, show that something bigger is going on, and this UN summit will be one of the ones where we look back and say it was a difference maker.”

And General-Secretary Ban Ki-Moon stated: “Climate change is a defining issue of our time and there is no time to lose,” he said. “There is no Plan B because we do not have planet B. We have to work and galvanize our action.”

Among those who showed up to protest in New York were victims of many of the infamous weather disasters of the past few years, from Hurricane Sandy to the immense tornado in Oklahoma last year, which left 24 people dead.

All of this is coming to the forefront as global emissions of carbon dioxide are projected to reach 44 billion tons by climate scientists, with the biggest polluters being India, China, the U.S., and the European Union.

Preventing Cybercrime

By Nathan Immam

“Our computer may be at risk.” You may have seen grammar like this in popups offering anti-virus software. If you have ever clicked on one of these links, you have probably been infected by spyware as a result. If this has happened to you, here are some tips to spot bogus offers on the internet.

If you did not ask for it, don’t click on it.

Check for problems with the language, no reputable company will have major errors in their software.

There is no such thing as free. There is always a catch, and on the internet, the catch is spyware.

There is a surprising amount of spyware in software published by reputable companies. If you use EA’s Origin Software, EA has sold your personal information to a third party company. Unlike Valve’s Steam, Origin has no option to decline to share your personal information.

When researching whether or not a program contains spyware, make sure to check with multiple sources. The posts on EA’s website clearly say that Origin is not spyware, despite the fact that one must sign an EULA agreeing that EA has the right to track and sell your personal information.

Many otherwise reputable companies use spyware for marketing purposes. Be sure to not buy without publicizing this often garners. If someone says that a big corporation like EA doesn’t need to spy on its customers, they are either an employee of the company they are defending, or they are hopelessly naïve.

Microsoft’s XBOX Live service appears to be a hacking free for all, with credit card information being compromised regularly. It seems that every week I hear a new story about credit card information being stolen from XBOX Live. The best thing to do with XBOX Live is to buy a subscription card at the store rather than give your credit card information to Microsoft, as they don’t appear to be keeping them as safe as they should.

Many cases of hacking can be solved by simply writing passwords that are more difficult for a computer to hack. If your password is simple, then it will not last long against a concerted hack attempt.

Stealing credit card information is big business, and has become a major source of income for organized crime. Large amounts of resources are devoted to stealing personal information, and a few minutes of your time can save you a boatload of hassle.

Tips to spot rogue offers on the internet.

• Never use words from the dictionary.

• Pass-phrases are better than passwords.

• Spell words with numbers.

• Capitalize random letters.
Attention on Attending
by Hayley Richardson

Getting out of bed and into the classroom is a constant struggle for many college students. We are sometimes forced to attend. But on the occasion of knowing our attendance is not beneficial. A 2014 policy at Jefferson College states, “If a student misses more than 15 percent of the total time (including lecture and laboratory) that the class meets in a term, the student may be prohibited from attending the class by the instructor.”

There are many times one is aware of what is happening when the next class meets, therefore dreading going to class knowing that class attendance is not going to benefit one’s education.

“In a course, like ethics, that students should be able to check that you are attending class, considering their money is going to the professors and the school for you to get the privilege to be able to attend class.

For those on athletic scholarships, their attendance should not be required, but I do agree with the grade requirement policy. NJCAA’s rule that to participate in a sport you must have at least a 2.5 grade point average. This policy is very effective. Many athletes think about sports and forget they are attending college to get an education. This policy holds the expectation for student-athletes to also be students, when it is sometimes forgotten.

Holding those under athletic scholarships to the same attendance policy at Jefferson College, is absurd. They have practice, training, lifting, games, continuous obligations that they have to withhold. If they do not get back to school from a travel game until 2 AM and have an 8 AM class, they should be excused from attending that class.

The athletes are doing their job in representing Jefferson College. They should not be punished for catching a few more, well deserved, hours of sleep.

Students who come back late from a school sanctioned activity are more sleep deprived than the average student; it is not fair to the student to make him or her go to class without enough sleep,” said soccer player Nick Pacino.

Now, this does not include those students on partial academic scholarships, financial aid, or A+. If a student is on any scholarship besides athletic, their attendance should matter to sustain their scholarship money.

The policy at Jefferson college has got to go. It does not take into account those not on financial aid and those on athletic scholarships. Financial Aid students should be responsible for attending class every time it meets, but those who are not on financial aid should not be punished if they are doing well on assignments and tests. Athletes should be not be docked for catching a few extra Z’s after a long road trip back from a big game. It is time for a change.

If someone else is supporting you and paying for you to get an education, they should be able to check that you are attending class, considering their money is going to the professors and the school for you to get the privilege to be able to attend class.

Does Journalism Matter?
by Jesse Inman

In addition to unprecedented low opinion polls and attitudes towards the federal government, and in light of the plummeting knowledge of the U.S. media is not much more auspicious. A Gallup poll at the end of this year found confidence in the U.S. media (encompassing newspapers, TV, and internet) was no higher than 24%.

And frankly, it’s understandably so. It’s not secret that the media in this country gratuitously favors and opes for spectacular sensationalism, in an endless news cycle that re- lentlessly saturates TVs screens with world exploits of various celebrity sex scandals, personal life details, and other juicy legal mishaps and comedrums. Furthermore, in such a highly divisive political climate, the media has carved itself into en- trenched, biased catering to the locked mindsets of their loyal viewers.

The deeper point being that this is quite the deviation from the manner in which the news was originally practiced, preached, and handled in eras past gone. As symbolized by the period whenever the likes of Walter Cronkite and Dan Rather sat behind the anchor’s desk.

Additionally, we are living in an age of boundless social media reach and instantaneous technological reach to informa- tion. All of these factors con- tribute to a segment, belligerent individual about what is both the rule, and the state Pacino.

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If you’d like to comment on any article or suggest article ideas, email us at harbinger@jeffco.edu. We will publish your comments in the next issue and reserve the right to edit for grammar and length.

Be Polite
by Nathan Imlay

Yesterday I got a call on my cellphone and it was a wrong number. The person on the other end wanted to know what number they had dialed, I told them it was my number, and they promptly hung up. After I took some time to help them through their mistake, I felt I deserved a little courtesy. After all, we only have a few seconds and no particular effort.

If I find myself in someone’s way, I say excuse me. My parents taught me this as a child and it has become habit. Why do more people not have this habit? It costs nothing, and is likely to pay you back in the long run.

Doesn’t it make you feel better when someone says excuse me? Or thank you? If someone cuts you off while driving, but they wave at you in apology, don’t you feel less angry? Doesn’t it increase the likelihood that you will let the next annoyance go, rather than going postal? Being polite isn’t just a favor to others, it’s a favor to yourself.

As a teenager I noticed that the high school parking lot tended to empty more efficiently and with less fuss than parking lots filled with adults. High school students tend to know each other as people, and thus treat other drivers and acquaintances. Thus, they tend to take each other into consideration, draw lines and let others through instead of cutting them off.

There is very little honking and the swearing tends to be friendly banter instead of vitriol. Don’t believe me, go observe a high school parking lot sometime, compare it to parking lots filled with strange strangers who don’t only reduce stress, it can lead to increased efficiency, which also reduces stress.

The cellphone revolution has introduced new problems with courtesy. It is common for customers to talk on their phones while waiting in line or even during the transaction, slowing down checkout lines and contributing to our general level of irritation with others.

As cellphones are replaced by smartphones, the problems have grown worse. I am frequent- ly almost run down on sidewalks by people whose eyes are glued to their phones. We seem to be more concerned about what is posted on the internet than with what is happening around us. This is irritating and is likely to cause others to be rude. Why would we want that?
Fan-Tastic: Favorite Sports
by Jordan Freeman

Everyone is a fan of something, whether it be a television show, video game, or band. However, of all the fanatics out there the largest group may very well be sports fans. Despite their size sports fans have been known to be extremely loyal to their favorite team (of their respective sport of course).

In America the most popular sport is without a doubt American Football. From high school to the National Football League, American Football is the most watched sport in the United States. Of course outside of America its no secret actual football is the most popular sport. Not only does football have the most sports fans, it also has the most devoted.

Riots following a championship or major upset in the playoffs have occurred, though uncommon in the United States. The rest of the world takes their sports much, much more seriously.

While Americans may have sports traditions, soccer fans typically have sports rituals (along with stadium riots). Not to mention rival brawls and executions of professional players in other countries football (soccer) is almost a religion.

American football may be the most popular sport in the United States but what about America’s favorite teams? Thanks to Facebook data on September 5th, BleacherReport.com posted a map of “NFL Fandom by Counties throughout United States.”

Which team had the biggest area? It was close, but the Dallas Cowboys had the largest fandom by county. They are called “America’s team” for a reason. For the most part fandom seems to be based locally though that is not always the case. One student age of sports fans to be seen. No shortage of people to fill the seats and cheer on their favorite team to victory.

From diehards to enthusiasts, sports fans are everywhere. Whether they are packing a stadium fit for thousands, or huddled around a television at home or at their favorite sports bar. You can find them tuning in on the radio or more recently watching from their phone or table. They are among the most superstitious and passionate people in the world (at least when it comes to their sport). Which is why it can be very lonely when rooting for the away team.

Cheerless
by Nathan Imlay

Jefferson College has no spirit. The cheerleading coach quit just days before tryouts were scheduled, giving the school no time to find a replacement before the school year started. The cheerleading program is currently stalled as they await the hiring of a new coach.

Without a faculty sponsor, no new cheerleader’s can be recruited. With no experienced cheerleaders are at loose ends. Emily Martin, one of the returning cheerleaders, said that four people had contacted her expressing interest in cheerleading. She also said that other cheerleaders had been contacted by at least six other students interested in cheerleading.

Clearly, the student body is interested in cheerleading and every effort should be made to hire a coach and continue the program. Unfortunately, the budget for the position is only $1900 making it difficult if not impossible to hire a non faculty member for the position.

The college is currently without an athletic director, which is also slowing this process down. Administrators expect to have this problem sorted out in the next few weeks, which will hopefully help to get the ball rolling on hiring a cheerleading coach.

Some speculated as to the future of the cheerleading program, but at this point there is no plan to eliminate cheerleading. The current problem is to find someone who will do the job for $1900. Current thinking is to target someone who is just getting out of college and wants to get into coaching cheerleaders.

If you or anyone you know is interested, contact the athletic trainer Greg Crain at gcrain@jeffco.edu.

Why Not Michael Sam?
by John Crabtree

He is last season’s college football SEC co-defensive player of the year, dominating all offensive linemen in college’s most gruesome conferences, but now in the NFL he only finds himself cut from just about the worst team in the league, even though he was their best defensive player this preseason, to being signed to the practice squad of another. Even with all this hype following him 24/7, the reasoning why this young man is in the headlines of just about every newspaper, blog, and tweet in America has nothing to do with sports.

Michael Sam is often referred to as “the distraction” of the NFL for being first openly gay player in the NFL. The way people talk about Sam is completely prejudiced and has been thrown way out of proportion. How is it perfectly fine for someone to kiss their wife or girlfriend on television, and not their life partners? Why does it matter if Michael Sam is homosexual when you have the biggest names in the game charged with domestic assault almost every other day?

Michael Sam’s homosexual- ity in the NFL is incredibly similar to the first African American athlete in sports, Jackie Robinson. Jackie Robinson, for those who don’t know, was the first black athlete in a major professional sports league. Just like what happened to Jackie Robinson, Michael Sam is the first athlete of his kind, as he has announced his sexual preference. Jackie Robinson, was almost literally beaten to death by a non-athlete. Michael Sam’s release was due to issues off the field and of a non-football nature, but what may not be realized is that St. Louis has a very talented defensive line that also has incredible depth, and the Rams also have one of the best in the NFL. Where if you look at the Dallas Cowboys defensive line, they need all the help they can get. He was not only signed to the Dallas Cowboys roster because of his ability on the defensive line.

Many Rams players, including Head Coach Jeff Fisher, have said many times “Sam is an exceptional player and athlete” and they all agreed that Sam will not be leaving the NFL for quite some time. Most of Sam’s former teammates, such as veteran Defensive End Chris Long, believe that Michael Sam will have a long successful career in the NFL.

This whole ordeal has been taken far too far and no one is paying any attention to his extraordinary ability as an NFL lineman. When many teams first looked at Sam they believed he was too small for a defensive lineman and since he was too slow to be a linebacker, it would be difficult to incorporate Sam into the defense. So how much can Michael Sam really contribute to the team? Well, he’ll only lead the Rams’ defense in the three tasks they’re attempting to accomplish during the pre-season, and still get cut from the team. Sam has shown the ability to be a defensive lineman, but only against 3rd and occasionally 2nd string offensive lineman. He dominated the back-ups, falling short of the starters who actually play.

The sad truth for Michael Sam is he can’t compete with NFL players at this time, he can’t fill the whole, he would just get bullied around out there, and that you build your game plan around. He has been released due to his inability to perform his position now, but maybe in some years he will be a contending with NFL lineman. To make this whole fiasco even better for Michael Sam the Rams’ are now in dire need of a defensive line-man since starting defensive end Chris Long has become inactive for the next 8 weeks.