



New Day, New Reality

By Jonathan Stankiewicz
Live Wire Staff Writer

Parking is dreadful, again. More kids are in the way when walking to class, again. The population at Manchester Community College has grown, again. As of a Sep., 21 registration freeze MCC has 7,366 students enrolled.

MCC has grown "five to 10 percent every year," said MCC Statistician David Nielsen. The growth has been constant for MCC and lately there has been "a huge increase in students."

The impact of over 7,000 students has begun taking its toll on MCC's faculty and staff.

The police department lost 50 percent of its fleet and is now working with only one patrol car, said Master Sergeant Mike Davis. "We are directing more patrols between classes and we [the department] are very lucky the number of staff hasn't decreased," said Davis.

Thanks to the opening of Great Path Academy the department was able to get two new officers that will help keep the campus safe.

Davis, who has been at MCC for five years, acknowledged that the campus had already been hit with tagging, the defacing of property from spray cans, paint, etc.

With more students than ever on campus Davis hopes that anonymous tips will come in like they always do with "more eyes and ears for us." The library is always packed, but is it worse this year?

Librarian Janet Farrell, who has been at MCC for 13 years, said that library usage is "heavy anyway" even though enrollment is up again. The library has seen less high school students so far and students this semester are more polite than last semester, said Farrell. Also, study room usage has gone way up from previous semesters.

Unfortunately, the library is down a full-time position, but things are running as usual, said Farrell.

The cafés already have seen a rise in sales.

The Cougar Café and Tower Café aren't out of the water either.

The Cougar Café manager, Ian Mungo, now in his second year at MCC, reported a 22 percent increase in sales already this year. "I didn't anticipate the rapid growth in sales," said Mungo. Mungo added that he was happy about the increase because now he "can finally afford people now."

And on the other side of MCC the Tower Café reported that sales were up as well.

The impact on students continues to grow.

MCC student Adam Coll, no major at the moment, said that "there's already been a mess of students, but I do have to say is that the parking and the [lots] are horrible... I haven't really noticed more people walking through the campus lately," said Coll. But Coll has noticed when he

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A Year in the Life of a College President



Photo by Rich Carpenter, Staff Photographer

By Selam Meskel
Live Wire Intern

Manchester Community College Pres. Gena Glickman completed her first year in the post in June. The Live Wire sat down with her to find out how it went and what her plans are for MCC's future.

Q: How would you describe your first year at Manchester Community College?

A: Exciting, frustrating and really delightful- it's been a very welcoming college.

Q: How was your first commencement at MCC in May? It was the first indoor commencement in 17 years! Was that a challenge to pull off? Any mishaps?

A: The most disappointing thing to me was that the parents and students were not able to be in the same room together. It was a very nice ceremony but had a different element to it. So, it was this camaraderie amongst the students. You could see it when students and parents lined up. It was a different right of passage, two different types of events. We had the largest graduation ceremony. When students graduate it is a measure of my greatest success. The biggest mishap was the communication problem due to the weather and the disappointment factor from parents, but organization overall was fine.

Q: What are you most proud of so far since becoming the first female president of MCC?

A: I am proud to be the first female president at MCC, because it is not usual for community colleges to have a female president. My predecessor had a different style. I am building on increasing student space and support resources for students right near the instructional area. The most important thing is the 10 percent increase in student population with the 10 percent budget cut, but students don't really feel it. We keep doing what we can to not have students impacted by the cuts as much as possible.

Q: Are you currently reading any books?

A: I am reading Ted Kennedy's biography "True Compass" as well as "Hardball" by Patricia Cornwell.

Q: How did you spend your summer vacation?

A: My husband and I took several trips in Connecticut. We have been living in Manchester for only a year, so we wanted to explore. Some of the places we have been able to visit were Winsted, Norfolk, Litchfield, Old Lyme, Stonington and Old Saybrook and the Vineyards. We also did some work around our home.

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The **MCC Poetry Club** meets weekly on Mondays, from 3:30-5 p.m., in AST T201. Students are welcome to join us and share their poems or just listen. Open mics are planned for Nov. 15 and Dec. 17, from 5:30-7:30 p.m., both days. Those events will take place in the Community Commons room in Great Path Academy. For more information about the club, contact club advisor Jeanine DeRusha, jderusha@mcc.commnet.edu

The **Psych Café**, an ongoing group for students interested in psychology, presents Psychology at the Movies on Oct. 29 from 7-9:30 p.m., with a showing of the Stanley Kubrick film "A Clockwork Orange," to be followed by a psychological discussion of the movie. It will be held in Village Building 5, room V151. For more information, contact Stacy Giguere at 512-2796 or sgiguere@mcc.commnet.edu.

On Thursday, Nov. 19, 2009, at 3:30 p.m. in the SBM Charitable Foundation Auditorium, the **Manchester Political Union** will host its annual fall debate. The topic of the debate is "Resolved: America needs stricter gun control laws." Each participant will present a four minute speech for or against the resolution. At the end of the first round, each debater will be allowed two minutes to present a rebuttal. A panel of three judges will evaluate the participants and award 3 prizes:

First Prize: \$100.00 Gift card

Second Prize: \$75.00 Gift card.

Third Prize: \$50.00 Gift card.

Students who wish to participate in the debate should visit advisor club advisor Angelo Messoro's office, L-219e, in the Lowe Building, and place their names on the sign-up sheet.

After our great success in 2008 with over 640 textbooks collected, **Phi Theta Kappa** has teamed up with Better World Books once again. Better World Books is a for-profit enterprise that collects old books and sells them to help worldwide literacy. PTK has been collecting books on and off campus for this fundraising event. On Nov. 9 & 10 from 10 a.m. to 7 p.m. we will have a book sale with a large selection for you to choose from. Profits will help BWB as well as the Manchester Area Council of Churches food pantry just in time for Thanksgiving. If you have old books lying around, please help this cause and drop them off in the bins located around campus and don't forget to stop by the sale on Nov. 9 & 10.

The **Student Senate** met Sept. 30 and conducted several items of business. During this second meeting of the school year, Ashley Odell, a Liberal Arts major from Manchester, and Christopher Clark, a general studies major from East Hampton, were elected as members of the college's Academic Standards Committee. Silvester Baez was elected Executive Senator I.

The Student Senate will hold a bus trip to New York City on Dec. 4, 2009. The bus leaves the MCC campus at 8 a.m. and returns at 6 p.m. Tickets cost \$20 for MCC students and \$33 for guests. MCC students can sign up at the Student Activities Office, room L154i, while non-student sign-up begins Monday, Nov. 9.

During its meeting, the Student Senate also awarded \$500 to Phi Theta Kappa for general operations and \$1,900 to the Outdoor Club for a white-water rafting trip.

Students are encouraged to attend Student Senate meetings so they can take a more active role at MCC. Senate Meetings are planned for Nov. 18, and Dec. 2. Both meetings will be held at 3:15 p.m. in the Great Path Academy Community Commons room.

The Live Wire



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The **Black Student Union** will hold its next meeting Nov. 17 from 4-5 p.m. in AST C209. The club is open to any MCC student. Pizza and refreshments will be served. For more information, contact club advisor Lucy Hurston at lhurston@mcc.commnet.edu.

Students are forming a **Ballroom Dance Club**. For more information on how to join, contact Alex Herpst at darteous@yahoo.com or via Facebook.

Manchester Community College joins such international and national institutions as Oxford and Harvard in establishing a Newman Club. **The Newman Club** is the Catholic Student Organization at MCC. The purpose of this organization is to act as a vehicle for social welfare activities for the community and to encourage the spiritual, intellectual, and personal growth of its members, in accord with the tenets of the Roman Catholic faith. The club plans community service activities, campus lectures, and opportunities for faith development. Roman Catholics and those interested in learning more about the Catholic faith are invited to join. For more information, contact club advisor James Gentile at jgentile@mcc.commnet.edu or stop by his office, 503 Tower.

The DARC – Drug & Alcohol Recovery Counselor - Club, meets the third Thursday of every month. The next meeting is Nov. 19, from 2:30-4 p.m. and 4-5:30 p.m., in AST T201. The mission of the club is to educate and increase awareness of substance abuse issues at Manchester Community College. Planned events include a Sober Dance, and observance of the Great American Smoke Out. For more information, contact advisor Barbara Fox at bfox@mcc.commnet.edu.

Le Cercle Français, the French Club of Manchester Community College, invites you to the 2nd annual French Film Festival on Friday November 13th at 6p.m. in the SMB Charitable Auditorium. Paris Je T'aime will be shown followed by Caché. Films are in French With English Subtitles. Petit fours and truffles will be by the Culinary Arts Department will be served during the intermission. Admission is free. For further information contact Professor Barbara Place at (860)- 512-2698.

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Q: In an interview with the Live Wire on May 4th, 2009, you said, "the budget deficit which was projected to be more than \$ 6 billion over the next two fiscal years was the biggest dilemma facing the state." Because of that, what are some of the challenges you and the college are currently facing?

A. The College has two "pots" of money from which to draw. One of them is the state pot, which is half of the budget. Due to the budget deficit, that money is decreasing, which means there is little or no money for many permanent positions. The other half of the budget comes from tuition and fees and grants. Tuition and fees were able to offset the state budget loss although the college still lost permanent positions and had to create temporary positions to fill in the gap.

I have three really wildly important goals. The first is to create a culture of student success. The second goal I have is to be able to manage resources with student needs. And lastly, resources development. If we continue to have a decline in state money and the economy is (still) bad, we need to build a new workforce. How we increase our private resources is becoming more and more critical. We don't know what is going to happen. The Obama American Graduation Dollars (stimulus money) from the state are one-time-dollars but in the future, we don't know. We are doing fine now. We need a new building. Full-time faculty is below 40 percent. Adjunct faculty are part-timers and difficult to manage. We are trying to manage enrollment with diminishing resources.

Q: Do you have any hidden talents?

A: I have a degree in Fine Arts, so my talents are sculpting and drawing.

Q: What is something you have recently learned?

A: One thing, I have recently learned is that each member of a team has different skills and how important it is to embrace difference as a person and in your work.

Q: What keeps you going in tough times?

A: People are ultimately good. Education is the most important thing, it is something that no one can take away from you. Also the college and its students is what keep me going. The other things that keep me going are my dog, cat and husband.

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leaves that people are always waiting for him to leave. MCC student Josh Tedeschi, Business major, has had a terrible time with the parking situation so far this year. "There are tons of more kids than ever before honestly; It's hard enough getting through the halls sometimes," said Tedeschi. Tedeschi said that parking "might be the worst thing ever... I have missed classes because of trying to find a spot for 20 minutes so I just end up leaving and that was when they had the overflow parking," said Tedeschi.

Tips from Master Sergeant Mike Davis to students:

-There are three ways to get out of MCC. Use them all-utilize Bidwell Street

-Never leave valuables visible in your car-put them in your trunk

-If you have a GPS hide it and wipe off the suction cup mark so people won't know it's there

-Buddy up when it's dark outside or if it's late and/or have Campus Police walk you

Veterans and Military Service Member Advising Week!



Counseling Center, Lowe 108
November 9th-13th, 2009

9:30 a.m.-12:00 p.m.
1:00 p.m. - 4:30 p.m.



Spring 2010 Advising, Curriculum checks, Transfer Advising

MCC's Best Kept Secret: Scholarships

By Sara Berry
Live Wire Editor

Many students at Manchester Community College worry about not being able to afford school. But they may not have to. MCC has a wealth of scholarship money available to those who need it.

Midway through each semester, scholarship applications come out for the following semester. Scholarships are available in dollar amounts ranging from \$50 to \$1,300, and are awarded based on merit as well as financial need. Approximately 100 scholarships are given each year. Each semester, the Office of Institutional Development runs a Scholarship Orientation Workshop for students interested in applying for scholarships, according to the MCC website.

To apply, students submit one application form, along with an essay, recommendations, and financial documentation to the Office of Institutional Development. The scholarship committees then decide which applicants qualify for which scholarships, and the recipients

of each scholarship are chosen from those that have been considered for it. When application packets come out, they are generally available in all Academic Division offices, as well as at the Financial Aid Office, Counseling Center, Development Office, and the Dean of Student Affairs Office.

A considerable amount of money for scholarships is raised at the annual *Evening of Fine Wines*. The *Evening of Fine Wines* is held every spring, and is entering its 18th year, said Dianne McHutchison, Coordinator of Institutional Advancement. The *Evening of Fine Wines* started because faculty from the culinary and business programs and a member of the maintenance staff wanted to come up with a fun and unique way to raise money for scholarships. They organized the first wine auction, and it has grown to include not only the wine auction, but also a silent auction of a wide variety of other items. Entertainment is provided by the

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MCC Music Department, and desserts and hors d'oeuvres are provided by the culinary department.

McHutchison also said that six or seven years ago, Geraldine and Vincent Lesunaitis of Hamden donated a large collection of high quality fine wines to the MCC Foundation, and these wines have been sold to the highest bidder to continue the tradition of the wine auction. In recent years, McHutchison said, the *Evening of Fine Wines* has grown to include more than 600 guests from across the country and is put together with the work of faculty, staff, and student volunteers.

In addition to the scholarship money

raised by the wine auction, there are also private donors that give money directly to the MCC Foundation for funding scholarships. Some donors give money that can go to any student in need, other donors have specific requirements for the students that they fund. For example, the Manchester Family Dental Scholarship, given by Dr. Bradley Daar, is for students in the Health or Science programs, and Cleon Moses of the East Hartford Police Department donates money specifically for students in the Criminal Justice or Business programs.

For more information, visit www.mcc.commnet.edu/alumni/scholarships.php.

Mock Archaeology Dig



Above, students measure the distance and depth of recovered bone remains in the MCC Community Garden. The remains were placed by Professor Boyd Brown over the summer months.



Above, students from the new archaeology class sift through dirt and other debris in search for "ancient" remains buried beneath the earth by Professor Boyd Brown in a mock archaeology dig in the MCC Community Garden.

Photos by Rich Carpenter, Staff Photographer

A few weeks ago there were several racially motivated incidents on our campus. Posters advertising a club-sponsored trip, as well as a copy of the Live Wire, were defaced with racial slurs. The Student Senate responded with "MCC is Together" flyers as well as the Community Meeting scheduled for October 26th. The Academic Senate, College Senate and the MCC Diversity Committee approved the following statement:

"The staff and faculty of the Academic Senate of MCC stand together in our unwavering support of the MCC Black Student Union, its faculty advisor and students.

Further, we reaffirm our commitment to diversity and tolerance at our college and our support for all groups on campus working toward that goal. We peacefully denounce any acts of hatred or intolerance at MCC and interpret those acts not only as an assault on one group or individual, but as injustices to all members of the MCC community."

This advertisement was paid for by the staff and faculty of the Academic Senate, the MCC Diversity Committee and the College Senate of Manchester Community College.

I Once Was Lost...

By Jasmine Aponte
Live Wire Staff Writer

Where do iPods, bicycles, purses, and sweaters go when they are discovered on campus with no owner? Well the lost and found of course! How many of us are aware that MCC has a lost and found? My guess is not many. But there is a lost and found located in the MCC Police Department across from the bookstore in the Lowe building.

So what happens to your stuff when you don't pick it up?

"When an item is turned into Lost and Found at the MCC Police Department office, a 'found card' is completed and the item is stored in the office," Susan Gibbens, head of the MCC Police Department, said. "We make every attempt to locate the owner of found property. All found items, if not claimed, are held for six months. If, at the end of six months, the property has not been claimed, we dispose of the items."

Items are distributed as follows:

CASH: If the MCCPD has the name of the person who turned in the cash, the finder is notified at the end of the six months and the cash is turned over to them. If the finder's

name is not available, the cash is turned over to the Dean of Students for the Scholarship Fund.

BOOKS: Unclaimed books are sold back to the Bookstore and the money is turned over to the Dean of Students for the Scholarship Fund. If the Bookstore does not buy the book, it is turned over to the Dean of Students Office or the Library.

CELL PHONES: Cell phones are turned in to the Town of Manchester Police Department's Domestic Violence Division for its emergency cell phone program.

GLASSES: Glasses (prescription and sun) are given to the Lions Club's glasses program.

CLOTHING: Clothing is donated to the Manchester Area Conference of Churches' Church Mouse Thrift Shoppe or to the Salvation Army.

THUMB DRIVES: Thumb drives (where the owner cannot be identified) are erased and turned over to the Dean of Students Office.

So, if you've lost your once cherished iPod or bike it doesn't hurt to stop by the lost and found. You may find your beloved possessions.

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Skeptical about government?



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DEADLINE FOR SUBMISSION OF APPLICATIONS:

NOVEMBER 1, 2009

Campus Advisor: Prof. Angelo Messore
Political Science & Economics Dept.
Lowe Building, Room 219e
(860) 512-2755
amessore@mcc.commnet.edu

<http://www.cga.ct.gov/isc>

WHAT WILL YOU DO?

No tourist photos allowed! It's one of the rules from Jill's travelblogging experience in Ireland, where a fellow student snapped this shot of her. During 12 days touring Dublin and the surrounding area, Jill and her classmates captured their experiences in words and photos before converting them into travelblogs. Interested? Check out their blogs at travelbloggingireland.blogspot.com. They captured their ah-ha moments. What will you do?

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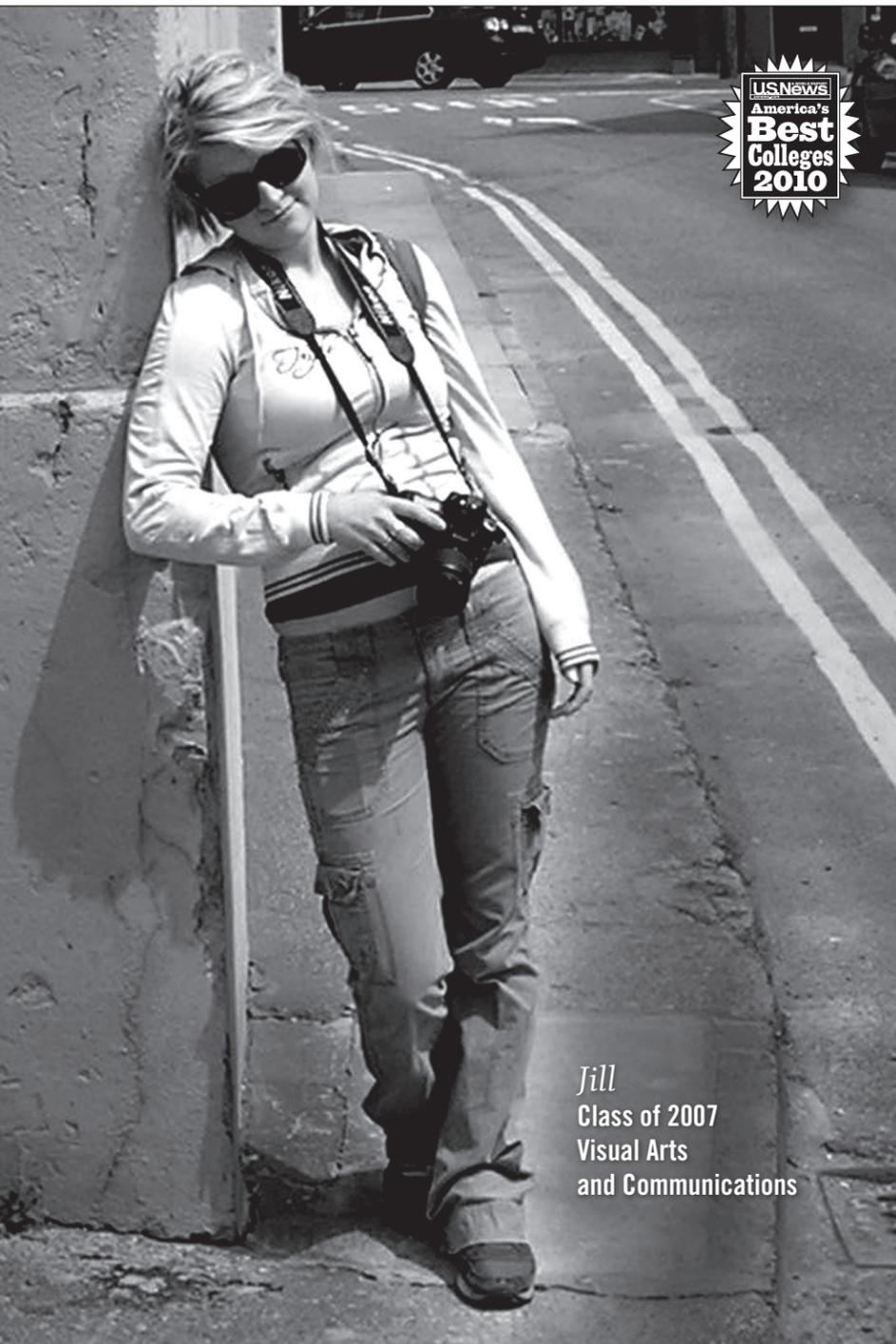


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Meet A Professor...

Mehrdād Fäézi

By Sally A. Garvey
Live Wire Co-Assistant Editor

Q: What is your hometown?

A: I was born in Tehran, Iran.

Q. Where did you go to college?

A. I attended Snow College, Utah Valley Community College, and Brigham Young University, all in Utah.

Q. Where have you worked previously?

A. A small manufacturing company in northern California, and then Central Connecticut State University.

Q. Why did you choose to work as a professor? Why did you choose to work at Manchester Community College?

A. When I was looking for work after graduating from BYU in 1987, manufacturing was in a state of flux. One day, while in Texas at an airport, I noticed an ad by CCSU in the Boston Globe searching for an Assistant Professor. The job description listed the knowledge base that I felt I had. I responded to it and the CCSU Search Committee contacted me and interviewed me within a few days via a conference call. Then they flew me over to New Britain and after a daylong interview, they offered me the job in the afternoon and I accepted it. Since I liked teaching as a TA (teaching assistant) at BYU, I found out at CCSU that I do like teaching. While I was at CCSU, I noticed that some of the most focused and best students in my classes were graduates of Connecticut Community Colleges. One day in 1992 I noticed an ad about a position of Assistant Professor/Program Coordinator for Manufacturing Engineering Science and Technology at MCC. It intrigued me, so I applied. After my interview with the Search Committee and the Division Director I was offered the job and enthusiastically accepted. And here I am: very happy with my last decision.

Q. How long have you worked at MCC?

A. Sixteen years.

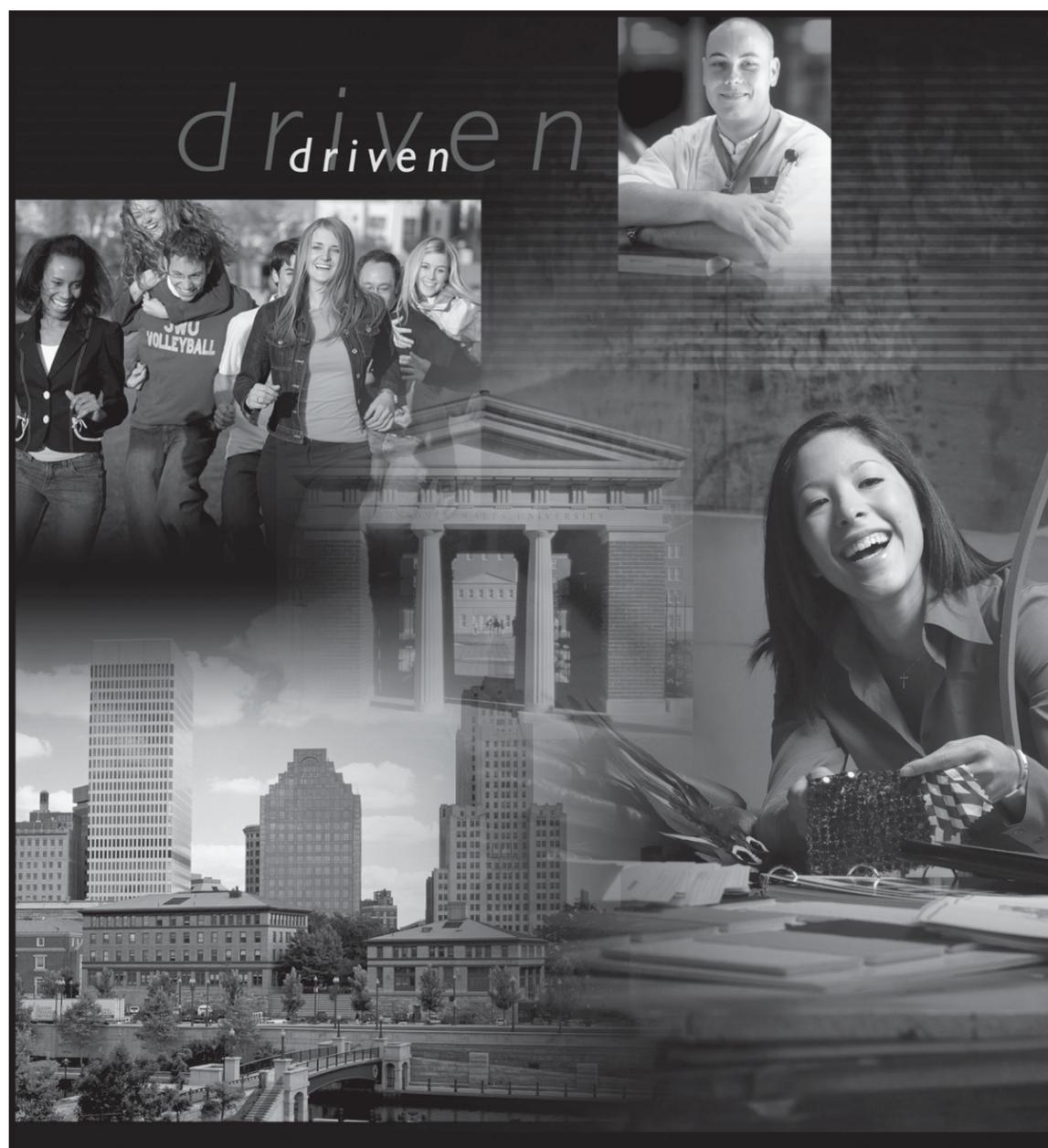
Q. What event in the news interests you? Why?

A. The welfare of my students with the current job market and economy-- every semester I have students who lose their jobs and they have to support themselves and/or a family. The wars in Iraq and Afghanistan, because I have students who are and were active members of the National Guard and the Armed Forces and I would be devastated if any harm came to them. The socio-political state of Iran, because I still have many relatives who live there. I would also like to see more support and constructive support for President [Barack] Obama who represents a historical moment, long overdue, in the United States. I would like to see much more tolerance expressed toward the people by the people of this country regarding race, gender, beliefs, and the like.

Q. Do you have any pets?



Photo by Rich Carpenter, Staff Photographer



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A. Some pond koys! (an ornamental type of fish in the carp family from Japan)

Q. What are your favorite books?

A. Scientific, Historical, Science Fiction, Current Trends.

Q. What is your favorite movie?

A. "The Day the Earth Stood Still," 1951, the original black and white version.

Q. What classes do you frequently teach at MCC?

A. Manufacturing, Engineering, and CAD courses.

Q. What advice would you like to give to new or returning MCC students?

A. Know the value of your time. Today is the first day of the rest of your life. Leave regrets and "should've's" and "would've's" behind and focus on the long-term future. Communicate with and respect your instructors and classmates. Don't get mad at yourself or others; instead work smarter and evaluate your work and your performance every day.

Q. What type of music do you like?

A. Many genres: hard rock, blues, classical (especially contemporary American composers), bluegrass, 50's, 60's, 70's, 80's rock and pop, and some 2000's.

Q. Who is your favorite artist?

A. Assuming you mean in music: Jon Anderson from YES. Charles Mingus, Jr., John Coltrane, Miles Davis, Thelonious Monk, B.B. King, Billie Holiday, Ella Fitzgerald, Aaron Copland, Stewart Copeland, John Williams....sorry! I'll stop now.

Q. What book should every MCC student read before graduating?

A. "Fahrenheit 451" by Ray Bradbury

Q. What is your favorite TV show?

A. Rod Serling's "Twilight Zone"

Q. If you could live in any other time, when would you choose? Why

A. To me, the present is better than the past and frankly I'm not sure the future is going to be better than the present-- I hope it is. My hope is for us to learn from the past and change the present for the better.

Q. If you could have breakfast with five famous people from history, who would they be?

A. Cyrus the Great, Mark Twain, Mr. Rogers, Sidney Poitier, and Gabriel García Márquez

Q. What do you like most about your job?

A. I love teaching and helping people learn. I also love learning from my students and making new friends.

Q. If you could change one thing at MCC what would it be?

A. Any occurrences of disrespect and intolerance.

Q. What clubs/groups/programs are you involved at MCC?

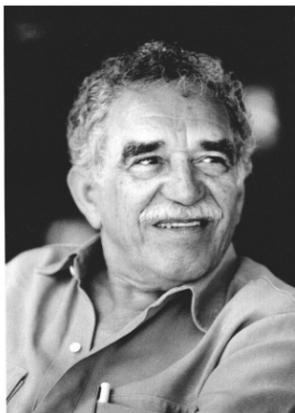
A. At the moment, I'm associated with the Science and Engineering Club only. Dates are normally posted on the bulletin boards in the C wing of the AST.

Professor Fäézi invites interested students to join the Science and Engineering Club at MCC.

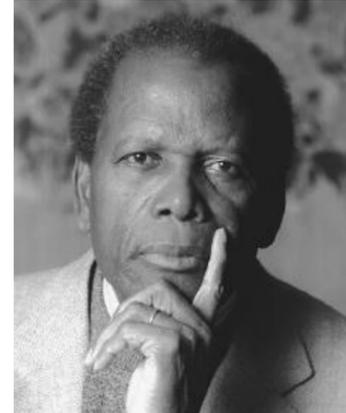
Meet A Professor was created to help Manchester Community College students better know their faculty. If you have comments or questions regarding this interview or would like to submit a question to be answered in a future interview send an email to: sallyann.garvey@gmail.com or to the Live Wire, livewire@mcc.commnet.edu.



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of Persia, Anshan,
Media, Babylon,
Sumer, and Akkad



Gabriel Gar-
cia Marquez,
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writer



Sidney
Poitier,
1927-pres-
ent, actor

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Cold Symptoms

Onset: gradual
Fever: rare
Cough: hacking, mild
Headache: rare
Muscle/joint aches & pains: slight
Fatigue & weakness: very mild
Exhaustion: never
Chest discomfort: mild/moderate
Stuffy nose: common
Sneezing: usually
Sore throat: common

The cold and the flu are both caused by viruses. There is no “cure” for them, though there are several prescription medications that are used to treat the flu. In general, both colds and the flu are treated by addressing the symptoms rather than the disease itself. For example, most doctors will treat colds and the flu by telling the patient to take cough medicines for the cough, Tylenol or Motrin for the fever, an antihistamine for the sneezing, and a decongestant for the stuffiness. There are a number of over the counter products that combine these classes of medications, but it is important not to take medications for symptoms that you do not have. It is also important to take your medical history and any prescription medications or over the counter supplements into consideration when you purchase over the counter cold medications. For example, individuals with high blood pressure should not take decongestants because of their blood-pressure raising effects.

In addition to the cold and the flu, winter also brings a whole host of bacterial infections, ranging from strep throat to respiratory infections to bronchitis and pneumonia. Bacterial infections are typically treated with antibiotics that kill the invading bacteria and therefore make the symptoms go away. In addition to antibiotics, bacterial infections are also treated based on symptoms, much like treatment for the flu.

Vaccinations:

Vaccinations are currently available for the flu and pneumonia. Flu vaccines are recommended for children age 6 months to 18 years, adults over 50, women who will be pregnant during flu season, anyone with long-term health problems, or anyone with a weakened immune system. Vaccinations are generally an intra-muscular injection. There is also a nasal spray flu vaccine that is frequently given to children. Vaccines take about 2 weeks after administration to take effect, as it takes time for the body to build up enough antibodies to fight the virus.

H1N1 vaccine should now be available in most areas. This vaccine is also available in both injectible and nasal spray form.

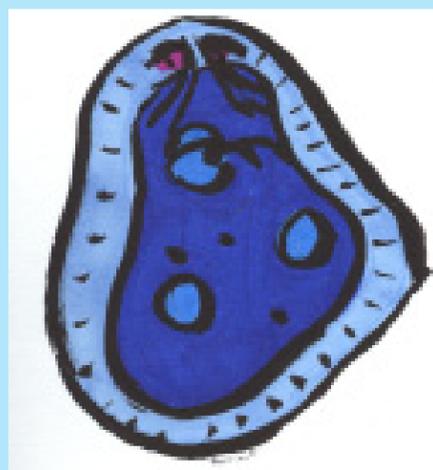
Vaccinations are generally available from doctors’ offices, and many pharmacies also have flu clinics. Many other places in the community also offer flu clinics. Community flu clinics will usually administer the injectible vaccine to adults and children over the age of 9. The nasal spray vaccine is available at doctors’ offices.

Swine Flu Symptoms

The swine flu is very similar to the regular seasonal flu. Symptoms include:

- Cough
- Sore throat
- Body aches
- Headache
- Chills
- Fatigue

Children and the elderly are especially at risk of complications from the swine flu.



GER

<http://www.cvs>
<http://news.yah>
Center for Dis

Illustrations by Se

BREATHING?!

A Pharmacist's Guide to OTC Cough & Cold Products

Pharmacist Chengyeng Lor, who works at CVS in Windsor Locks, gave a summary of over-the-counter cough and cold remedies:

Antihistamines: Used for drying up runny noses and decreasing allergic reactions. The first generation antihistamines like Benadryl and Chlor-Trimeton have better drying properties than newer drugs like Claritin and Zyrtec, but are associated with much more drowsiness.

Decongestants: Used to loosen up nasal and sinus congestion so that it is able to leave the body. Sudafed is the most well-known of these medications. Original Sudafed (pseudoephedrine) may be more effective than the new formulation Sudafed PE (phenylephrine), but can only be purchased in limited quantities due to its use in the making of methamphetamines. Decongestants should not be used by individuals with high blood pressure, diabetes, or thyroid conditions unless directed to do so by a physician.

Expectorants: used to thin chest congestion so that mucous can leave the body. The most widely available of these right now is guaifenesin, sold under the brand name Mucinex.

Cough suppressants: used to stop a cough. If you have a productive cough - that is you are coughing up phlegm and it is leaving the body - you should not suppress it unless it keeps you up at night.

Lor warns about the use of multi-symptom products as they often contain ingredients that work against each other. For example, an expectorant is used to make the body able to cough up mucous, but when coupled with a cough suppressant, the thinned mucous has nowhere to go.

There are also several non-medicinal treatments that can help: drinking lots of water will help thin secretions, and the steam from a hot shower will help with nasal and sinus congestion.

Flu Symptoms

Onset: sudden

Fever: Common, for 3-4 days

Cough: dry, can be severe

Headache: Prominent

Muscle/joint aches & pains: Usual, often severe

Fatigue & weakness: up to 2 weeks

Exhaustion: Early & prominent

Chest discomfort: common

Stuffy nose: sometimes

Sneezing: sometimes

Sore throat: sometimes

MCC Flu Clinic

Nov. 4, 2009

11 a.m. - 2 p.m.

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Open to students, faculty, staff, and the public

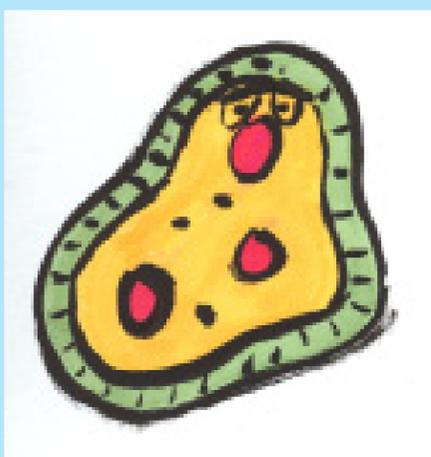
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NEW RELEASE BY YORN LACKING IN LUSTER

Ask Phoebe



For those of you who don't know me, I am the one and only Phoebe. You may remember me from previous Live Wire issues as the advice columnist. You can submit a question to my e-mail account, I will be glad to answer it in an upcoming Live Wire issue, but we'll get to that later. Since there are currently no submitted questions in my inbox, I have no questions to answer. However, there is an issue that I would like to address.

A certain hip-hop vocalist has been causing a lot of controversy over the past few years, especially at this year's MTV Video Music Awards. Of course I am talking about none other than Kanye West. West is a singer with four albums to date as well as performing worldwide with the critically-acclaimed "Glow in the Dark" tour. He has been involved in quite a few incidents that have not gone unnoticed. First of all, West was a featured speaker for a benefit concert for Hurricane Katrina on NBC. When it was his turn to speak, he said, "George Bush doesn't care about black people." West is one to speak his mind and we all know that, but it didn't have to be said on live television. But that's not where it ends. In 2006, when his single "Touch the Sky" failed to win Best Video at the MTV Europe Music Awards, he went onstage as the award was given to the winners and said that he should have won instead. Three years later, a similar incident took place that has been talked about since it happened. At the 2009 MTV Video Music Awards, Taylor Swift won the award for Best Female Video. West went onstage and interrupted Swift's acceptance speech. He looked right at Swift and said "Beyonce had one of the best videos of all time." Beyonce Knowles was a nominee for the award that Swift received, and when seen in the audience, even Knowles was shocked at what West did. This caused a lot of people, fans and celebrities alike, to turn their back on West for what he said.

Despite the fact that West is creating a lot of controversy and getting a lot of attention, none of it is good. I once heard someone say that nobody is purely good or purely evil. West is not purely evil like some may think. What many are unaware about is that he started the "Kanye West Foundation" which serves to help combat the severe dropout problem in schools by enabling underserved youth access to programs to help unleash their creativity and reach their full potential. He has also appeared in many fundraisers, benefit concerts, and has done lots of community work. But West has also gone through some very tough times. In November of 2007, his mother passed away. It hit him extremely hard and perhaps he is unable to express himself and address the issue. West was a guest on the Jay Leno Show and Leno asked him how his mother would feel if she saw what he did at the Video Music Awards. West immediately went silent and had an upset look on his face. It clearly shows that despite all the negative things West has done, when his mother is mentioned, it still affects him incredibly.

So what's my advice for West? It seems as though he drinks often and loses control of reality, leading to these negative incidents. What he should do is become less dependent on alcohol. In order to do that, he will have to check into rehab. There is nothing wrong with going into rehab, if it can make West a better man, he should head there. Perhaps he needs somebody to talk about his problems with; perhaps a therapist would be good for him. He's going to have to address his problems somehow, as I'm not sure how much worse his incidents could get. His upcoming tour with Lady Gaga has been canceled, so this would be a good time for West to finally seek help. They say that the true measure of a man is determined not by how many times he falls down, but by how many times he picks himself back up. West can get through this, it just will take his inner strength to do so.

To ask Phoebe a question, submit an e-mail to ask-phoebemcc@aol.com

By J. Eric D'Amico
Live Wire Staff Writer

After finding a great deal of success with his first two releases, "musicforthemorningafter" and "Day I Forgot", Pete Yorn has now introduced listeners to his third studio album, entitled "Back and Fourth." Though he received a variety of mixed reviews concerning his early works, Yorn has consistently proven himself as a skilled songwriter and talented musician. His crooning, melodious voice and heartfelt lyrics have allowed him to become well recognized in the music industry as a gifted young performer.

Yorn decidedly switched pace in the creation of "Back and Fourth," opting to record the album in the blustery hills of Nebraska rather than the sun soaked coast of California that gave life to his first two releases. This new compilation of songs noticeably reflects this environment change, giving way to a distinctive sound much unlike Yorn's previous works. This notion has been received by fans and critics alike in a variety of ways. While his 2006 release "Day I Forgot" undeservedly received a substantial amount of criticism rather than

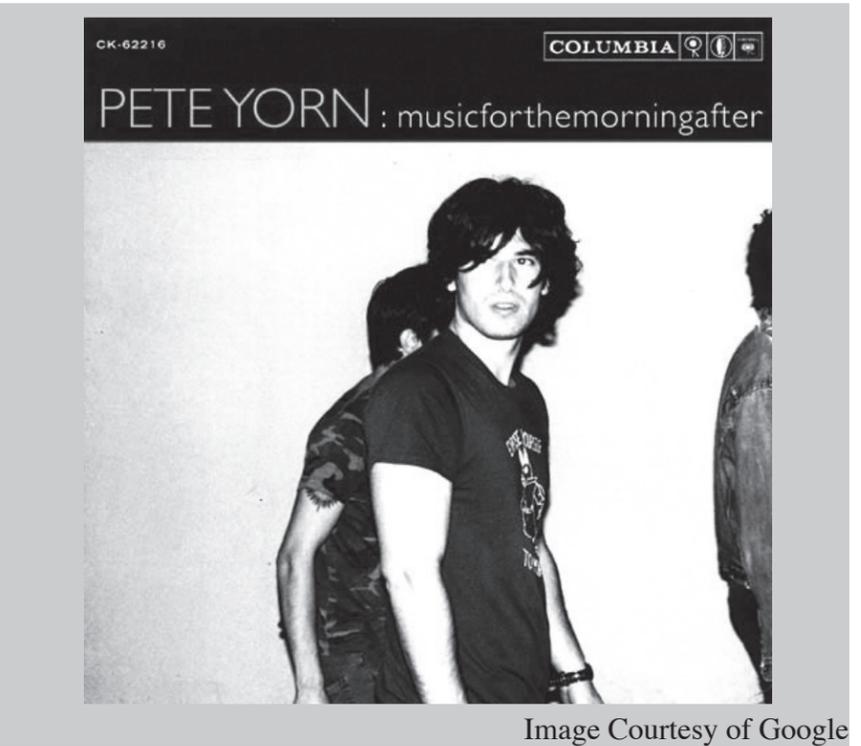


Image Courtesy of Google

praise, "Back and Fourth" has astonishingly failed to live up to Yorn's reputation.

Over three years have passed since Yorn has put out an album, and in that time he has clearly matured musically. "Back and Fourth" features an array of instruments not previously implemented in his songs. This has allowed an overall change in

sound, for better or worse. His voice differs from past songs; he sounds older and more confident in his abilities. With this in mind, listeners will still be able to find snippets of classic Yorn on tracks such as "Last Summer." Arguably the best song on "Back and Fourth", it features tremendous acoustic guitar sound accompanied by Yorn's brooding and graceful singing. While several of the tracks are reminiscent of "musicforthemorningafter", and are moderately enjoyable, the quality of the album declines rapidly.

Despite the fact that Yorn plays a great deal of acoustic music, he has always maintained a noticeable rock'n'roll energy in his tunes. On "Back and Fourth" he completely loses this edge, resulting in songs that lack the buoyancy and boldness he has displayed in the past. The outcome of this is an album that sounds "watered down" and stale. If I had to sum up "Back and Fourth" with one word, I would have no problem doing so: uninspiring. Although he has already proved he has strong writing abilities, Yorn's lyrics are lacking in genuine emotion and passion. The sound and feel of "Back and Fourth" is sluggish and at times downright boring. On tracks such as "Don't Wanna Cry" Yorn leaves much to be desired, offering a dull, melodramatic sound that will have listeners quickly clicking the "NEXT" button on their iPod.

Maybe Pete Yorn has a plan. Maybe this is all part of his personal self-discovery, an album he created more for himself rather than his listeners. "Back and Fourth" may be the first step he takes towards finding his own sound or to creating his final masterpiece. Or maybe he's simply losing his edge. Either way, Yorn is a very talented artist, and while he doesn't fully demonstrate his capabilities on "Back and Fourth," he is more than capable of producing a superior album in the future. My advice to Yorn? Head back to California, hop into the studio, and get back to your roots.



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He's Baaaaaaacccckkkkk!

By Ethan Brooks
Live Wire Staff Writer

If I had to choose just one word to describe the newest addition to the Michael Moore saga, it would be "controversial" or perhaps "volatile". It has long been Moore's modus operandi to rattle the cages of those in charge and to go out of his way, and into the way of others, not to get answers but to show that no one has them. This movie is no exception. We find Moore on the front steps of some of the largest corporations in the U.S. as well as in the homes of those who have been wronged by the monster that is Capitalism. Moore is searching for some sense amongst the chaos that surrounded the economic stimulus plan of 2008. While there are some very interesting points brought up and otherwise covered up information disclosed, capitalism as an economic system is vilified quite harshly, and the world seems to be defined in terms of black and white, a system I'm not keen on. While there are several messages that could be taken from this movie, I would encourage people to go see it and to view it with an open mind. When it comes right down to it, this film is not about Democrats and Republicans, liberals and conservatives. It's about the 99 percent of working class American people who



Image Courtesy of Google

are being manipulated, controlled and exploited by the 1 percent of social elite, and how the rebellious spirit has been re-awakened in the hearts and minds of the

American people. This movie is about recognizing when it's time to take a stand and, cast off the shackles of a system that is not working as our forefathers did. It's not talk-

ing about rebellion against the government, because the government no longer calls the shots, its talking about a... Well, you'll just have to go see it to find out.

Zo2: THE BEST ROCK BAND YOU'VE NEVER HEARD OF

By Alex Obert
Live Wire Staff Writer

Are you into classic rock bands like Led Zeppelin and Aerosmith? Would you also happen to be into modern rock bands such as Audioslave and Stone Temple Pilots?

What would you get if you combined those four bands into one? None other than Zo2 of course! Zo2 is a Brooklyn-based rock band consisting of Paulie Zablidowsky (lead vocalist/guitarist), his brother David Zablidowsky (bassist/occasional vocalist), and their good friend Joey Cassata (drummer/occasional vo-

calist). Before forming Zo2, the band members had quite a bit under their belts already. Paulie Zablidowsky made frequent appearances on "The Howard Stern Show." David Zablidowsky played bass guitar for the Trans Siberian Orchestra, as well as for Joan Jett. Cassata has played for the Blue Man Group.

The Brooklyn rockers have three albums to date, which include "Tuesdays & Thursdays", "Ain't It Beautiful?" and "Casino Logic". Zo2 has been the opening act for rock legends such as Twisted Sister, Bret Michaels and even KISS! By listening to those three albums, you will be able to discover hits such as 'Temptation', 'Isolate' and 'Painted Lady'. The band has even more material online. If you go to YouTube, you will be able to find Zo2's cover of Rush's "Tom Sawyer". The cover is incredible as David Zablidowski sounds just like Rush's front man Geddy Lee. But what separates the three from every other band to form this past decade? They just happen to have a semi-scripted comedy on IFC called Z Rock.

As the show's theme song (performed by the band themselves), states "We're a Brooklyn band, it's rock and roll we live. But to pay the rent, we've gotta play for kids!" That is indeed how the band began- as a rock band by night and a kid's band known as the "Z Brothers" by day. The series follows the lives of the band members as exaggerated versions of themselves as they attempt to score a record deal for Zo2. The show has already had two seasons and is the

highest rated original series on IFC. There are also plenty of celebrities and musicians that appear in the series. Comedian Lynne Koplitz plays Dina, Zo2's manager. Jay Oakerson, plays Neil, the club owner who is also in love with Paulie but won't admit it. Joan Rivers stars as herself in the role of Dina's aunt. John Popper of Blues Traveler stars as himself, offering the band a record deal, not for Zo2, but the Z Brothers. Other appearances include Gilbert Gottfried, Dave Navarro, Dee Snider, Warren Sapp, Chris Jericho, Constantine Maroulis, Jim Norton and more. The plots of the episodes are hilarious as well. One plot includes shooting their first music video directed by Jane's Addiction guitarist Dave Navarro. Another plot actually takes place at Connecticut's very own Mohegan Sun Casino where the band opens for Joan Rivers. The show has similarities to "Curb Your Enthusiasm", as the storylines are written but the dialogue is improvised. It is also very similar to "This is Spinal Tap", since there's plenty of rock n' roll on the show.

So if you're looking for a breath of fresh air when it comes to rock music, pick up any of the three albums, or even all three. If you're looking for numerous laughs, pick up the season one DVD, which is available at retailers now.

Zo2 is the breath of fresh air when it comes to rock music, and I suggest you start breathing!

Check out Zo2 at: <http://www.ZO2.com>.



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Winter Travel, \$500 or Less

By Ethan Brooks
Live Wire Staff Writer

Several things have come to embody the idea of the "college experience," the most famous include Spring Break, all nighters, and Ramen noodles. Slightly less well known is the infinitely entertaining and altogether amazing winter break. Winter is often seen as the season of death, a time when bone chilling winds plague a barren frosty landscape. However, this does not have to be the reality. Today there are plenty of ways to get out of the house, and on the road. Thanks to the economic slump, travel is more affordable than ever. Check out these three great ways to escape this winter for \$500 or less.

The Five Day Option: Ski Party in Canada

So, you'd like to stretch your dollar as far as possible while still maintaining the comforts of food and lodging? Look no further than Molson's College Fest! Hosted by Molson Brewing Company on the slopes of Mont Tremblant Ski Resort in Quebec Canada, this party is sure to please. Tickets are \$454 and include five days and four nights in a four star ski-in-ski-out condo minutes from Tremblant's famous Village, as well as four days of lift passes. The mountain itself has 2,100 vertical feet of skiing accessed by 13 lifts. There are 94 trails, three parks, and one super pipe right outside your front door.

The condo and lift tickets are really what make this get away such a steal, but the self-proclaimed world famous Tremblant Village surely helps to sweeten the pot. It is the quintessential ski village, not unlike the ones

displayed in store windows around the holidays. Long rows of quaint buildings stretch out around a central square, each building home to clothing or sporting goods stores, restaurants, gift shops, spas, or art galleries. At night the streets truly come alive with lights strung between the buildings, and people shuffling excitedly through the center of town. The air is cold, but the night life is hot! Tremblant is also home to several clubs and bars including Microbrasserie La Diable, a restaurant that brews several of its own unique beers on site. Because it's Canada, being 18 or older gets you drinks at any of the bars. This does not even begin to include the contests, parties, and giveaways sponsored by Molson.

Tremblant also has several additional activities including an indoor water park, spa, cross country skiing, dog sledding, horseback riding, ice climbing, sleigh rides, snowmobiling, snowshoeing, tubing and a zip line course, several of which are available day and night.

On a scale of one to five, I'd give Tremblant a six. Just be sure to bring your skis, your beer hat, and your passport in order to get back into the country. For more information regarding dates, lodging or amenities check out www.skitravel.com.

Three Day Option: The Beach Scene

If you don't have a lot of time to travel, but still want to get away take a train ride. If you've never experienced extended train travel I can readily recommend it. You get all of the sightseeing perks of driving without the hassles. Most trains even provide food.

A round trip train ticket from New Haven to Charleston, S.C., where the average temperature in January hovers between 40 and 60 degrees, can be purchased for \$216, which leaves you \$284 for food, lodging, and recreation.

While it is possible to find a decent motel cheap enough to allow you money for fast food and perhaps a real restaurant once or twice, there is no reason to relegate yourself to that. A big part of traveling like a rock star when on a budget is knowing where the deals are. Instead of going to a hotel or motel, try a house rental. People buy vacation properties only to find out that they don't vacation that often, so they will rent them out to vacationers on a nightly or weekly basis. Make sure you use a reputable site. Check out www.flipkey.com. More often than not these rentals cost the same or less than a hotel room, but you get much more. You can get a condo with a beach view, concierge service, TV with DVD player and cable, and a covered deck with jacuzzi that looks out over the beach, all for \$145 per night. The condo has three bedrooms and three bathrooms. If you bring two of your friends along, you each now pay \$48 per night. For three days and two nights, your total cost is now \$312. Since you have a fully equipped kitchen you don't have to eat out for every meal, just hit the supermarket on your way into town. If each of you spends \$50 on three days worth of food, you still have \$138 left for three days of recreation. The best part is, when it's all over, and you're worn out from several days of fun in the sun, just get on the train and fall asleep.

One Day Option:

New York Sky Line

There are few urban landscapes that beat the New York City skyline, especially when viewed from the sky. Have you got a few hundred bucks, a couple of friends, and no monetary discretion whatsoever? If you do this trip is for you. Get all dressed up, and for \$400 per person AirOcean Aviation, a local helicopter charter, will fly you and three of your friends out of nearby Yalesville and down to New York City.

The flight takes you along Long Island Sound, down the Hudson River beyond the George Washington Bridge, by the Empire State Building, over Central Park, and then out to Ellis Island and the Statue of Liberty. On the way back they'll even land on top of a hotel so you and your friends can enjoy a coffee millionaire style. As anyone who has been in a helicopter will tell you, it is definitely an experience like no other.

Besides the phenomenal views out over the sparkling ocean, and across the cityscape, and the numerous photo ops, the trip is made even better by Pavel and Andrew, two experienced pilots and the owners of AirOcean. These are two men who thoroughly love their jobs, and they try to pass the addiction on to each and every person they take up.

For more information check out www.airocean.com.

So, there you have three options for exciting, affordable vacation this winter break- the powdery slopes of our neighbors to the north, the sandy beaches of South Carolina, and the picturesque views of one of the world's iconic cities. These opportunities and so many more await you, so get out of the house and get on the road!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Oct. 25	26	27	State Radio@ Toad's Place, New Haven 28	29	30	Halloween Say Anything @ Webster, Hartford GWAR @ The Palladium 31
Nov. Escape the Fate @ The Palladium 1	2	3	4	5	MayDay Parade@ Toad's Place, New Haven Taking Back Sunday @ Mohegan Sun 6	Rob Thomas@ Mohegan Sun 7
8	Hawthorne Heights@Webster Underground, Hartford 9	10	11	Miley Cyrus@ The XL Center, Hartford 12	13	All that Remains@ Webster, Hartford 14
15	16	17	18	19	Saving Abel@ Mohegan Sun 20	21
311@ Mohegan Sun 22	23	24	25	Thanksgiving 26	27	Saosin @ Toad's Place, New Haven 28
29	Silverstein@ Toad's Place, New Haven 30	Dec. Matisyahu @ Webster, Hartford 1	2	3	4	5

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- Assumption College
- Baypath College
- Becker College
- Bridgewater State College
- Cambridge College
- Central CT State University
- Charter Oak State College
- Clark University
- Curry College
- Department of Higher Education
- Eastern CT State University
- Elms College
- Holy Apostles College
- Ithaca College
- Johnson and Wales University
- Kaplan University (online programs)
- Mitchell College
- New England College
- Nichols College
- Post University
- Quinnipiac University

- Roger Williams University
- Sacred Heart University
- Saint Joseph College
- Southern CT State University
- Southern New Hampshire University
- Springfield College (Undergraduate programs + School of Human Services)
- Suffolk University
- University of Bridgeport
- University of CT (UConn)
- University of Hartford
- UMASS-Boston
- UMASS-Lowell
- University of New England
- University of New Haven
- University of Rhode Island
- Wells College
- Wentworth Institute of Technology
- Wesleyan University
- Western CT State University
- Western New England College
- Worcester State College
-and more

Day of the Fair

1. Be prepared to ask questions
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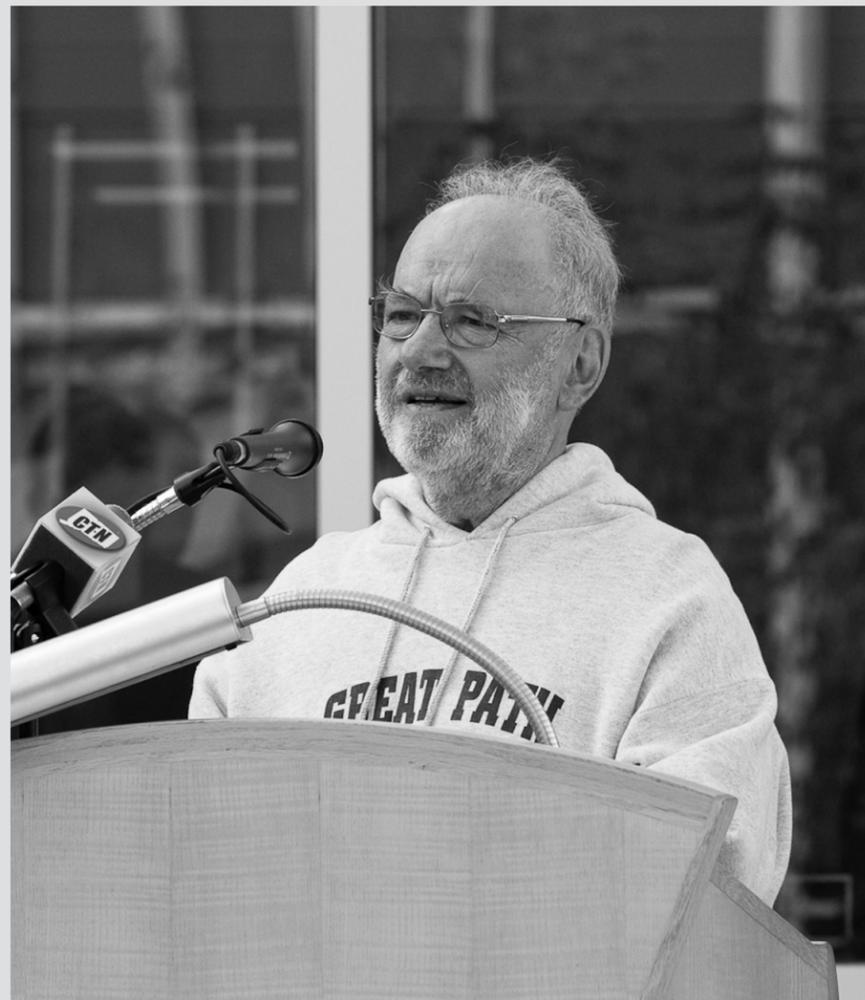


Photo by Rich Carpenter, Staff Photographer

Former MCC Pres. Jonathan M. Daube, above, speaks at the ribbon cutting ceremony officially opening Great Path Academy. The ceremony took place Sept. 18, 2009. Other attendees include current MCC Pres. Gina Glickman, GPA Principal Tom Danehy, and many GPA and MCC students and faculty. The building is named after Daube, who spearheaded the effort to build the magnet high school on MCC's campus.

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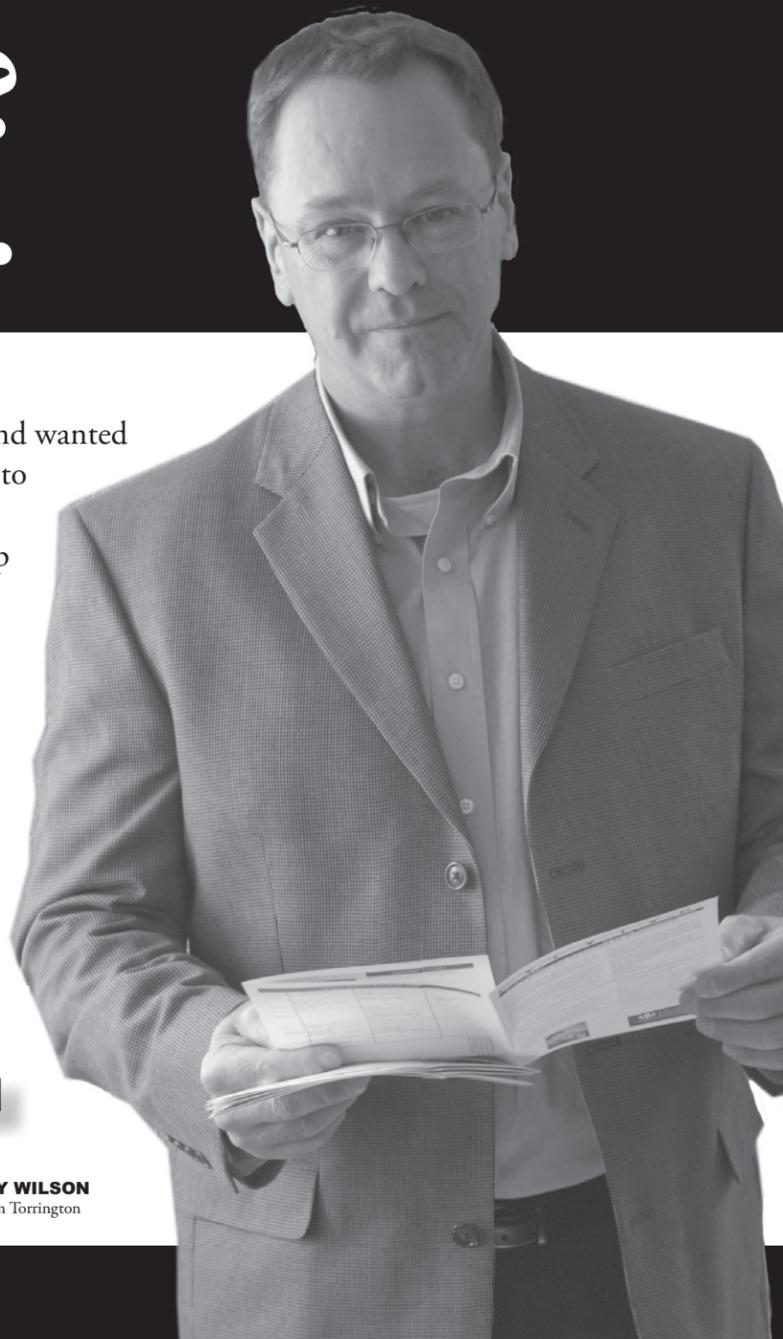




Photo by Rich Carpenter, Staff Photographer

Extracurricular Lessons

By Sara M. Berry
Live Wire Editor

When I was in high school, I saw college as a new beginning, a chance to start over and to create a new life. When I got to the campus of the University of Hartford, I was full of ideas of things I wanted to do there. But as time went on, I settled into a routine of going to class, going to the library to study, going to work, and going home. I was a commuter on a residential campus, and I only met the people in my classes. I'd met some people that I could talk to, but very few people that I would actually call my friends. Sitting in my seat at graduation, listening to the speeches of my classmates, I realized something: I had spent four years on

that campus, and I had no real attachment to the place or the people.

Last spring, as I was preparing to start my last year at Manchester Community College, I realized that I was about to make the same mistake here that I had made at U of H I had spent a number of years in a place to which I had no real connection. I was determined that I was going to find something to do at MCC besides going to class. Around the same time, a new issue of the *Live Wire* came out. I picked it up and read it like I did every issue. But this time, something was different. I realized that this was it- this was what I wanted to do. I had been involved in the school paper in middle school, and I was the editor in 8th grade. There was no newspaper at my high school, and I remembered back to those early days at U of H, where the school paper was one of the things that I wanted to get involved with,

but I never did because meetings conflicted with my class schedule.

After two *Live Wire* meetings, I felt like I had a new adopted family. I had finally found a place where I actually felt like I belonged. This was what I had waited for, and it was so worth it. The only thing I regretted? Not having gotten involved sooner.

I definitely missed out on an important part of the college experience the first time around. Getting involved in things on campus is the best way I can think of to meet new people and try new things, or to do something that you already know you enjoy. Joining a club that you are interested in will help you get to know others that you probably have something in common with. College is a place to grow and learn, and there are more ways to do that than just going to class.

Domestic Violence: An Illness that Affects Us All

By Selam Meskel
Live Wire Intern

Did you know that October is Domestic Violence Awareness Month? I didn't. But I am almost positive that you know October is Breast Cancer Awareness Month. Am I right?

Breast cancer is a very serious illness. Many women lose one or both of their breasts, and sometimes women lose the battle against breast cancer and die from it. Domestic violence is a very serious illness within our society as well. Many women end up battered and scarred, and sometimes they too lose the battle and die from it.

I became friends with a girl I met in a Sociology 101 class that I was taking at Manchester Community College. She was in her early twenties. Her husband was just a few years older. She was intelligent, nice, and very talkative. We hit it off instantly. She offered to exchange numbers and hang out. I accepted, and soon we became close friends. I even met her husband. He seemed like a nice guy. They were a "regular" couple, or so I thought. One day, while I was registering for classes for the coming semester I saw her. I never in a million years expected what happened next: She told me that her husband was beating her.

I looked at her and couldn't believe my ears. She was so young. I thought that domestic violence only happened to older people, women in my mother's generation. I was wrong. It still plagues our society. According to a study conducted by the United Nations on "The Status of Women," every 15 seconds a woman is abused somewhere in the United States.

I tried to convince her to leave him and that he absolutely had no right to beat her. She was not ready to give up on him. She still believed he could change. So the best I could do was to be her friend and support her even though it went against everything I believed. I just listened and supported her. She is still with him, although the abuse continues.

Domestic violence victims should not go from one controlled relationship into another. They need to gain their independence and make choices for themselves. Family and friends need to be supportive and willing to listen. And that

is difficult to do when somebody is hurting and you think the solution is simple: leave.

But it is more complicated than that.

Domestic violence isn't just hitting or other physical abuse. It is also name-calling or put downs, keeping a partner from contacting their family or friends, withholding money, stopping a partner from getting or keeping a job, actual or threatened physical harm, sexual assault, stalking, and intimidation.

This is the 21st century. My peers, both women and men, should be educated enough to know better. After all, we are in college, a place where we learn of society's illnesses and we aspire to do better and to be better. I want to believe that as college students we know for sure that all humans are equal. I also would like to think that we believe in human rights and that we want things to be better than when our parents were growing up. Domestic violence should not exist in our society. But it does and it can't be labeled as just a "personal" matter. It affects all of us.

We all carry the burden of domestic violence - from doctors in the emergency rooms to police officers and the courts, to families and friends. The cost of domestic violence related injuries is nearly \$4.1 billion for victims requiring direct medical and mental health care services and approximately \$1.8 billion for indirect costs of lost productivity or wages, according to the American Institute on Domestic Violence.

And domestic violence does not happen to only women. Domestic violence can occur in gay couples, married couples, dating couples, and live-in companions. It happens in high schools and colleges across the nation, to both males and females. Domestic violence affects 32 percent of U.S. college students, according to feministcampus.org.

We need to educate young women and young men about domestic violence more aggressively. It is a serious matter in our society that has been going on for way too long. People, but primarily women, are suffering physically, emotionally and mentally every day.

If you know someone who is in an abusive relationship or if you are in one yourself, you can get help by calling the Interval House, a shelter for domestic violence victims in Hartford at 860-527-0550 or in Manchester at 860-645-4033. There is also the national hotline for domestic violence at 1-800-799-SAFE (7233) or you can get information on their website, www.ndvh.org.



Image Courtesy of Google

The best first quarter of the NFL season...ever.

By Dan Dobbyn
Live Wire Staff Writer

I am not exaggerating the truth here. This already looks like it's going to be one of the better seasons. Personally, I've been extremely impatient while waiting for this season ever since the Super Bowl ended, and the wait was more than worth it. Let's talk some football. Where shall we start?

Well, let's start with my personal favorite, the New England Patriots. At the beginning of the year it looked shaky. The entire Patriots defense was either traded to a bad team or retired. The only good players who stayed are nose tackle Vince Wilfork, defensive end Ty Warren, safety Brandon Meriweather, and linebacker Jerod Mayo.

Let's not forget how the regular season started. If not for a fumbled kickoff, they would have lost Tom Brady's returning game, at home on Monday night, to a very inferior opponent (Sorry, Bills fans). It didn't get any better the next week in New York. Rex Ryan's defense put enough pressure on Brady to pop a tire, causing the Patriots to lose on the road to the Jets because Brady's been under center. ESPN was all over it, saying that you can't pass the ball 50 times and run it only 10 times. That is why Brady couldn't win the game, and they were right. Even with the accuracy of Brady, the pass has to be set up. You have to run it and run it effectively to offset the pressure. And when they came to face Matt Ryan and the Falcons, they did just that, with the



Image Courtesy of Google

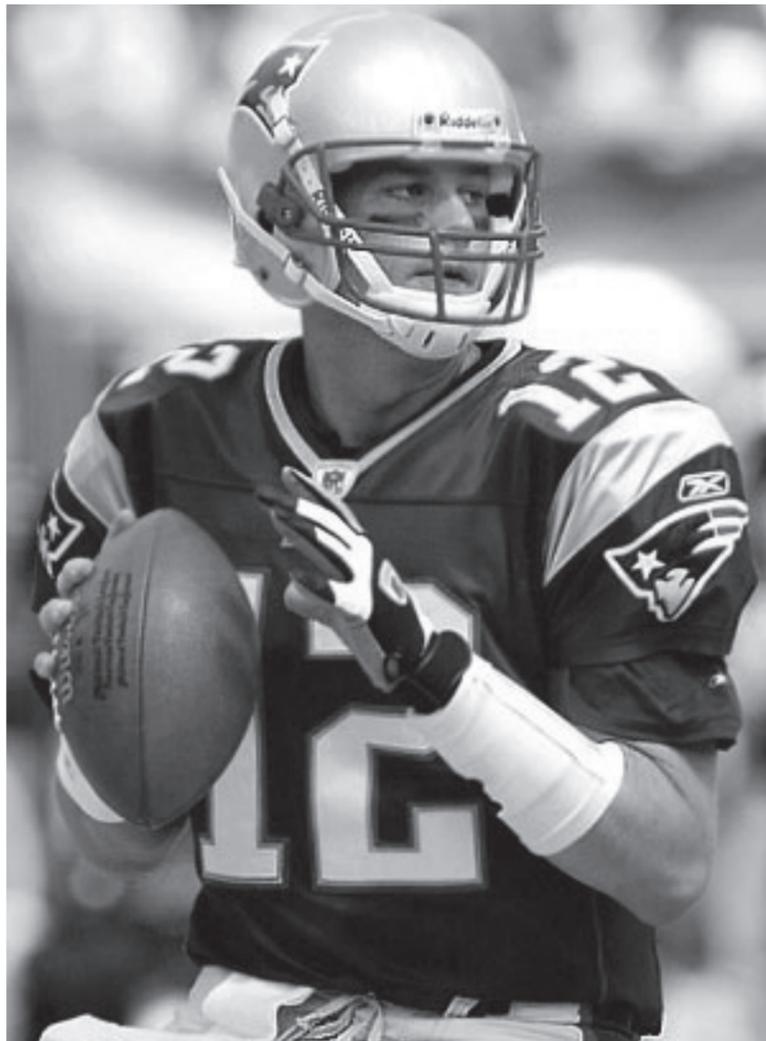
likes of Fred Taylor averaging gaining 100 yards on the day with a touchdown. However, Taylor may be out for awhile due to ankle surgery, so when they go and face the pressure and secondaries of teams like the Saints, Dolphins and Jets (again) they're going to need to find a running game somewhere.

The Jets, however, were looking pretty sweet up until week 4. They manhandled the Texans, who were supposed to be a potential wild card team this year. That's completely out the window now, based on how they're doing.

Then, in the week leading up to their home game against the Patriots, they talked the most smack any New York Jet team has talked since Joe Namath. However, they backed it up. They may not have sacked Brady, but with the way the Jets were playing, did they really need to?

After that, they did pretty much the same thing against Tennessee, then they were completely derailed by the Saints. However, I don't see the Jets doing that poorly again this season, and so I'm predicting that either the Jets or the Patriots or could win 12 games, and still not win the division. They are both too good to win less than 11 games or miss the playoffs.

As far as the NFC in its entirety goes, it looks to me that there are more teams that deserve to go to the playoffs then will actually go. I think that there is only one question to ask about that playoff picture: who's go-



Quarterback Tom Brady of the New England Patriots, Image Courtesy of Google



Quarterback Eli Manning of the NY Giants, Image Courtesy of Google

ing to be the team going to New York for the NFC Championship? Let me rephrase that: Who's going to be the lucky team to beat the Vikings in the playoffs because Favre's arm wore out in the end? Favre is too old to win a Super Bowl. His arm will degrade and soften up and he will be more useless than Tavaris Jackson. That is, of course, if the Vikings bench Favre once they clinch a second seed, guaranteeing them a bye in the playoffs. That, and run Adrian Peterson more often than you let Favre throw it. It's the only way. Otherwise, Favre's gun of an arm will go from a .50 caliber to a super soaker really quickly.

I am sure, however, that the Giants will beat pretty much everybody on

their way to clinch home-field advantage. Their running game is too good, their defense is too strong, and Eli is too focused. Granted, he may be hurt, and some of the Giants' key defenders are legitimately injured, but they will all be back to carry them to at least the NFC Championship. Unless they come across someone like the Saints, where blitzing and pressure won't help, the Giants could very well make it to the Super Bowl.

And although I wouldn't like to see two New York teams in the same Super Bowl, it's looking very possible. May I suggest to the league that if that happens, they just relocate this year's Super Bowl to the Meadowlands.

MCC Soccer is a big GOAL!

By Eliana Alvarez
Live Wire Co-Assistant Editor

For the Manchester Community College Cougars soccer teams, this fall has certainly proved to be one of the most eventful ones.

For the men's team, hosting a seven-game winning streak and ranking 3rd in the NJCAA was not an easy task. Among the leading opponents for both MCC men's and women's soccer teams were Holyoke Community College, Springfield Technical Community College, and Bristol Community College.

Though both teams illustrated excellent sportsmanship, the MCC men's soccer team certainly stayed on top of their game. Among the top players was Hami

Kara, named NJCAA player of the week in September. Aside from Kara's strong play in MCC games, he also assisted in MCC's sweep at Bunker Hill back on Sept. 19.

Sadly the Cougars winning streak ended with Ulster County Community College's win over MCC 1-0. With such a tight score it certainly was a hard loss. The Cougars last home loss was on Oct. 31, 2007, against Springfield Tech. However, following this loss the MCC Cougars turned in its seventh shutout of the season with a win over the Community College of Rhode Island 3-0.

With a final record of 9-1, this season was for sure a big goal for the MCC men's Cougars.

Information from press releases from the MCC Athletic Department contributed to this report.



“What kinds of activities would you like to see on campus?”

Word

on campus



Ashley Smith, 20 (Full-time)

“A writing club; but I am not sure if MCC already has one.”



Randall Jenkins (Full-time)

“I would like for MCC to host more “real parties” with dj’s and security once or twice a semester and the income could go towards student clubs.”



Lisa Ashah, 18 (Full-Time)

“A basic dance club that offers ballroom dancing”



Ben Williams, 18 (Full-time)

“More sports on campus like wrestling would be great.”



Jamie Donahue, 18 (Full-time)

“I would be interested in theatrical productions on campus.”



KJ Smoot, 19. (Part-time)

“More stuff on Halloween like ghost hunting tours for students & a Halloween costume day & speed dating nights so that you can get to know more people.”

Even a squirrel knows how to plan for the future.



Maybe it's time for you to consider MCC's Cooperative Education and Internship program. Plan now for Spring or Summer internships and co-ops.

Cooperative Education Office
Low 120 512.3312



www.mcc.commnet.edu/coop