Wrapping-up construction

Students have had to deal with the percussion of hammers, drills and back-up beeps of equipment. Thankfully, the din is almost over.

BY DAVID NONINI
Centurion Staff

The construction taking place around the Bucks campus is winding down, with most of the projects being completed within the next few weeks. One of the more noticeable projects nearing completion is the Student Life Clubs and Organizations offices, situated at the top of the stairs in Rollins. That location was formerly occupied by the Transfer and Career Counseling offices.

The home for Clubs and Organizations has been bounced around several times since, making way for the Testing Center. Temporarily, they were situated near the Fireside Lounge. “[The clubs] are excited,” said Student Life Director Matt Cipriano. “The Clubs and Organizations have been very patient and understanding throughout all our renovations.” In addition to offices, the new space will house meeting areas for smaller club gatherings. The Student Life conference room, located next door in SLIC, will still be used for larger groups. Storage space for the clubs is also part of the renovation, including computer stations for the clubs to make flyers detailing campus events.

Cipriano feels the new location will lead to an increase in club membership on campus. “This space renovation is the perfect location for them to get noticed. It is common knowledge that the more visible you are, the more likely people will try and connect with you. You can’t get much more visible than the top of the stairs in the Rollins Center.”

There is no set date yet as to when the clubs and organizations will move in to their new space, but Cipriano hopes it will take place by mid-November. “I hope that this renovation will show how important the college considers student involvement and clubs and organizations,” he said.

Another visible project to students is the renovation of the library lobby. Mark Grisi, executive director, physical plant, said that this was

Candidates clash for the last time

BY SARA MCBRIDE AND KEVIN YORKE
Centurion Staff, Sports Editor

Hofstra University hosted the third and final presidential debate on Oct. 15. Moderator Bob Schieffer, CBS News’ Chief Washington correspondent, had an easier time keeping the candidates in line than past debate moderators. Candidates were generally respectful of one another with only a few interruptions and smirks. The major points were taxes and the economy, health care, education and alternative energy.

McCain first responded to an oil crisis question by declaring that America needs to eliminate dependence on imported oil, specifically the Middle East and Venezuela. “Canadian oil is just fine,” he said.

McCain believes that nuclear energy is a resource America should take advantage of. He advocated building 45 “clean nuclear power plants.”

McCain wrapped his point by saying, “So the point is with nuclear power, with wind, tide, solar and natural gas, with the development of flex fuel, hybrid and clean-coal technology. Clean-coal technology is key in the heartland of America that’s hurting rather badly.”

Obama said he estimated a 10-year time frame to eliminate foreign-energy dependency. Obama believes that the focus should be on solar, wind, biodiesel and geothermal resources in the U.S., which he says could also create thousands of new jobs.

Health care has been a topic plastering TV screens for the past two weeks. And the candidates were in bitter disagreement over the “right direction” for the future of health-care related costs. They highlighted the key points to their healthcare plans, but they spent more time tearing each other’s plans apart. Obama said that McCain did not have a clear explanation of how his $5,000-health credit would work, and that his plan was detailed on his campaign website. Obama’s health care plan is to allow those who already have health insurance to continue with whatever plan they have, while having those who do not have health-care tap into the federal health care plan he, and other government officials, are privy to.

“The only thing we’re going to try to do is lower costs so that those cost savings are passed onto you,” he said. He also said he wants to eliminate insurance companies from excluding coverage to those with preexisting conditions and provide them a low premium, therefore having those costs negotiated with drug companies. He plans to fund preventive care for chronic illnesses, such as diabetes and

Continued on page 2

Continued on page 11
Pain at the pump ups online enrollment

BY CHRISTIAN PANNAPACKER
Centurion Staff

The high cost of gasoline is apparently driving more students to take online courses at Bucks.

Compared to 2007, there has been an increase in students taking online courses in every semester of 2008. For instance, there was a 35 percent rise in students taking online courses in the first summer session of 2008 compared to last year, and a 32 percent increase this fall compared to fall 2007.

The increase coincides with increased fuel prices during 2008. From January to May of this year, the average price of gasoline rose from about $3.10 a gallon to nearly $4 a gallon.

Georglyn Davidson, the director of online learning, said that while no official survey has been done, information gathered by word-of-mouth indicates the increased cost of gasoline is the main cause for the increase in online course enrollment. Online courses can be taken from home.

Davidson has started using the benefits of saved fuel costs to promote online learning. At the online learning website, bucks.edu/online, there is a link to a fuel savings calculator, which is just to the right of their new promotion slogan, “Fuel your mind... not your ride!” Online courses are offered in eLearning and Hybrid formats. Hybrid courses have some on-campus class sessions replaced with online components, while eLearning courses are entirely online except for one on-campus orientation meeting. Bucks offers more than 150 separate eLearning courses, making it possible for a student to obtain any of 10 different degrees—entirely through online learning. Additionally, online courses offer a greater variety of class start dates and section lengths, making online learning more flexible and convenient for students.

Despite the benefits of online learning, Davidson warns that it is not for everyone. She explained that some students learn better when they can talk to professors face-to-face. The online learning program encourages interaction between professors and their students using online forums and e-mail, but it cannot replace all the aspects of being in an actual classroom.

“If [the students] are not successful, then it didn’t do them any good to save their money on gas,” she said.

Campus renovations are nearing completion

continued from page 1

an effort to match the lobby’s appearance with that of the first floor.

Decorative painting will take place, with the exposed concrete in the ceiling being painted black. In addition, a curved metal ceiling, similar to the one on the first floor, is being installed. Counters will be set up along the wall in the lobby as a place for students to do work and use laptops. There is also going to be a display set up for brochures about the campus. However, this renovation has caused some students frustration. “They should re-route traffic so that they don’t get in the way of the construction crews. If I was working, I wouldn’t want people walking through,” said 20-year-old Matt Rumpf.

Among the other projects nearing completion is the replacement of the steam line near Hicks. The last piece of the line is being installed and all of the pipes are in the ground. This steam line provides heat and hot water to the older structures on campus, including the cottages and Tyler.

In this system, steam is produced in the boiler house and pushed through a series of pipes by pressure to provide heat to the buildings. A by-product of this steam is condensate, which then becomes hot water for use in the restrooms.

The revamping of the campus’s electricity system is nearing completion. The installation of an emergency generator behind Founders and Penn is almost finished, part of a two-fold plan that includes an additional generator outside of Pemberton, which has already been completed. The generators are designed to provide power to the building’s lights in the event of a power outage, allowing for orderly evacuations in an emergency.

The rewiring of the exterior parking lights is 95 percent completed according to Grisi. The rewiring has created more light grids than the previous layout, allowing only the sections of the campus that are in use to be lit. The rewiring was designed for better control and energy efficiency.

Besides the clubs and organizations offices, Rollins has been undergoing roof renovations, along with Founders.

Grisi said that the roof was down, and that the metal work was now being completed. Flat coping, a protective edge, is set to be installed. The roof is supposed to be completed in the coming weeks. Additionally, the renovation of the Rollins’ bathroom has been completed.

The next construction projects to take place at Bucks won’t occur until winter break. During that time, the third and fourth floor classrooms of Penn will be renovated. The renovations will involve cosmetic changes, such as carpeting, ceilings, lighting and painting. Some new furniture will be installed, including the switch from chalkboards to whiteboards.

Centurion Publication Schedule

The Centurion is published weekly on Mondays. Deadline for advertising is noon on the Wednesday before publication.

Publication dates for the fall 2008 semester are as follows:

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Register at www.Bucks-News.com and a .PDF version of the newspaper will be delivered directly to your email box.

Letter Policy

Letters should be limited to 300 words. They will be edited for spelling and malicious or libelous statements, and may be edited for space. Letters must be the original work of the writer and must be signed. For identification purposes, letters must include the writer’s full name, address, and telephone number, although the address and telephone numbers will not be published.

Send letters to: Centurion
275 Swamp Rd
Newtown, PA 18940
Centurion@bucks.edu
www.bucks-news.com/letters-to-the-editor
215.968.6379
Low-cost childcare, high-class education

BY DANIELLE EMMERY
Features Staff

The Early Learning Center (ELC) offers parents exceptional child care services at a low cost. The 39 children enrolled at the ELC can be seen happily strolling around campus with their teachers everyday. Inside the ELC, kids are busy enriching their math, science, or music skills. The ELC, behind Penn and in front of the portable classroom rooms, is a place where students as well as faculty can provide top-notch care for their children while they are either working or in class. “We try to meet the highest quality standards,” said Dee Short, director of the ELC, “and so far they have done just that.”

The ELC is accredited by the National Association for the Education of Young Children and has received four keystone stars, which is one of the highest honors in excellence in learning. The ELC is open to children from 2-to-5-years-old. For the students’ benefit, there are four main teachers, and five part-time teachers.

The care costs a low hourly rate of $21 for however long your child needs to be there during the hours of 7:30 a.m. to 4:30 p.m.

There are myriad things for children to do in this program. Short said the ELC likes to have the children to participate in many open-ended activities, which are usually organized by a daily schedule. These can range from pre-reading to cooking, walks around campus and playing on one of the two playgrounds.

Parents are also encouraged to get involved with their child’s education. They are always welcome to drop by the ELC and share a lunch with their little one. Or sometimes parents can come by and read books to the class. Either way, parent involvement is part of a superior program.

But parents of the students are not the only ones who get involved with the ELC. Students at Bucks are also participating in classroom activities there. A Children’s Literature class requires its students to read books to the children in the ELC; it is also a classwork requirement for several different classes.

“We believe in keeping them healthy and safe,” said Short, adding that another point of the ELC is to have fun. Some of the new fun activities are made possible by a grant from PNC, intended for enrichment activities that include a visit to the Philadelphia Zoo and Philadelphia Insectarium. The students also get to enjoy musicians and a puppet show.

A daycare center like this seems like it would burn a huge hole in most parent’s wallets. But when compared to several other daycare centers in New Langhorne, Doylestown areas, the ELC is least expensive. No fees are required at registration. Parents are billed once per semester and costs vary by child’s age. All registrants are charged a $2.50 insurance fee.

The toddler and preschool program registration fees are charged a $25 application fee; toddler tuition for the current semester is $3.75 per hour, with a maximum daily rate of $20. Preschool tuition for the current semester is $3.50 per hour, with a maximum daily rate of $19.

Drop-in tuition for the current semester is $4.25 per hour, with a maximum daily rate of $21.

For more information, visit the ELC’s website at bucks.edu/ELC.

McKee in reading series

BY KRISTIN WALSH
Features Staff

Celebrated author Steve McKee will discuss his latest book, a memoir entitled “My Father’s Heart: A Son’s Journey” on Friday, Nov.7 as part of the colleges’ Wordsmith Reading Series.

The memoir is an insight of the loss of McKee’s father, John, after he succumbed to heart disease when the author was 16. Throughout the book, the author expresses his feelings and efforts to deal with the loss of his father, and to deal with the effects of heart disease.

The book features a picture of McKee with his father when he was a young boy. This stirs the emotions of the reader because on that fateful evening in 1969 when his father died, it was just the two of them.

“My Father’s Heart” started as a college-writing assignment when McKee was a student at DeSales University. It took off into a pair of articles for the Wall Street Journal, and was featured in the health section of The Washington Post. His book has been featured on The Today Show, The Washington Post, and on Weekend Edition with Scott Simon on National Public Radio. McKee’s official website, steve-mcke.com, said, “In 2005, after a lifetime spent trying to avoid his father’s fate, Steve learned that he, too, has serious heart disease.” As a result of this, many of his other appearances have planned heart-friendly meals.

Reviews for his work have been well received.

Kirkus Reviews said the book was “Homage to love, perseverance and the pursuit of longevity.”

LibraryJournal.com highly recommended the book for memoir readers.

McKee plunged into writing when he was a journalism student at the University of Alaska-Fairbanks. He later spent 14 years at The Wall Street Journal, covering the Olympics in Salt Lake City and the recent games in Beijing. He is currently an editor on the Wall Street Journal’s global copy desk.

The author has also penned two books focusing on a genre the author loves, sports.

In “The Call of the Game,” McKee attends sports events as big as the Super bowl to lesser-known events such as the national treadmillies champions.

His other book, “Coach,” is an oral history from coaches of different sports at all different competition levels.

McKee lives in York, Pa., with his wife, Noreen and his 17-year-old son, Patrick. Among his interests are reading novels about history and adventure series Horatio Hornblower, and keeping fit by working out. He recently competed in a triathlon with his son.

For more information about the book and McKee’s life, attend the reading on Nov. 7 at 7:30 p.m. in the Orangery. Admission is free. Contact Elizabeth Luciano at (215) 988-8395, lucianobucks.edu or Chris Bursk at (215) 968-8156, or burskc@bucks.edu.

Fort Dix terrorist plotters go on trial

By The Associated Press

CAMDEN, N.J. — Al-Qaida and Osama bin Laden inspired five New Jersey men to plan an attack on the Army’s Fort Dix, a prosecutor said Monday during opening statements in the terrorism trial.

The government has presented the case as one of the most frightening examples of homegrown terrorism since the Sept. 11 attacks.

Authorities say that in 2006 and 2007, the men turned jihadist videos that the defendants watched and would learn many details of the alleged plot, including assertions by the government that one the men went on reconnaissance missions at Fort Dix and other military installations.

The men, all foreign-born Muslims in their 20s, are charged with attempted murder, conspiracy to commit murder and weapons offenses.

Their lawyers are expected to question the role of two paid government informants who made hundreds of hours of secret recordings in the case. Fitzpatrick tried to hedge against such criticism on Monday.

He said the FBI had to find people who would have credibility with aspiring terrorists, one of the informants was interested in citizenship and the other was interested in money, he said. The trial is expected to last into December.

Fitzpatrick said the jury would see jihadist videos that the defendants watched and would learn many details of the alleged plot, including assertions by the government that one the men went on reconnaissance missions at Fort Dix and other military installations.

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IRAQ AND IRAN

BY JOHN SKUDRIS
Managing Editor

It’s been more than five years since the United States invaded Iraq in March, 2003. After half-a-decade of warfare, a majority of Americans now feel that we made the wrong decision about going to Iraq and it’s time to pull out. This issue has faded a bit in the minds of voters due to the economic crisis, but it’s still right up there at the top of the list of important issues. Just as important to the safety of our country is the situation in Iran. The possibility of Iran developing nuclear weapons not only affects us, but it affects the entire Middle East and Israel.

More than 400 U.S. soldiers have been killed in Iraq since the war began. But, that hasn’t deterred John McCain from being completely adamant about staying in Iraq for the long haul. McCain voted in 2002 for the use of military force in Iraq. He has said that it doesn’t matter how long troops are in Iraq, and that they could be there for over 100 years, as long as there is no violence. In fact, McCain was one of the proponents of the surge method that has stemmed the violence in Iraq.

McCain has said many times that withdrawing from Iraq before the job is finished would be considered a failure. During a May, 2007 senate race in South Carolina, McCain predicted the state of the world after his term in office. By January 2013, America has enriched uranium as part of a ballistic missile program, which could also be used to build centrifuges for nuclear bombs.

Both McCain and Obama did not vote in a 2007 senate resolution to declare the Iranian Revolutionary Guard as a terrorist organization. McCain has said that miliary action is an option against Iran, but he would consult with congressional leaders before taking action. At a 2007 campaign appearance in South Carolina, McCain joked about bombing Iran. Upon being asked about a possible military invasion of Iran, McCain responded with a joke. ‘That old, eh, that old Beach Boys song, Bomb Iran,’ which elicited laughter from the crowd. McCain then chuckled before brieﬂy singing, ‘to the tune of the chorus of the Beach Boy’s classic ‘Barbara Ann’ — Bomb, bomb, bomb, bomb, bomb, anyway, ah.’

Obama believes that diplomacy is the best first course of action. He has said that he would meet with leaders of nations such as Iran, Syria, Venezuela, Cuba and North Korea during his ﬁrst year of the presidency. He has said that a military option is on the table, but it is indeed the last option.

As of now, the economy is on the front page of this campaign, but it won’t take much for foreign policy and the war to reiterate the attention of America.

Once the polls have closed and the election is over, our next president will have his hands full with two wars and perhaps more conﬂict on the horizon. Obama and McCain’s views on these foreign policy issues couldn’t be any more contrasting, and it’s up to the voters now to decide what course of action our nation takes.

This election has been stumped as a mandate between “change” and “experience.” But what many young voters don’t know is the issues that will be affecting their lives. In the coming weeks, The Centurion will dissect the key issues, showing where John McCain and Barack Obama stand.

BY JOHN SKUDRIS
Managing Editor

As I sit here writing this editorial, there is a Republican presidential candidate on “Hardball with Chris Matthews” attacking liberals as being anti-American. Minnesota Representative Michelle Bachman is stating that Barack Obama and liberals in Congress are on a mission to bring down America and destroy of great country.

Is this completely disgusting to anyone else? In fact, John McCain’s campaign in sending out calls to swing states saying that Obama and the Democrats are in cahoots with terrorists. How can a man that claims to be proud of his country and claims to put “country 1st” be one of the greatest American sto¬ries in history by saying that he, and the rest of the liberals in our country, are terrorists?

Bachman said during the interview that, “The people Barack Obama is trying to win with are anti-American.” When asked whether or not she believed that all congres¬sional liberals were anti-American, she dodged the question. “You’d have to ask them. What I would say is that the news media should do a penetrating expose and take a look.”

Matthews wouldn’t allow her to get away so easily. He stated that liberal and leftist thinkers are supporters of terrorism, Bachman was hard-pressed to answer whether or not she truly believed that the 30 percent of Americans who identify themselves as liberal are ter¬rorist sympathizers. She didn’t answer the question.

This is just another round¬tours from the war spewed out during election years. In 2004, they called John Kerry, a weak liberal who would hurl the terrorists hurt your loved ones. In 2006, they said that if the Democrats had control of the Senate and House, then we would have another terrorist attack, and now, seven years after the 9/11 attacks brought us all together as one nation, the Republicans are trying to tear us apart.

After all, that’s how they win elections. The Republican brand has become rhetoric of hate and lies. It didn’t work two years ago, and God help us let’s hope it doesn’t work now. Can we really leave our nation’s future up to one man with such a lack of judgment that he’d accuse 30 percent of our nation of being terrorists just because they think differ¬ently than him?

According to John McCain, the Republicans in ofﬁce, it’s treason to not want to bomb every country that doesn’t agree with us. It’s treason to support someone that he believes can change this country for the better. He’s not blindly endorsing McCain because he’s a mem¬ber of his party. He’s not accusing his political opponent of being a “coastal” with Osama Bin Laden. Instead, he’s standing together with millions of people who realize that we can’t take more of the same.

The Republicans that are saying that President Bush’s policies lies about Obama and about liberals in general need to take a note from one of their own.

After eight years of utilizing the tactics of fear to get elected, the Republicans are trying for one last-ditch effort to stop this country from moving in the right direction. Let’s not let them stop us.

Race to the White House: The Issues

EDITORIAL

SGA President John Skudris says we should ignore ugly GOP accusations

Republican who was Secretary of State during George W. Bush’s first term is trying to support someone that he believes can change this country for the better. He’s not blindly endorsing McCain because he’s a member of his party. He’s not accusing his political opponent of being a “coastal” with Osama Bin Laden. Instead, he’s standing together with millions of people who realize that we can’t take more of the same.

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After eight years of utilizing the tactics of fear to get elected, the Republicans are trying for one last-ditch effort to stop this country from moving in the right direction. Let’s not let them stop us.
To Do

Monday, October 20, 2008

**October**

**Bucks events and listings**

*In the county, in the city*

Men’s Soccer vs Harrisburg (home) 3 p.m.
All About Me Monday

“That Only You And I Can Know” at Hicks

Men’s Soccer EPCC Playoff, Tie Break Time TBA

“That Only You And I Can Know” at Hicks
Lower Bucks Blood Drive 11 a.m.-4 p.m.

“That Only You And I Can Know” at Hicks
Lower Bucks Halloween Dance 7-11 p.m.

Study

All About Me Mondays

Newtown Transfer Fair 4:30-7 p.m.

20 Festival of Fears at Snipes Farm
21 Go pick a pumpkin
22 Underoath/Saosin at the Electric Factory 7:30 p.m.
Phillies at 7 p.m.
23 Last day of the Peddler’s Village Scarecrow display
24 Flyers v. Devils 7 p.m.
25 Flyers v. Devils 7 p.m.
26 Day of the Dead Halloween party at Crocodile Rock
27 Shady Brook Farm Horrorfest
28 Flyers v. Thrashers 7 p.m.

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**Crossword Clues**

**Across**

1. Matures
5. Wagers
9. Poles for sails
14. Jump
15. Stravinsky ballet
16. Els with tees
17. Other, in Oaxaca
18. Panist Peter
19. Triple
20. So much the worse
22. Made of wheat
24. Delicious
26. Long period of time
27. Anew
30. Appearing
35. Slip
36. Asian sea
37. Switch suffix
38. Coal scuttle
39. Transgression
42. Foo faraw
43. Energy units
45. Roof overhang
46. Old stringed instruments
48. Farewel
50. ‘Honor Thy Father’

**Down**

1. Immensely
2. ‘___ grip!’
3. Make
4. Blemished
5. Expel
6. Tor, as one’s coice’s?
7. Rocky hilltop
8. Reason to cancel school
9. Shooting star
10. Place in order
11. Agitated state
12. Fork feature
13. Observed
21. Stroll
23. Back of feet
25. Capital of Armenia
27. Barbecue leftovers
28. Plants
29. Ribbed
31. Long luxuriant hair
32. Fit to be tied
33. Swellings
34. Farm bird
36. Whence one may worship
40. Exploits
41. Delight
44. Anybody
47. Hero of the Odyssey
49. Norwegian arctic explorer
50. Trouble, slangily
53. Make amend
54. Narcotic
55. First name in scat
56. Decree
57. James ___ Jones
59. Roy’s “singin’ pardner”
60. Church recess
61. Belgian river
64. Fannie ___;

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**Cryptogram**

R M QRSZ V LK’F AR CC QNF ML JX
KLSX RS BSRGTRSV EXLECX NSK DLIENSRXF
ML VXM MQNM VNF CRSX JBRCM, FL
EUNT GLU MQNM.
-FNUNQ ENCRS

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*Sudoku*

1 3 4 2
4 1 2
8 3 4 6 5
3 9 5 9 2 6
5 8 4 1 3
9 6 5 1
**Breast cancer docs stress prevention**

**BY SARA CROUSE AND JANINE HIPPLE**

As a part of Breast Cancer Awareness Month, the Women’s Center hosted Breast Cancer Awareness Day on Oct. 16 to a crowd of 75 in the Allied Health Building.

Mary Chalich, nutrition instructor at Bucks, held a lecture to inform listeners of the links between diet and breast cancer. She not only touched on eating habits, but also on physical exercise and menopause, as well as other factors that contribute to or reduce the risk of breast cancer.

“It’s hard to pinpoint the cause and effect of breast cancer, but we can take preventative measures to lower our risk of developing it,” said Chalich.

An eight-year study has been conducted showing the effects of a low-fat diet as a way to reduce the risk of breast cancer by 9 percent. “I don’t want to sound like a ‘Debbie Downer’ when it comes to diet,” Chalich said, “but now we can change our diets for the better.”

Those who cut their fat intake by 20 to 40 percent are shown to decrease their risk for the disease by 22 percent.

Chalich urged listeners to focus on preventative weight gain as a measure of decreas- ing the rate of developing breast cancer between the ages of 30 through menopause, and from child- birth to menopause. She also revealed that post-menopause is a prime time for developing breast cancer in women, as the metabolism slows down and estrogen levels are unstable.

Fortunately, there are many ways to reduce the risk of developing breast cancer in your lifetime. A consistent physical exercise routine over your lifetime is found to reduce the risk of breast cancer significantly.

Studies have also shown that a plant-based diet, which replays most of your vitamins, where meat is either removed or only accounts for one-third of a meal, can reverse the adverse effects a plant-based diet provides. Plant chemicals, antioxidants in plant foods which give us phytos- trogens, beneficial synthetic estrogen which are milder than those created in our bodies that stop tumor growth and, as an added plus, slow aging. Along with phytos- chemical, isoflavones, which are high in antioxidants and are contained in seeds, whole grains, fruits and vegetables help to ward off breast cancer. But these foods should be consumed in moder- ation to prevent any adverse effects they may have on their breast-cancer fighting properties.

Chalich mentioned some powerful foods that pack an extra punch of breast cancer-fighting properties. Among these were flax seeds, which are potent anti-car- cinogenic seeds that bind to estrogen receptors in the breast to block potent tumors. Along with flax, women are praised as having reduced the size of tumors by 50 per- cent in studies of mice, com- pared to mice given corn oil. Walnuts contain omega-3 fatty acids and antioxidant vitamin E, which are proven to help reduce tumor sizes. Walnuts are the seatbelts for the heart.

Foods containing anti-oxi- dants, vitamins A, C, D and E, and beta-carotene also con- tribute to the reduction of breast cancer.

Another type of food that wards off the disease is soy products, which are especial- ly beneficial for those suffer- ing from menopause to ease their symptoms and have great protective properties for those already diagnosed with breast cancer. Research shows that soy, when con- sumed at a level of 25 grams per day, raised levels of good cholesterol and may slow the rate of breast cancer tumor growth.

For instance, in China and Japan, where soy is con- sumed among most people, there are lower rates of death from breast cancer.

Dr. Stacy Krishner, who was joined by her colleagues Beth DuPree and Dr. Catherine Carruthers of the Comprehensive Breast Care Institute at DSI of Bucks County in Bensalem, told the audience that a half of glass of wine per day increases breast cancer. Krishner said a friend once told her that, “Walnuts are the seatbelts for the heart.”

Although much more prominent in women, men also suffer from breast cancer as well, According to the Centers for Disease Control. To calculate your risk, go to yourcancerrisk.harvard.edu.

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**Breast Cancer Awareness Month, the Women’s Center hosted Breast Cancer Awareness Day on Oct. 16 to a crowd of 75 in the Allied Health Building.**

**Mary Chalich, nutrition instructor at Bucks, held a lecture to inform listeners of the links between diet and breast cancer.**

**Those who cut their fat intake by 20 to 40 percent are shown to decrease their risk for the disease by 22 percent.**

**Chalich urged listeners to focus on preventative weight gain as a measure of decreasing the rate of developing breast cancer between the ages of 30 through menopause, and from childbirth to menopause.**

**Studies have also shown that a plant-based diet, which replays most of your vitamins, where meat is either removed or only accounts for one-third of a meal, can reverse the adverse effects a plant-based diet provides.**

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**Foods containing anti-oxi- dants, vitamins A, C, D and E, and beta-carotene also contribute to the reduction of breast cancer.**

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**Although much more prominent in women, men also suffer from breast cancer as well, According to the Centers for Disease Control. To calculate your risk, go to yourcancerrisk.harvard.edu.**
Bucks Librarian uses saxophone to aid college

BY DANIELLE EMERY
Centurion Staff

On Oct. 26 Richard Hodges, a Bucks librarian and saxophonist, will perform at a benefit concert to raise money for the Bucks Library.

Hodges, a graduate from Wichita State University, will leave the library on Oct 26 and do one of the things he does best, play music. It is a great honor to have him play here at Bucks, considering his past. According to his website, Hodges obtained his Master’s degree from the University of Mississippi and also did graduate work at Indiana University and Columbia University. After completing this, he then went on the faculties at both universities.

Other than his educational accomplishments, Hodges is the founder and conductor of the Saxophone Choir, part of the Youth Orchestra of Central New Jersey. Hodges has performed at various institutions such as the prestigious Carnegie Hall in New York City and at the World Saxophone Congress in Montreal, Canada. In addition to performing, he also teaches Saxophone in New York City and at the World Saxophonist Congress in Montreal, Canada.

Hodges' CD. "The Road Not Taken." The title is based on a New York Times article that discussed the life and music of the French composer Charles Koechlin, whose works are included in Hodges' CD.

His latest is titled, "The Road Not Taken." The title is based on a New York Times article that discussed the life and music of the French composer Charles Koechlin, whose works are included in Hodges' CD. The classical saxophonist will be performing on Oct 26 in the Library Auditorium. He will be joined by pianist John Forconi and cellist John Enz.

The performance begins at 4 p.m. The event is free, but there is a suggested donation of $10, with proceeds going to the Friends of the Bucks Library.

For more information or questions, call (215)968-8003.

Bucks Career Fair

BY ELLÉ CREEDON
Centurion Staff

More than 50 employers sought potential employees at the annual Career Fair presented by Career Services, in conjunction with Pennsylvania CareerLink.

The room was filled with numerous employers either searching for college students to hire, or providing students with advice on what is considered appropriate dress, professionalism—even make-up—during an interview.

"I think the Career Fair was a really good idea," said Christie Dodd, 20, nursing major. "I think that this helped provide students with the chance to look for a job without a lot of stress attached."

Julie Weiss-Schwartz, owner of Powder Room Beauty Boutique and Day Spa in Northeast Philadelphia, gave brief consultations on make-up, as well as free make-overs, or undercuts in some cases.

Paula Molino, owner of Fashion Fix Consulting, also presented her ideas on what to wear—or what not to wear—to interviews. She offers her services on fashion consulting, wardrobe analysis and personal shopping and considers herself a fashion guru of Bucks County. "I am the what-not-to-wear of Bucks County," said Molino. "People come to me for fashion advice, and I give it. I want to show students how to dress to impress all potential employers."

The fair consisted of students, faculty, employers and the general public.

Everyone looking for a job was encouraged to bring their resumes and fill out applications as employers spoke about job opportunities and positions available.

Not only were there employers, but the fair also included a firm providing helpful information on colleges and universities to transfer to, as well as another firm educating students on finding an appropriate internship to fit their job needs and qualifications.

Every table offered a variety of goodies—free candy, snacks, pens and Frisbees—to lure in people to talk and fill out an application.

Mad Science, a company that teaches elementary and middle-school level children about science with a "fun twist," was throwing small containers of slime to those who walked by, enticing them to come apply.

Despite the rough times some are facing financially, and the recent news on the down economy, companies are still looking to hire bright individuals.

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Get a free evaluation of your college transcript before you even apply!

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Get Ready for Bucks GradAid!

October 1, 2008

Bucks County Community College will provide a smoke-free learning and working environment for all students and employees.

Visit www.bucks.edu/emergency to read the Board of Trustees statement on a Smoking Policy.

All College buildings and property are smoke-free unless specifically designated as areas where smoking is allowed. Designated smoking areas exist for those who choose to smoke.

1. New College smoking permitted only in parking lots A, B, C, D, E, F, and Hardie beyond Lindian Lane and Employee Parking and in designated locations.

2. LITE/second-hand smoking permitted only in parking lots A, B, C, D, E, F, and Hardie beyond Lindian Lane and Employee Parking and in designated locations.

3. LITE/second-hand smoking permitted only in Employee Parking Lot and Student Parking Lot crossing Hillwood Drive and College Avenue.

As the Board of Trustees stated, "By creating a campus environment where smoking is regulates and areas that are designated as smoke-free are clearly marked, the College will be acting proactively to create a campus environment that does not endanger others but still offers individual freedom to make decisions that are best for their personal circumstances. This is consistent with recently enacted Pennsylvania legislation that prohibits smoking in public places including schools, hospitals, and transportation facilities."
Expectations high for ‘Wrath of the Lich King’

BY CHRISTOPHER JOHNSON
Interactive Media Editor

Anyone who owns an Xbox 360 has played “Gears of War.” Whether at a friend’s house or on their own, no one has missed out on the amount of awesome fun that the game provided. Fans who only have to wait a little longer because “Gears of War 2” is on the way.

Gears designer Cliff “Cliffy” Bleszinski announced back in February that “Gears 2” was in development and was going to be available in November.

The game finds Delta Squad from the first game deeply involved in trying to finish off the Locust invasion. Much like the “Matrix Reloaded” and “Revolutions,” this is humanity’s last stand for survival.

The game intended to outdo what it did in the first game. Bleszinski said on gamespot.com, “There will be much more blood and gore than in the first. For example, if a player is near death, he will be able to crawl to cover and as he moves, a blood trail will appear below him.”

This applies to enemies as well. A new feature can be used as “meat shields.” Also included in this new game are more methods of killing an opponent. There are things like pummelling enemies while they are down, using the sniper rifle as a club, or, using the torque bow as an ax, said Bleszinski.

The game developers intended to turn the violence up a bit. However, there was a concern the designers were aware of the difficulty in play, as well as appeasing everyone’s expectations. Senior Producer Rod Fergusson said on IGN, “This new level is a little harder than we intended.”

The game was incredibly difficult—even for seasoned players. The first game was so difficult that the few players who completed the game on “insane” mode by themselves were considered to be among gods.

To keep this from happening again, the developers introduced a level lower than that of “casual.”

Another really cool feature that’s being included is the ability to play co-op on separate modes.

For example, one person who wanted to play on “casual” wouldn’t have to force someone who wanted a challenge to play that mode.

Instead, the game will change to give a player at a lower difficulty as fair a challenge as the player at higher difficulty.

Important to players who play a lot online are new maps and new game modes that will be either added or modified from the original game.

The biggest inclusion of all is the new continent of Northrend, formerly known as Arathas Menethil, an Alliance paladin who became fused with an evil spirit.

This spirit gave him the powers of necromancy. His power grew so great that he gained control of the Burning Legion, now known as the Scourge, whose attacks were so vicious it forced the Alliance and Horde to join forces.

The new continent of Northrend is slightly larger than those of the Outland in size and scope. Some of these regions house some of the deadliest creatures in all of the Warcraft universe including the Frozen Throne which is home to the Lich King.

Thankfully there is no level requirement to enter Northrend, although it is highly suggested that players be at least level 68 or higher before venturing this far north.

As it gets closer to the release date for Wrath of the Lich King, it looks like Blizzard will be receiving more players to their still growing number of subscribers.

If you think this game will interest you, go to worldofwarcraft.com to download the original game for a 10-day demo play.

Here’s a list of major DVDs and Blu-ray Discs coming out in November and beyond...

Films:

• “The X-Files: I Want to Believe”
• “The Chronicles of Narnia: Prince Caspian”
• “Horton Hears a Who”
• “The Dark Knight 2-Disc Special Edition”
• “The Longshots”
• “Step Brothers”
• “Tropic Thunder”
• “Space Chimps”

TV on DVD:

• “24: Redemption”
• “Bones: Season 3”
• “Doctor Who: The Complete Fourth Series”
• “The Cosby Show: the Complete Series”
• “McHales Navy: Season 4”
• “The Real Ghostbusters: The Complete Series”
• “Charmed: The Complete Series”

Here’s a list of some cool websites to visit...

• thinkgeek.com
  Do you always want to know the WiFi connection in any room? Buy a WiFi detector shirt! You need to visit this website for all your geek needs.

• jinx.com
  Do you want to express how much you own noobs? Or how much your reading skill has increased? Visit jinx for your game clothing needs.

• scaryforkids.com
  A list of stories and experiences that prove that Darwin was probably right about survival of the fittest.

• pinstruck.com
  A fun revenge site! Send a curse to someone who wants revenge on you. It’ll show them a voodoo effigy of them impaled with pins. The best part? They’ll never know it was you!
Fall fashion tips keeps you hot in the cold

BY ELLE CREEDON
Centurion Staff

Cold weather blows in great new trends and some easy rules to dress-to-do battle the winter weather.

Halloween is just around the corner, but there should be no wearing of costumes out on the town. Save it for the party, but unless you’re in grade backs-backs-backers. First, Britney is herself (naked and in lingerie. Then, she plays dress-up as a sexy businesswoman, a feisty waitress and a limo driver (who seems to have misplaced her pants."

"If I block her view she looks around my hand," said 24-year-old Joe McFarland, a Bucks film major. When asked if the video marks the comeback of Spears, McFarland said, "Considering it’s already at no. 1, I would say so. But even if I didn’t know that, I’d still say the song might catch on." McFarland added, "I mean she’s naked in the video too, though, that helps ratings."

Even if you don’t believe that Britney has made her official comeback, curiosity should draw you to a web-page displaying her new video. Since her engagement to Kevin Federline in 2004, Spears seems to have been doing her best to personify a year-wrecker! And who can turn away from such violent carnage?

Drugs, divorce, random head-shavings and child-custody battles have distracted the media from Spears’ abil-i-ty to lip sync while dancing like a “This sea-friend. In fact, all the public goodwill that Spears accumulated through hard work has all but vanished—performing live while carrying a large yellow snake and g r a n d - i n - g a i n g in a bright night craft-ship is not an easy task to master.

On the surface, the CW’s new show “Privileged” seems like just another carbon-copy of the rich and fabulous life blueprint that a countless number of shows have tried to follow. However, after following the show for a few episodes, it is found to be much more than that. It’s charming, yet quirky, a fantastically mindless guilty pleasure that can be a great escape from the serious, fast-paced legal dramas that are all over TV right now.

Based on the book “How to Teach Filthy Rich Girls,” by Zoey Dears, the show stars LaAnna Garcia, whom you might remember from shows like “Reba” and “Welcome to the Captain.” Garcia plays Meghan Smith, the nerdy but lovable writer who moves from New York City to Palm Beach, in pursuit of a new job after her apartment burns down and she loses her job at a gossip magazine.

Upon her arrival in the posh new town, what she assumes to be an internship position for a magazine or newspaper turns out to be a tutoring position for two spoiled socialite twin girls.

The girls’ grandmother, Laurel Limoges (Anne Archer), offers Meghan $1,500 a week, her own room and luxury car, and to pay off her student loans from Yale if she succeeds in landing the twins two spots at Duke. The twins, Rose Baker (Lucy Kate Hale) and Sage Baker (Ashley Newbrough), are a great relief from the stereotypical TV sisters of the past. Instead of having either entirely contrasting personalities (i.e. any movie or show that included the Olsen Twins) or being so similar that they could be the same person, they seem like normal teenage siblings who are close and share interests but have some differences as well. Sage is the more sassy, spitfire type with a hidden soft spot for her sister, while Rose is sweet and lovable, but sometimes has a hard time standing up for herself.

Although the show has a bit of a slower pace than would be expected, there are some juicy storylines played in for Meghan’s love life already. First, there’s the old high school friend, with a secret crush, Charlie Hogan (Michael Cassidy) whom you might recall from Fox’s smash hit “The OC.”

Next there’s the rich, hand-some, and womanizing neighbor, Will Phillips (Brian Hallisay). Lastly, there is the twin’s headmaster, Jacob Cassidy (David Giuntoli) whom Meghan is currently dating.

We keep hearing people who are tired of these rich-girl shows that seem to be popping up everywhere, but what these people don’t realize, or don’t want to admit, is that it works. Even though it’s tough to own up to, who wouldn’t want to live the lives of the filthy rich, or at least fantasize about it?

So, even though the premise of this show seems like just another gateway to the world of the rich and famous like other CW shows such as “Gossip Girl” and “90210,” challenge yourself to watch it and see beyond that outer appearance. Look past all of the superficial wealth and fame presented and you and your friends can really escape from everyday life.
Dear John, Dear Jane

An open letter to those people who bother
Editor-in-Chief Laura Irwin somehow

Good.

Buying gas for $2.95 for the first time in 16 months. Let’s see, the financial markets are crashing, Wall Street is crashing and gas is going down... the election must be approaching. How long this “luxury” will last?

Barack Obama, as always, showing his true colors, emotions, and facial expressions during the final presidential debate in Hempstead, NY, seems to be more like a discussion with both candidates sitting at a table next to each other than a formal debate. I think I may have actually caught John McCain look over at Obama a couple of times.

Campus starting to crack down on the violators of the smoking ban. They run around campus polluting the air.

Bad.

Two former employees of NASA revealing to World News’ Charles Gibson that on many occasions they were tapping and listening to personal calls of non-terrorist American citizens in Iraq, including journalists reporting in Iraq, many times delighting in their “pillow talk and phone sex.” What a disgrace and violation of our civil liberties.

The projection that it may take eight to 12 years to recover funds lost from many working Americans’ pensions and annuities that have plummeted in the wake of the economic crisis. Some baby boomers don’t have the time to wait to regain the money that they’ve accumulated in their decades of work, which many rely on for a relaxing retirement.

Therefore, I use a casual bi-
Schools, funding and exceptional credit will ease the financial burdens that his $5,000 health care online, having employers reward care. He looks to cut health care small taxation of provided health care plan like his. He believes in with insurance coverage.

businesses are exempt from fines for not providing health care to employees. In Obama’s health plan, owners of small businesses are exempt from fines that are issued for businesses that do not supply employees with insurance coverage.

McCain said that Joe Plumber was better-off with a low-tax health care plan like his. He believes in small taxation of provided health care. He looks to cut health care cost by putting medical records online, having employers reward employees who join health clubs and practice wellness and fitness.

McCain also believes in building more community health centers and walk-in clinics. He claims that his $5,000 health care credit will erase the financial burden of expenses. Education was another battle-ground.

Obama believes Charter Schools, funding and exceptional teachers will advance the status of American education in world-ranking. “We need to recruit a generation of new teachers, an army of new teachers, especially in math and science, give them higher pay, give them more professional development and support in exchange for higher standards and accountability,” he said.

McCain questioned what to do low-income areas because some people couldn’t look into sending their children to Charter Schools. He believes that a voucher-plan, sending a select group of exceptional students to better schools is the way to go. He thinks that good teachers should receive incentives and says that the money to support education needs to come from somewhere.

In student interest, Obama proposed a $4,000 tuition credit for students that contribute hours to better their community with community service. Obama said that community service could be in the form of military, Peace Corps or general community service—something that benefits where they live.

The major issue that surfaced throughout each posed question was the economy and taxes. McCain said that Obama was going to raise taxes. Obama plans on cutting taxes for 95 percent of the working-class, by raising taxes on those with an income of more than a $250,000-annual income. McCain criticized Obama for ignoring the growing financial need of the majority of U.S. citizens.

McCain said, “In this time in our economy, why wouldn’t you ever propose to raise taxes?” His plan is to continue to stabilize the economic crisis with continued bailout efforts and trickle-down ideals. He also said he will support the small businesses and those looking to start a small business.

While the blame was passed around from McCain saying it was Clinton’s administration and Obama saying it was the past eight years of President George W. Bush. McCain’s highlight of the evening, as discussed by political panelists was his zing to Obama, “Senator Obama, I’m not President Bush. If you wanted to run against President Bush, you should have ran four years ago.” Obama brought up the Bush administration multiple years saying that a McCain administration would be four more years of the same.

In the end, critics said that this was the best debate out of the three presidential debates, but it lacked the vitality to sway an undecided voter or a voter from the other side. The polls open to vote for the next president on Nov. 4.
BY KEVIN YORKE
Sports Editor

Last year, the Flyers wanted "vengeance." This year, they’re "hungry for more."

The Flyers’ marketing department can come up with whatever they wish, but Flyers fans would still tell you there are certain things that must be accomplished before this season can be called a success. With the inspiring, but disappointing loss to the Penguins in the Conference finals last year, this season’s team is apparently limber. They have the healthy lineup, and a depth that teams in earlier seasons could not match if they genetically consultar first line 90 times.

How can that be possible? Well, each three lines have been given a center that is capable of scoring 30 goals and dishing out 70 assists, supported by a skilled winger that is usually faster and also, a strong player to crash and carry opposing goal-tenders. Centers Mike Richards and Jeff Carter give the Flyers great passing and shooting options, and the grit that both show each night is also commendable.

The Flyers have the depth that teams in earlier seasons could not match if they genetically consultar first line 90 times.

What is even more noteworthy for the Flyers is their new captain. Last year, the team made a safe pick and went with 34-year-old defensemen Jason Smith, who is now with the Ottawa Senators. Smith in the "captaincy" proved valuable, as the old man provided leadership and a gritty veteran presence that others fed off of.

But after his departure in the offseason, it was time to look to the future, and none other than star Richards would fill the bill to become the Flyers’ 17th captain. This was just a matter of time, as the 5’11” Canadian center has shown he can do it all. He can score, set up a goal for his wingers, keep the opposing team’s star scorer in check, make a big hit on some unsuspecting victim to charge up the fans, or score a shorthanded goal. The man is so multifaceted he could probably drive the Zamboni better than the current Zamboni operator.

That’s how valuable a player Richards is for the team, so it came to no one’s surprise that the man would be the new captain.

What was surprising to some Philadelphia fans was the Flyers’ trading out for the team of their biggest postseason scorer, R.J. Umberger, whom the Flyers traded to Columbus. The former Flyers centerman was a huge reason for the Flyers’ resurgence last year, proving to be a dominating force by his physically-imposing nature and quick speed for his size. The team had to make the deal, though, because they couldn’t keep him and their other star center, Jeff Carter.

The team also made valuable pickups in defensemen Ossi Vaananen and Steve Eminger, two capable puck carriers who also can throw weight around. Management then rounded out the squad by signing Aaron Asham and Glen Metropolit to the fourth line to accompany Riley Cote to check the opposition into submission.

Probably the most interesting aspect of this year’s team is Swiss defensemen Luca Sbissa, who became the second-youngest defenseman to ever start for the Flyers at the age of 18. The first-round pick in 2008, he originally got his shot when teammates Randy Jones and Ryan Parent fell to long-term injuries before the regular season. If the Flyers keep him for nine games, he will have to stay with the squad. To start at 18 in the NHL at any position is remarkable, but for a defensemen to do it just shows how talented and mature Sbissa is already as a player.

The Flyers have the depth to compete in the surprisingly deep Eastern Conference this year. Flyers fans are just hoping they are able to avenge the loss to the Penguins and go even further into the playoffs. After all, with a new captain, anything is possible.

Phillies ready to fight

BY MIKE TINGLE AND IAN CLUNIE
Centurion Staff

For the first time in 15 years the Phillies are heading to the World Series, battling with the Tampa Bay Rays. How do the Phills match up against them?

The Phillies will face the Rays, who are a tough team who came out of nowhere this year to win the AL East. They won 97 games in a division that included not only the 1st Sox but the Yankees as well.

The Phillies have been playing with confidence and poise. They have the best bullpen in baseball. Cole Hamels has been the best pitcher in the post season and with all the days off the Phills can have him pitch in three possible games. With Brett Myers going in two other games, their starting staff is solid.

The true strength of the Rays is the middle of their lineup. Right now, they are hitting off the chart. Three two through five hitters: BJ Upton, Carlos Pena, Evan Longoria and Carl Crawford are every bit as scary as the Phillies.

It will definitely be an exciting World Series.

I give the edge to the Phillies. If they get the brillaiant start out of Hamels and Myers that they’ve gotten to this point, I see them coming out victorious.

Their bullpen is best for closing out games. Both teams posses fantastic lineups. But in the postseason, pitching is everything.

Bucks students seem to think the Phills have a chance.

Student Christopher Palmer said, “I’m not sure if they will win, but this is the farthest that they’ve gotten in 15 years. They have a chance against the Phillies I think, because they have little experience, being one of the newest teams in the MLB, if Tampa beats the Red Sox then I believe there will be a 50/50 chance for a win. Philadelphia and the Phillies need this, they haven’t won a Series in 30 years (1980), and they could use the motivational spirit. In terms of their arsenal, they have Jimmy Rollins, and Victorino; with all of his RBIs and catches in those last 2 games especially.”

Student Eli Barscone said, “I am stoked; I never got to see the Phillies get to the World Series because I was only 5 last time it happened. This is the World Series of my life, the Phillies we are going up with, and got to know. I got to know the players of this generation from watching them my whole life. I think this is going to be one of the most intense series yet.”

Eagles disappoint

BY SETH GANSMAN
Centurion Staff

Does anyone remember the Eagles? With the way they have been playing, and the championship hopes of the Phillips looking more realistic every day, many may have forgotten the other Philly team.

With a 3-3 record, and two of those losses coming to NFC East teams, the Eagles are starting to look more like they did last year, rather than the team we saw during week one trouncing the St. Louis Rams.

What happened to the fast rookie who could race down the field, the veteran QB looking better than he had in years and the superstar RB who didn’t look like he had lost a step?

With a close loss to Dallas, a semi-redemming win against their cross-state rival the Steelers, there seemed to be some hope, but then it began. A four point loss to Chicago, where on four tries the Eagles could not score from the one-yard line, and to add some salt to the wound David Akins missed two field goals that would have also put us over the top. The following Sunday, Eagles v. Redskins. The Eagles came to play, or so it seemed two touchdowns in their first two drives, then nothing.

On top of that, Brian Westbrook breaks two ribs, and the Eagles end up losing 23-17 to yet a second NFC East opponent. With the other NFC East teams winning, the Eagles once again find themselves alone at the bottom of the NFC East.

There is more. The Eagles front office has told fans not to worry year in and year out. They will do what it takes to make the team a championship-caliber all-star. We were trounced out of the first round of the draft for the past two years. Their reason was they felt there wasn’t anyone who could help the team up that high. When it is compounded by the fact the Eagles don’t add an offensive weapon, but do add a $57 million cornerback, than you begin to doubt their desire to win it all. I am sure some will say the Eagles are decent, that they made it to the Super Bowl a few years back. Well to those people I would say, “You must not be a true Philadelphia sports fan.”

We never win, we get close but we can never see to win. This is why I get so fed up when Andy Reid says after every loss that he has to put his players in better positions. We need some people playing, and a boost to the offensive side, and that boost wasn’t Lorenzo Booker.

As a loyal Eagles season-ticket holder I am reminded of a Bushism, "Fool me once, shame on me, fool me twice, shame on you."