



THE CENTURION

Bucks County Community College
 The week of April 18, 2011
 Volume: 47 Issue: 9

Obama comes to Bucks County



BY: TOM SOFIELD
 Centurion Staff

Three years after President Barack Obama campaigned at a Falls Township, Bucks County wind turbine plant he returned April 6 for a town hall meeting.

Obama, who recently announced he is running for re-election, spoke to the audi-

ence about his plan for energy independence, talked about the need for more funding for education, warned of the effects of a a government shutdown and also spoke of jobs.

“What you do here is a glimpse of the future. It’s a future where America is less dependent on foreign oil,” Obama said to the workers at

the Gamesa wind turbine plant. The Spanish-based company employees 800 people in Pennsylvania, most being at the Falls township factory and a smaller number at its nearby Middletown offices.

Gamesa was chosen by the White House to discuss the president’s plan to increase the use of wind and solar as

alternatives to foreign oil.

Gamesa employee and large SUV owner Jerry “Jazz” Holt, who has 10 children and makes an hour and a quarter commute to work, asked about the nation’s gas prices and how they could be lowered.

“There’s not much we can do next week, or two weeks from now,” Obama said. “What we can do for now is

increase oil production in the United States.”

“If you’re complaining about the price of gas and you’re only getting 8 miles a gallon, you know,” Obama said laughingly, “you might want to think about a trade-in.”

The president said we need-

▷ **Continued on page 2**

ALSO INSIDE

Addiction Generation: Hooked on pot?

Michael Berchem interviews students to find out the answer.

PAGE 4

Addiction Generation: Tattoo obsession

Blake interviews a tattoo artist to get the story.

PAGE 9

Addiction Generation: Sports fanatics

Alex Blaise talks to people addicted to sports.

PAGE 12

Obama speaks at Gamesa

► Continued from page 1

ed cars that are more fuel efficient and do not run on gasoline.

Recently the president said the United States in the next 15 years should reduce oil imports by one third and increase use of alternative energy.

Local Tea Party members gathered outside the industrial complex, which was the former home to U.S. Steel, to protest. The Tea Party members held signs. Their message was clear, “Drill More, Spend Less.”

Inside the large warehouse the president said the country doesn’t have enough oil to drill its way to energy independence.

Obama said if a politician said change will happen overnight, “they’re not telling the truth.”

President Obama said the U.S. needs to “out-innovate the world” and said the Gamesa facility is a good start.

“I want us to be the best,”

Obama stressed. “That’s how we’ll win the future.”

“We used to have the best education system in the world. We used to have the No. 1 percentage of college graduates in the world,” Obama told the

more funding and said that Bucks County Community College can be a “pipeline for new workers.”

Former Democratic congressman Patrick Murphy, a supporter of Gamesa and

The president also touched on the possible federal government shutdown that could have happened if a budget deal was not passed.

He urged lawmakers to “act like adults.”

and said that Genral Motors is planning to hire back all of the workers it laid-off during the height of the recession.

The president after the town hall meeting shook hands with members of the audience, which Gamesa officials said was nearly 500 people strong.

Once the president left and the roar of Marine One had faded, Jerry “Jazz” Holt, who asked the president the question about gas prices, said he felt President Obama answered he question sufficiently. He added, “with gas prices where they are now it’s hard, for everybody.”

Another man, a resident of Lower Southampton, asked not to be named but said, “Obama hit a lot of hot topic issues, but he didn’t offer anything new. He sounded more like a candidate making promises than a president.”

After the crowd cleared the room and workers began to break down the stage, Plant Manager Alfred Richter said that work on the wind turbines resumes “right now.”



crowd. “We don’t anymore.”

He talked about increasing funding to schools and making changes to make Americans more competitive compared to students in other nations.

Obama talked about how community colleges needed

green energy jobs in the region, attended the event. Murphy had visited the plant many times and was behind a green jobs program that helped veterans get training at Bucks County Community College and then work at the Gamesa facility.

that America’s infrastructure used to be the best in the world but in recent years is has crumbled and the country needs to improve its roads and bridges.

During the speech Obama talked about the nation’s improving job marketplace

Our obsessive, compulsive, addicted generation

BY: MIKE VESEL

Centurion Staff

The 60's were known as a time of sexual freedom. It was a time when a wildly unpopular war raged on, uniting the voices of a younger generation to rise up and protest. It was a time of experimentation. The voice of a generation, psychiatrist and drug advocate Timothy Leary, made famous a quote: “My advice to people today is as follows: If you take the game of life seriously ... you must turn on, tune in, and drop out.”

That was our parents’ and grandparents’ generation. Our generation faces similar tribulations. We are in a

time of sexual promiscuity; a time where two unpopular wars rage on, a time of not just experimentation but of abuse.

The similarities between our generation and theirs end there. Today, our generation faces more pathways to get that next high. According to the National Institute on Drug Abuse, substance abuse within the last ten years is on the rise. But we don't just face illicit substances; a large swatch of the population is “on” something. A 2006 study by Express Scripts, a consortium of pharmaceutical companies, found that up to 74 percent of the U.S population was on a prescription drug, a large proportion of

them being anti-depressants and sleep aids.

Indeed, our generation is one that may very well hop from one addiction to another. We wake up in the morning and hammer back a 16 oz Red Bull to stay normal for the day; maybe a few of us sneak into the back of school to puff a bit of pot or pop a few pills to get us through the ho-hum of college after the caffeine crash, all the while compulsively checking our Facebook status. Maybe when we get home, we escape reality for a few too many hours by playing Halo or Madden, or go out to party, binge drinking “Four Loko's” until the world fades to black.

If everybody is doped up, whether for recreation or for normalization, what effect does this have on us?

That is the question we are exploring in this collection of writing.

Join us as we explore the dark side of compulsion and dependency; the dim pathways of obsession where one wrong turn leads to a downward spiral and a rock bottom crash.

In this package, you will find stories of people struggling with their obsessions – from the compulsions of social networking, to the obsession of getting one more piece of ink; from people who devote their lives to the idol worship of sports to those who lose themselves

completely in their work, sex and porn.

In this package are the torrid tales of when addiction consumes one’s life – gambling, prescription drugs, weed and narcotics – real stories from real people whose compulsions turn to dependency.

The stories in this package are all real; from the harrowing to the downright horrifying. In some cases, names have been changed to protect the not-so-innocent.

So read on, brave soldiers of truth, as we explore our generation – a generation of compulsion, obsession and addicts.

THE CENTURION

Editors-in-Chief
Michael T. Berchem
Dan Perez

Managing Editor
Edmund C. Celiesius
Alejandra Lewandowski

Advising
Tony Rogers

To receive the Centurion’s Email Edition:
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:
The Centurion
275 Swamp Rd
Newtown, PA 18940
Centurion@bucks.edu
215.968.8379



Prescription pills

BY: ALEJANDRA LEWANDOSKI

Centurion Staff

This wasn't supposed to happen.

Justin (not his real name) needed open-heart surgery in early 2009, and was prescribed narcotics to relieve the pain. After the pain had passed, however, he kept taking them, and soon, he was hooked.

According to a 2009 National Survey on Drug Use and Health, 6 million Americans age 12 and older admitted to taking a prescription pain reliever, tranquilizer, stimulant, or sedative for non-medical purposes at least once during the past year.

The National Institute on Drug Abuse funded a study in 2010 that found that 8 percent of high school seniors had abused Vicodin and 5.1 percent had abused OxyContin, an opiate like Percocet, in the year prior to the survey.

Dr. Mark Liebreich, a Yardley family physician, has seen the prevalence of prescription pill abuse skyrocket in his 20 years of practice.

Young adults mostly abuse narcotics, painkillers such as Percocet and Vicodin, chemically similar to heroin. Less often, they'll use stimulants: Ritalin, a treatment for Attention Deficit Disorder, is commonly sought.

Patients go "doctor shopping," maybe seeing six physicians in a month.

"They play their role very well and they know how to use the system," says Dr. Liebreich.

But as abusers get savvier, physicians get smarter.

One clue that patients are after pills is that they will claim they have unusual medical allergies, that they can't take anything other than a narcotic. "They'll say, 'I'm allergic to Aspirin and Tylenol and Motrin, and the only thing that works for me, Doc, is Percocets.'"

In some states, a physician can look up a patient on computer databases by his demographics and see the

medicines he's been prescribed by any other physician. This system is not yet approved in Pennsylvania, however.

The Drug Enforcement Administration is currently proposing random drug screening for patients with prescriptions for chronic narcotics. If the patients come clean, it means that they are not taking the drugs to treat a medical condition. Most likely, they are out in the streets selling them, or giving them to family members.

Of course, most of Dr. Liebreich's patients see him for legitimate medical reasons. For discretion, he depends on how well he knows the patient. However, he must always keep in mind that some patients are those who "start with legitimate pain syndromes, who just start using more and more and more."

Dr. Liebreich does not need to state a reason for refusing to give a patient a prescription. "You can 'just say no,' like Nancy Reagan used to say."

Drug-abusing patients fall



under two categories: Those who obtain pills to use themselves, and those who seek to sell them for a profit.

Dr. Liebreich says, "I'd say the larger majority are people who are looking to get medicine to turn around and sell it, because the cost of the medicines on the street is unbelievable. One pill of Percocet may be just a couple pennies at the pharmacy, and can be sold for up to \$10 or \$12 a pill, maybe more."

Though Dr. Liebreich can

rely on clues in the office to catch a potential swindler in the act, much more power rests with the pharmacies.



At his practice, patients "are just getting a piece of paper that gives them the right to get pills. The point of access is the drugstore."

He continues, "The pharmacy will call me: 'We're really suspicious about Patient X, he's here with a prescription for either a large number of narcotics or a narcotic that you usually don't write, Dr. Liebreich.' I'll check my computer; 'No, I didn't write that. Call the police and have them meet him when he comes to pick up the prescription.'"

If the need arises, Dr. Liebreich does have the power to go to the police.

"It doesn't happen very

under your tongue for a quick rush," says Dr. Liebreich. "A narcotic pill, actually in the middle of it,

has small chemicals that... reverse the narcotic effect of the medicine, so if they try and crush it up, it neutralizes it."

"The pill manufacturers are trying to help, the pharmacists are trying to help, the computer database [compilers] are trying to help..."

Dr. Liebreich says that, from what he's read, prescription pill abuse is much more prevalent in the inner city than it is in Bucks County. But it's more prevalent here than you would think, and abuse is primarily among the young.

"There are some cases where an older patient who is on hospice getting pain medicine for their terminal cancer - the younger members of the family will take those pills and will turn around and sell them. They may be bringing this person into the doctor's office to refill their pain medicines, so it's under the older person's name, but still being abused by the younger population."

They'll even rummage through their relatives' cabinets while they're over for dinner.

Some clues include "overly frequent trips and taking a long time during bathroom visits...listen for the sound of water running for an extended time to disguise the noise of cabinets and drawers opening and closing," writes Melanie Haiken in an online article, "20 Secret Signs of Addiction."

"When visiting a home with more than one bathroom, a drug user will find excuses to use a different

bathroom each time."

Says Dr. Liebreich, "Teenagers, for a party, will just grab whatever pills they find in their parents' house; everybody dumps them in a bowl, stirs them up, and takes a couple pills. It could be blood pressure medicine, it could be a Vicodin, it could be a vitamin, who knows?"

Is all the fun worth the consequences?

"For the younger generation, it's usually jail. For the older generation... they are affected financially, they may ruin their relationship with their spouse or significant other, even their family... and end up out on the streets." The trick is breaking the fall before it's too late.

Drug rehabilitation, not quite a cure-all, has mixed rates of success.

"It depends why the person is going into rehab. If they're going in because they want to get better, the success rate is high. But a lot of people go in there either because their spouse or legal issues forces them... they'll go through the motions, but the odds of them staying clean and sober are very low."

Justin, who swiftly moved from prescription drugs to hard narcotics, spent over a month in rehab to wrench himself away from heroin, then went back to pills.

Dr. Liebreich adds, "Some people just need to get out of the environment that has got them addicted in the first place, so if they go to a rehab around the corner, it's not the same. Their friends can come and visit them, and say, 'Hey, man, what are you doing in here?'"

Complete removal from their typical environment, Dr. Liebreich believes, is beneficial for the patient.

Justin is now in recovery - or at least, he says he is. He now says his open-heart surgery was the start of the narcotic addiction that sucked up two years of his life. He's not searching for an excuse anymore - he's trying to move on.

Is pot really addictive?

BY: MICHAEL T. BERCHEM

Centurion Staff

It's Friday night, you're off from work and hanging out with your buddies. One of them brings out a joint and wants to know if you want to smoke it. Now is the time to decide what to do. Do you give in and smoke the weed, or not?

Chances are you will smoke that joint.

According to the Office of National Drug Control Policy's website, 46.8 percent of college students have used marijuana over their lifetime.

A non-scientific random survey was conducted at Bucks. Fifty students were chosen at random to answer several questions. Out of those 50 students, 46 reported that they smoke or have smoked weed. Then they were asked how much they smoke. The average number of times marijuana was smoked in a month was a staggering 41 times.

Walter, 20, a former student at Bucks, openly admits he smokes weed. Asked whether he thinks marijuana is addictive, Walter had an interesting response.

"I believe weed is whatever the smoker makes it out to be. Personally I am not addicted."

Some people are not as lucky as Walter is; some must go to rehab for their abuse of marijuana.

ongoing negative consequences, which may lead to tolerance or withdrawal symptoms when the sub-

different responses as to why they smoke.

Brian, 20, a liberal arts major at Bucks, said, "No,

named, but goes by the name "Tye-Dye," says, "I don't believe that it is physically addictive. I do believe that people can develop a dependence on it. You always hear about a psychological dependence, I guess it called. It's not the kind of drug where if you stopped smoking it you would go through withdrawal. It's more like if you run out then you're bummed you don't have anymore."

But that question can wait until later. There are various reasons people start smoking, and why they continue to do it. Everyone interviewed for this article explained why they smoke and they all gave different reasons, but they all had one thing in common: They said marijuana relaxes them.

Let's start with Brian. Brian says, "I smoke because it's fun and helps me relax. Like all the friends I have made just because of a simple plant."

Walter says he smokes for a different reason. He says, "I smoke weed to relax, for my anxiety. I also smoke because I enjoy tasting different strains."

Zack said, "Honest answer, I started smoking because of boredom. Boredom and because it kept me sane."

All three of these guys all smoke because it relaxes them, but they also have their own unique reasons for smoking.

Nick goes into a bit more detail for his reason for smoking. He says, "I smoke weed because it helps relax me. It helps de-stress me, it helps me eat and it helps me sleep. When I don't smoke I have problems eating and have weight issues."

"I have sleeping issues, so when I smoke it helps me fall asleep at night. It helps with anxiety problems, and I generally find it to be more enjoyable then relaxing with a drink. I enjoy smoking a bowl alot more than I enjoy drinking."

As to the question of whether or not weed is an addictive drug or not, Amanda sums it up the best: "It's mentally addictive," she said.



According to Psychcentral.com's facts about marijuana, in 1994 more than 137,564 people went to rehab for their dependence of weed.

A recent Time magazine article reported that about 10 percent of people who smoke marijuana can be considered addicted, according to the definition laid out in the Diagnostic and Statistical Manual of Mental Disorders, psychiatry's handbook of all mental conditions. By the book, addiction is the compulsive use of a substance despite

stance is stopped.

Amanda, 20, a Bucks student, knows about this first hand. She says, "Addiction is when, even though you know there are negative consequences, you still do the drug, and from personal experience I knew someone who put smoking weed before everything."

The survey at Bucks found that out of the 50 people questioned, exactly half thought marijuana was addictive, while the other half said there is nothing addictive about weed. Students at Bucks all had

weed is not addictive at all. I have stopped smoking before and have never gone through withdrawal of any kind."

Zack is a student at Bucks who has had some problems with drugs in the past, and is now clean. He is on the fence as to whether marijuana is addictive.

"I didn't think it was addictive because it was just weed, you know what I mean? But that was when I was doing other stuff too, you know?"

Another student at Bucks who did not want to be



Arts at Bucks 2011

Gateway Auditorium	9 AM-8 PM; Saturday, 9 AM-12 PM.	PM.			
L'isola dei Sordobimbi (The Island of Deaf Children) US Premiere and discussion with director Stefano Cattini. An Italian documentary nominated for the David di Donatello (the Italian Oscar) in 2010, the film follows a year in the lives of deaf children in a school near Modena, Italy. Though stranded on an island as the title suggests, these special children thrive in bright colors and loud gestures. Their touching story illuminates how we all learn and overcome adversities. In Italian, with English subtitles. A reception follows. Admission is free. 7:00 p.m.	TUESDAY, APRIL 26 Hicks Art Center Gallery	SUNDAY, MAY 1 Hicks Art Center Gallery	46th Annual Student Exhibition Reception Student award ceremony at 2 p.m. 1 - 4 p.m. Artmobile	BCCC Madrigal Singers The College's select vocal ensemble, under the direction of Rochelle Milhous, performs advanced repertoire representing diverse historical, cultural, and stylistic backgrounds and genres. 7:30 p.m. Hicks Art Center Gallery	The New York Times has called Uri Caine "a ferociously versatile jazz musician known for playing fluid funk, fusion and traditional jazz as a fixture in New York's downtown music scene." General admission \$10. To purchase tickets, visit www.bucks.edu/tickets . 8 p.m. Hicks Art Center Gallery
THURSDAY, APRIL 21 Gateway Auditorium	WEDNESDAY, APRIL 27 Gateway Auditorium		transFORMATION: Art Made with Recycled & Reused Materials An interactive exhibition for all ages featuring 32 artists who use cast-off objects to create books, prints, assemblages, sculpture, furniture and fashion. The Artmobile is parked across from 3-D Arts Building. 10 a.m. - 2 p.m. Hicks 100	46th Annual Student Exhibition through Saturday, May 7. Hours: Monday and Friday, 9 AM-4 PM; Tuesday, Wednesday, Thursday, 9 AM-8 PM; Saturday, 9 AM-12 PM.	46th Annual Student Exhibition through Saturday, May 7. Hours: Monday and Friday, 9 AM-4 PM; Tuesday, Wednesday, Thursday, 9 AM-8 PM; Saturday, 9 AM-12 PM.
Addicted Written and directed by Shelli Pentimall Bookler, this play is performed by BCCC students. Based on true stories, Addicted follows six young adults addicted to drugs and alcohol and their path to recovery. BCCC music students perform live jazz before the play and during intermission. \$7 General Admission - \$5 Students with ID 8:00 p.m.	Monkadelphia Saxophone legend Dave Liebman writes "Here's a group of musicians who have dedicated themselves to the music of the great Thelonious Monk. Monkadelphia puts a spin on the music while respecting its integrity and sustaining the underlying humor and passion, which marks this amazing repertoire. They are definitely enjoying themselves as you will, too!" General admission \$10. To purchase tickets, visit www.bucks.edu/tickets 8:00 p.m. Hicks Art Center Gallery	Student Art & Craft Sale Jewelry, ceramics, wood and printmaking. Hicks 100 or Music & Multimedia Courtyard (weather permitting) 1 - 4 p.m. Hicks Art Center	Open Studios Ceramics, Room 001; Fine Woodworking, Room 130; Jewelry, Room 111; Photography, Rooms 118 & 120; Printmaking, Room 106. 1 - 4 p.m. Hicks Art Center 130	"The Cosmic Ball Game: The Maya Epic The Popol Vuh" The BCCC Oral Interpretation class, directed by Douglas Rosentrater, performs a multi-voice readers' theatre of selections from the 16th-century Central American religious epic. 9:30 - 10:45 a.m. Presser Room MMMC 001	Film Festival The Department of the Arts presents a juried selection of student produced and directed films. 6 p.m. Hicks Art Center Gallery
FRIDAY, APRIL 22 Gateway Auditorium	46th Annual Student Exhibition through Saturday, May 7. Hours: Monday and Friday, 9 AM-4 PM; Tuesday, Wednesday, Thursday, 9 AM-8 PM; Saturday, 9 AM-12 PM.	Woodturning Demonstration Fine Woodworking, Room 130 1 - 2 p.m. Hicks Art Center 106		BCCC Low Brass Ensemble Selections from the late Baroque to the Modern era will be performed under the direction of Karl I. Megules. 7:30 p.m. Hicks Art Center Gallery	46th Annual Student Exhibition through Saturday, May 7. Hours: Monday and Friday, 9 AM-4 PM; Tuesday, Wednesday, Thursday, 9 AM-8 PM; Saturday, 9 AM-12 PM.
Addicted Written and directed by Shelli Pentimall Bookler, this play is performed by BCCC students. Based on true stories, Addicted follows six young adults addicted to drugs and alcohol and their path to recovery. BCCC music students perform live jazz before the play and during intermission. \$7 General Admission - \$5 Students with ID 8:00 p.m.	THURSDAY, APRIL 28 Hicks Art Center Gallery	Silkscreening T-shirts outside Hicks Art Center (weather permitting) or Hicks 106 1 - 4 p.m. Hicks Art Center 120	Large Format Digital Printing Photography, Room 120 1 - 4 p.m. 3-D Arts Building 010	46th Annual Student Exhibition through Saturday, May 7. Hours: Monday and Friday, 9 AM-4 PM; Tuesday, Wednesday, Thursday, 9 AM-8 PM; Saturday, 9 AM-12 PM.	
SATURDAY, APRIL 23 Gateway Auditorium	FRIDAY, APRIL 29 Gateway Auditorium	Glassblowing Open Studio & Demonstrations Hot glass will be worked by teams of students. Demonstrations of different glassblowing techniques will be given throughout the afternoon. 1 - 4 p.m. 3-D Arts Building Metal/Foundry		WEDNESDAY, MAY 4 Presser Room MMMC 001	SATURDAY, MAY 7 Hicks Art Center Gallery
Addicted Written and directed by Shelli Pentimall Bookler, this play is performed by BCCC students. Based on true stories, Addicted follows six young adults addicted to drugs and alcohol and their path to recovery. BCCC music students perform live jazz before the play and during intermission. \$7 General Admission - \$5 Students with ID 8:00 p.m. Hicks Art Center Gallery	Improv Comedy Performance BCCC students and alumni perform improvised comedy sketches under the direction of faculty member Bill McLaughlin. Admission is \$5. 7:00 p.m. Hicks Art Center Gallery	Bronze Foundry Pour Demonstration The process of creating bronze sculpture will be explained as molten bronze is heated in a furnace and poured into molds by a team of artists. 3 p.m.		BCCC Percussion Ensemble Combining the unique sounds of varied percussion instruments, students perform classical and jazz selections under the direction of Mark Pultorak. 7:30 p.m. Hicks Art Center Gallery	46th Annual Student Exhibition through Saturday, May 7. Hours: Monday and Friday, 9 AM-4 PM; Tuesday, Wednesday, Thursday, 9 AM-8 PM; Saturday, 9 AM-12 PM.
46th Annual Student Exhibition through Saturday, May 7. Hours: Monday and Friday, 9 AM-4 PM; Tuesday, Wednesday, Thursday, 9 AM-8 PM; Saturday, 9 AM-12 PM.	SATURDAY, APRIL 30 Gateway Auditorium	MONDAY, MAY 2 Artmobile	transFORMATION: Art Made with Recycled & Reused Materials An interactive exhibition for all ages featuring 32 artists who use cast-off objects to create books, prints, assemblages, sculpture, furniture and fashion. The Artmobile is parked across from 3-D Arts Building. 10 a.m. - 2 p.m. Presser Room MMMC 001	THURSDAY, MAY 5 Penn Hall 253	MONDAY, MAY 9 Presser Room MMMC 001
MONDAY, APRIL 25 Hicks Art Center Gallery	Improv Comedy Performance BCCC students and alumni perform improvised comedy sketches under the direction of faculty member Bill McLaughlin. Admission is \$5. 7:00 p.m. Hicks Art Center Gallery			BCCC Concert Choir The BCCC Concert Choir, under the direction of Rochelle Milhous and accompanied by Edward Ferdinand, performs a program of stylistically diverse repertoire. 7:30 p.m.	BCCC Jazz Orchestra Under the direction of Jeff Baumeister, the Jazz Orchestra performs diverse repertoire and features the music of jazz legend Thad Jones.
46th Annual Student Exhibition through Saturday, May 7. Hours: Monday and Friday, 9 AM-4 PM; Tuesday, Wednesday, Thursday, 9 AM-8 PM; Saturday, 9 AM-12 PM.	46th Annual Student Exhibition through Saturday, May 7. Hours: Monday and Friday, 9 AM-4 PM; Tuesday, Wednesday, Thursday, 9 AM-8 PM; Saturday, 9 AM-12 PM.			THURSDAY, MAY 12 Gateway Auditorium	

Foreign Film Event

L'isola dei sordobimbi



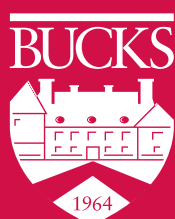
Tuesday, April 19, 7pm

Newtown Campus, Gateway Auditorium

Director Stefano Cattini
will travel from Italy to join
us for a Q&A session after the film

This moving and powerful documentary film tells the story of deaf children in the Santa Croce school in Carpi, Italy, a small town not far from Modena. The film dramatizes with remarkable sensitivity the challenges that these children face in learning language.

For more information visit www.bucks.edu
smolenc@bucks.edu • 215-968-8168 or rusnakm@bucks.edu • 215-968-8169



Bucks County Community College

Newtown • Bristol • Perkasi • Bucks.edu

Where to learn. Where to return.

Aspiring artists unveil artwork

BY CHRISTOPHER WIRTH

Centurion Staff

Students of Bucks' Early Learning Center (ELC) cut the ribbon recently on their newly created art exhibit in the Bucks library, a showcase of artwork created solely by the children.

Ranging from age 2 to 5, the children were engaged in three separate projects – photography, iPad art, and printmaking – and had been working on them since Jan.

The project was made possible by a \$16,450 grant given from the PNC Foundation. Started by PNC's "Grow Up Great" program, it "will allow ELC to expand creative arts and science programs over the next two years," according to a Bucks newsletter.

For the photography project, the children were given a point-and-shoot digital camera and free reign to roam around campus and, by themselves, take the photographs – under adult supervision, but not influence.

Jonathan Gay, a 2009 Bucks graduate who spearheaded the project, said, "I stress the 'by themselves' part because the photographs these kids took look

education. He is also featured on page 64 of the Bucks course catalogue for 2010-2012.

Gay use to work at the ELC preschool while he

young artists with a congratulatory speech.

"You guys did so well," Gay said. "And you did it all by yourself. Some people thought these were done by college students. That's how good they are."

The photographs now sit in three large glass cases near the library entrance.

"The library loves to participate in this, and of course, we love having the kids in the library," said Library Director, Linda McCann. The exhibit will remain standing for the next week for anyone, from students, to parents, to faculty, to enjoy.

The iPad art project was a brainchild of Gay's. "I wanted to do a project using the iPad, but the big challenge I faced was finding the right program," he said. A spokesperson from the company that designed the application Gay used said that the project broke age restrictions more than she

had ever seen with their application.

The printmaking project was also a huge success. Hanging up in the corridor leading into the cafeteria from the book store are over two dozen colorful prints. "It was really great to see how shocked the kids were when I showed them that a print could be reapplied again and again," Gay said. "It was as if the project took on a magical sense when I showed them that."

The ELC at Bucks is a day-care center licensed by the Pennsylvania Department of Public Welfare and is accredited by the National Association for the Education of Young Children. The Newtown location also earned a four-star rating, the highest possible, from the Keystone STARS childcare quality initiative of the Pennsylvania Department of Public Welfare.

The children's iPad art can be seen online at www.artoftheipad.tumblr.com.



professional. I want to make sure everyone knows that there was no help from me."

Gay graduated from Bucks with an associate's degree in early childhood

attended Bucks and still makes frequent visits to work one-on-one with the kids.

At the ribbon cutting ceremony, Gay greeted his

Students give Bucks sky-high marks in big survey

BY: KIMBERLY KRATZ

Centurion Staff

A college-wide satisfaction survey of students revealed that a jaw-dropping 97.9 percent of respondents would recommend Bucks to family and friends.

Respondents gave a solid B+ to the college in four key areas: being treated as an individual, having their efforts as a student supported, being provided the services they need and being challenged academically.

Dean Catherine McElroy said of the results, "The fact that so many of them took the time to write their comments out -- and candid comments, that I am sure that the information that we got is reliable."

She added, "Of course we want it to be 100 percent, and that's what we're striving for. You know, we're not going to rest on 98, but we're happy that that's our starting point."

The survey was posted on WebAdvisor at the same time as final grades to obtain the maximum possible response from all students enrolled at Bucks during the fall 2010 semester. It



was the brainchild of McElroy, Dean of Academic and Curricular Services, Christine Boyle, director of Institutional Research, the Assistant Dean of Enrollment Services, Elizabeth Kulick, and Bill Ford, executive assistant to the Provost.

Designed similarly to the annual "President's Survey of Graduates" and the "Graduating Students' Exit Survey," which are limited

only to graduating students, this was an effort to garner information from a wider range of students.

This group offered survey participants the chance to enter a raffle for an iPad, provided they gave their name. This move proved significant. While graduate survey response rates tend to be low, 550 students participated in this survey.

"The response rate was excellent, the comments were well thought out, they were articulate and they are useful to us," said McElroy.

The results of the survey have been distributed and reviewed by President James Linksz, the president's staff, the Deans' Council, Student Services, and all of the assistant academic deans who head the departments.

In the past, surveys have shaped a variety of college decisions from scheduling of classes to modular course offerings. As changes are made, frequent assessment of students needs will monitor effects to insure continued success.

When asked whether there were any specific changes that will happen as a result of the fall survey, McElroy said, "It's a little too early to say that. I know that there will be a lot of discussion and I'm sure there will be some changes, but at this point I can't say what specific changes. We'll need a little bit more time."

She did say that without a doubt, another survey will be done in the spring and it's likely that more frequent surveys will help the college monitor changes made as a direct result of student input.

The student's opinion does count, especially for Donna Parks Smutnik, who

is in the medical billing and coding certificate program at Bucks. She won the iPad.

Smutnik's reaction? "I was shocked, I did not remember that anything was being awarded," she said.

Asked whether she thought that the iPad raffle may have colored the results, she said "no." Confirming McElroy's assertion that the survey answers were generally reliable, Smutnik added, "As I said, I did not remember there being one given away. I feel that answering the survey can help your experience and that of future students." Furthermore, she had responded in all of the comment areas offered.

The iPad was a double bonus for her family too. Smutnik had not planned on buying an iPad because she already had a laptop. Her son was going to buy a new laptop, but when she won the iPad, she gave the laptop to him.

The addiction to texting

BY: ROSALIE NAPOLI

Centurion Staff

From morning to night, throughout all of her activities during the day, Natalie Gomez is one of many who cannot resist a text.

"I text pretty much from the moment I wake up to the moment I go to bed. I'm constantly holding my phone in my hands and don't go anywhere without it," Gomez said.

Gomez, who is a student at Bucks, estimated the average number of texts she sends in one day: "I think I send anywhere from 300-450 texts a day."

However, Gomez is not alone. Another Bucks student who seems to have an addiction to texting is Kelly Votta.

"On an average day, I probably send at least 80-100 text messages, if not more. It's just the way my friends and I communicate with each other, rather than calling one another for every little thing.

"I also have unlimited texting, so it's a lot easier to just use as many texts as I need, instead of spending more money to call someone," she said.

Her addiction does not stop with the texting; she also uses her phone for email and web surfing.

"I am definitely addicted to my iPhone; ever since I got it, I have been obsessed. I use it non-stop," she commented.

Although this seems to be an addiction that many generations have adapted to, it can start to interfere with

everyday activities.

"I don't usually text in the Internet on my phone, which is \$30 a month,"

extends a driver's reaction as much as having a blood



class, but I see a lot of people do and they do it in plain sight of the teacher, but I guess the teachers don't really care, because they rarely ever say anything," Gomez said of fellow classmates.

Many teachers seem to be adapting to this trend as well. Rather than punish the students, most seem to not care.

"I only text or use my phone in class if the teacher doesn't seem to care. But I did get caught once in high school and got my phone taken away, so I've been more careful since then," Votta says.

Of course, this is not very cheap, either, because so many texters now use their phones for Internet purposes, which adds to bill.

"We have a family plan, and all together it's like, \$160 I think? I only pay for

Gomez estimated.

This is not to mention that the phones themselves cost a good deal of money.

According to Verizonwireless.com, the cheapest price for the new iPhone 4 is \$199.99, and that is with a new two-year contract, which deducts \$450 from the original price.

The scary part is that class work is not the only thing that texters disengage from, but driving as well.

During a study CBS News did in 2010, they calculated that 6,000 deaths were caused by texting while driving the year before.

Texting and driving, it has been said by man sources, may be just as fatal as drunk driving, or maybe even worse.

Nationwide.com stated, "Distraction from cell phone use while driving (hand held or hands free)

alcohol concentration at the legal limit of .08 percent (University of Utah)."

The website also stated that, while someone is texting and driving, it reduces the cognitive focus on driving by 37 percent.

A website created by the National Safety Council stated that "at least 28 percent of all traffic crashes – or at least 1.6 million crashes each year – are caused by drivers using cell phones and texting.

NSC estimates that 1.4 million crashes each year are caused by drivers using cell phones, and a minimum of 200,000 additional crashes each year are caused by drivers who are texting."

Many are trying to put an end to this, before it puts an end to any more lives.

According to the Governors Highway Safety Association, as of March

2011, 30 states in America, as well as Guam and D.C., have banned texting and driving, and they are not the only organization who is trying to put a stop to this.

In 2010, Oprah Winfrey and Harpo Studios started a pledge called No Phone Zone, in which she asks that everyone involved sign the pledge to stop texting and driving. According to Oprah's website, many celebrities have signed the pledge, including Jerry Seinfeld, Lady Antebellum and Sandra Bullock.

It is not just open to celebrities, but to anyone who visits her website, which had 423,330 pledges in April.

As technology advances, addictions seem to follow that trend. With the new types of phones and new features that develop comes responsibility.

There are not just safety concerns about the obsession that texting has created, but just awareness that this may disconnect the socialization for generations to come.

Just in the past few years, this has become a problem; it seems as if no one can put their phone down, which raises the question, is this is really becoming an obsession, or an addiction?

It has come to the point where many people are so engrossed in their "smart" phones, that they lack the quality of being "smart" themselves.

Student government elections

BY: NICOLETTE KAMPF

Centurion Staff

Bucks will be holding Student Government Association (SGA) elections from April 18 to the 22, and voting will take place online.

There are a total of 10 positions available in SGA including President, Vice President of Executive Orders, Executive Treasurer, Councilor for Student Involvement, and



Councilor for Clubs and Organizations.

Students who would like to vote in the upcoming election will be able to vote online at <https://eBallot.votenet.com/bucks>, by signing in with their Bucks student ID.

Candidates have to be enrolled at Bucks with three or more credits, and have a cumulative grade point average of 2.0 or better, which they must maintain.

Elected students will be

sworn in to their positions at the Student Awards Luncheon in May.

SGA meetings will be held each Tuesday at 12:30 pm in the SGA in Room 111 in the Rollins Student Center.

For more information please contact Matthew Cipriano, director of Student Life Programs at cipriano@bucks.edu or visit the Student Life Center in the Rollins Building.

Tattoo passion

BY: BLAKE HALBHERR

Centurion Staff

Tattoo artist Dave, a tall Italian from New York with dark black hair, is covered from head to toe in ink, and still doesn't think he has enough. It's safe to say that Dave is addicted to tattoos and is proud of it.

It all started when he was around 7 or 8 years old, when he started drawing a lot. He drew everything from people to cars. Dave said, "It was just like second nature to me and I love to draw."

But these drawings could only go so far, and couldn't be anything more than just on paper.

When Dave was just 14 years old he got his first tattoo of a pencil and paper at a little tattoo shop in Brooklyn. He didn't understand the risks associated with getting a tattoo.

Since tattoos involve needles and blood, they carry several risks. These include transmission of diseases like hepatitis, tuberculosis and possibly HIV.

But when tattoo artists follow all the correct sterilization and sanitation procedures, risks for disease transmission are relatively low.

According to the Centers for Disease Control and Prevention (CDC), there has not been a documented case of HIV transmission from a tattoo.

However, doctors warn that non-sterile tattooing practices can lead to the transmission of syphilis, hepatitis B and other infectious organisms, according to www.health.howstuffworks.com.

Dave got the tattoo on his left leg above his calf. He said, "I was a tough younger kid and it didn't hurt much at all." It wasn't the best tattoo or the most eye-catching, but it meant a lot to Dave. From there the tattoos started to spread on Dave like a wildfire.

Some people seem to use tattoos to dull emotional pain. As one person wrote on wisegeek.com, "I found myself getting tattooed every time I went through

an emotional phase. Relationship or life issues, I would head straight to the

him he wanted to turn his drawings into tattoos. The tattoo artist gave Dave a

ed a tattoo of a cross. He let Dave figure out the rest of the details. Dave was really

noises every time it moved; it looked like an old dentist's chair, Dave said.

After a couple hours of drilling passed, Dave was finished with his first customer. The tattoo came out perfectly, just the way the customer wanted it. From that time on Dave has only done black and gray tattoos and plans on continuing with his art.

Dave had his own shop in King of Prussia, but it was only open for six years. After that he moved to a shop in Feasterville.

Dave has entered contests in downtown Philadelphia, and came in second place in black and gray tattoos. He has also had the chance to tattoo Sheldon Brown, an ex-Philadelphia Eagle. He even had the chance to tattoo a couple draft picks that the Eagles had a few years back.

Dave still has his passion for tattoos, and will for the rest of his life. It's like his art, he says. His job is doing something he loves and getting paid for it. Dave says, "What more could you ask for?"



parlor..."

Dave started getting tattoos just for fun, or if he was in a good mood. He would even get a tattoo just because he was mad at something, and wanted to feel some pain.

Dave would get tattoos of gory faces like you see in horror movies. He even has a tattoo on his face, under his eye, as if it were leaking blood.

Dave says, "tattoos are addicting, you can ask anybody who gets their first tattoo, they want more."

Doctor Mryna Armstrong of Texas Tech University says there could be some addiction among tattoo buffs but the issue really hasn't been studied. People with multiple tattoos may just like the process, she explained according to www.kotatv.com.

Dave said, "I'm proud of all my tattoos, it's all my thoughts and drawings that I'm covered in." He said that he and his friends are all covered in tattoos and he thinks that's normal.

Dave became friends with the artist at the little tattoo shop in Brooklyn, and told

shot to see what he could do.

The artist taught him everything he knew from how to hold the needle to what colors to use. Dave loved every second of it, and eventually it was time for him to tattoo his first customer.

Dave was 20 then. He was very nervous on the inside, but on the outside he was calm and ready. The customer, whose mother had recently passed away, want-

excited and wanted to do a black and gray tattoo with cracks in the cross like broken glass. Dave's drawing came out just the way he wanted it to look. The customer was very pleased and wanted the tattoo as soon as possible.

Since it was Dave's first customer he had an open schedule and got things set up. He made sure all his needles were working. The alcohol bottles were full. The chair made screeching



Bucks journalism students look to the web for high-tech learning

BY: KIMBERLY KRATZ

Centurion Staff

In a new webcasting production class, Bucks students produce the video news reports that appear on Bucks website and on the HD monitors located around campus.

The class is a required course for journalism majors. It gives students real-world experience in webcasting, part of today's tools needed by most journalists.

"It's definately new and exciting," says Alejandra Lewandowski, journalism major and tech assistant for the new course entitled Webcast News Production. Speaking as one of the "guinea pigs," one of the first to take on the new class in the fall semester of 2011 she said, "Webcasting is the future of journalism. It's important to be able to have those skills — the editing skills, the camera skills. Multimedia is where it's at, especially online."

Journalism Professor Tony Rogers agrees, saying, "It's part and parcel of the future of the news business. It's no longer enough for journalists to just know how to write and report. They need to know how to use the tools of multimedia journalism, and this is part of that."

"Tony [Rogers] presided over it, but it was pretty much up to us to take it in the direction we wanted," explained Lewandowski. "None of us knew quite what was involved so we had to kind of start from scratch. The college provided the cameras and the software."

Rogers reiterated that saying, "the class is a work in progress. One thing I've learned is that it takes longer for students to edit their videos than I'd thought it would, so we can't produce as many videos a semester as I'd first hoped. But I've also learned that most students have a pretty intuitive sense of what a video news report should look like, so that makes things easier."

"There's a lot of creativity.

People can come in with a lot of footage and anybody could sit with it and divide it up in lots of different ways," and each would do something different with it Lewandowski says. Her excitement for the process is apparent when she talks about the editing. She says, "Like five hours will go by and you won't even notice."

with 45 minutes of footage to edit down into a short finished product.

This semester, Rogers is teaching Windows Movie Maker too, a simpler program to learn but with fewer capabilities than Premiere Pro offers. "This semester, I'm helping out," Lewandowski said as she has used Windows Movie

she said, hammers the point that a crowded cafeteria is not the place to get good audio.

Lewandowski has learned a few things through trial and error. For example, "the viewfinder is a little larger than what your camera actually records. So if you are too close on somebody's face, you'll cut their

Pro is designed to work on 64 bit computers and all of the computers in the journalism lab are 32 bit.

The class has its own area where the webcasts are posted called "View from Bucks" at

<http://www.bucks.edu/~rogerst/viewfrombucks.htm>. Once webcasts are completed, they are placed on



The class began with students learning to use the Adobe Premiere Pro software, a complex video editing program. "Matt Stanley, a video editor for the Bucks County Courier Times came in and taught us. He uses Premiere Pro and he demonstrated it for us, so we learned a lot," said Lewandowski.

Premiere Pro can be a challenging program to master because it is such a powerful editing tool. "It's very advanced software," Lewandowski says. Echoing Rogers' sentiments, "videos," she says, "take a long time to edit." It's not unusual to come to class

Maker in the past and will share her knowledge with the class.

The software is not the only focus of the course. Part of the course is broadcast writing, a more conversational style than hard news reporting. Rogers also teaches about the cameras and shooting footage.

With camera work Lewandowski learned that, "You have to find a place where you have good audio. It's not essential that you have good quality video. It's essential that you have good quality audio. Poor quality audio will ruin everything. That's actually more important." Rogers,

head off," she said. Naturally, there are the minor technical details like making sure the microphone is turned on. "Even if it's plugged into the camera, if it's not turned on, you'll get no audio," she said. "Having been through the class once and seen these issues, I know them."

The course covers other technical issues such as transferring files from camera to computer. The camera must be plugged in, and videos saved to the desktop and jump drives. As Lewandowski put it, "save, save, save. The program tends to crash." This she believes is because Premiere

the HD monitors outside the cafeteria, outside the Gateway auditorium and in the Founders lobby around the Newtown campus. They run Monday thru Friday from 12:30 to 1:30. The videos cover all sorts of topics like student opinion, profiles of particular professors or students and campus events.

The Webcast News Production course was fun for Lewandowski. As she put it, "It's exciting because it's something new and it's exciting for me personally because I found that I've got a knack for it."

Workaholics

BY: DAN NUSKEY

Centurion Staff

Kevin Jones, 20, a student at Bucks, goes through many ups and downs throughout the week as he juggles working two jobs and going to school full-time.

Jones, who is a secondary education major, studies and attends classes four days a week.

He also works at Hot Topic and Carrabba's Italian Grill, which amounts to a 40-hour work week. Jones also has to find time for studying and his social life.

Jones works very hard on his academics, but the only time he can study is late at night. He attends school from 8-2 then goes straight to work from 3-10.

"It is a very hectic schedule I deal with but, I really hope all this hard work pays off one day," said Jones optimistically.

He added, "I really enjoy doing it, and I feel as [if] I am doing something productive. Yes, sometimes it is too much, but most of the time I say give me more."

With his strong will and determination to be successful in life Jones does all he can to get a leg up in the

world.

But the work overload can create also stress.

"I try to finish my work as fast as possible right before it's due," Jones says. "I do get anxiety when I know I

hard becomes an addiction, it's workaholism, a very real affliction with many negative consequences.

The dictionary defines workaholic as "a person who works compulsively at

with sloppy results.

The relentless workaholic is an adrenaline junkie who often takes on more work than can possibly be done. They tend to work too fast, or are too busy for careful, thorough results.

The attention-deficit workaholic often starts with a fury, but fails to finish projects because they lose interest. They often savor the "brainstorming" aspects but get bored with the necessary details

attempted suicide.

Workaholic students often see a decline in the quality of their school work.

Dr. Edmund Neuhaus, director of the Behavioral Health Partial Hospital Program at McLean Hospital in Belmont, Mass. tells WebMD that "if you're working to the exclusion of your family, your marriage, other relationships, and your life is out of balance, or your physical health is out of balance - when work takes an exclusive priority to everything else, that's the more extreme end of the spectrum where it becomes a problem,"

According to an official from Workaholics Anonymous, many people suffer from being workaholics.

But there are many things people can do to help themselves.

At Workaholics Anonymous, sufferers can attend meetings and take part in a 12-step program to help them on the road to recovery.

Workaholics Anonymous has even published a book, "Workaholics Anonymous Book of Recovery," to help individuals overcome the addiction.



am struggling to get my work done, knowing that it is due."

It seems that Jones is not alone; today most college students in America are working while going to school - 78 percent by one estimate.

This is not necessarily a bad thing; it can help build a sense of independence and responsibility.

Jones probably isn't a workaholic, just a hard worker. But when working

the expense of other pursuits."

According to medicinenet.com, research indicates four distinct workaholic types:

The bulimic workaholic feels the job must be done perfectly or not at all. Bulimic workaholics often can't get started on projects, and then scramble to complete them by the deadline. They work frantically on a project to the point of exhaustion, and end up

or follow-through.

The savoring workaholic is slow, methodical, and overly thorough. They have trouble letting go of projects and don't work well with others. These are usually perfectionists, frequently missing deadlines because "it's not perfect."

Doctors and medical specialists say that working too much or overworking can be very unhealthy. Symptoms include anxiety, depression, ulcers, and

Bucks mash-up contest

BY: TABITHA GIDDINGS

Centurion Staff

The Bucks Mash-up Contest is a new way for students at Bucks to present research in different way.

The program started in 2009 as a new way for students at Bucks to research a particular project.

The program's website, <http://www.bucks.edu/mashup/index.php>, states, "The contest demonstrates and promotes media literacy and effective assignment design."

The creators of the multimedia mash-up program - Jim Sell, Kelly Sell and Marilyn Puchalski - created

the program to "spark the interest of faculty and students and create an alternative to the traditional paper," says Jackie Fritz.

Fritz is the co-chair of the mash-up team. She has been a member of the team since 2010.

Fritz also teaches an INTG Food and Society course at Bucks and is the Faculty Liaison for Teaching and Learning Technology Roundtable (TLTR).

The mash-up contest project was modeled from a program used at the University of Pennsylvania.

The contest has grown in popularity; in 2009 there

were seven entries, last year there were 24.

"They were getting such great results and enthusiasm from the students at Penn. That was another reason why the contest was brought over to the Bucks community," Fritz said.

One way to enter into the Mash-up contest requires completing the project as an assignment given by an instructor during the semester. This is to encourage faculty to make use of this option as an academic tool for students.

Students learn to incorporate different multi-media in ways that are not tradi-

tionally used. "The contest benefits visual and tactile learners," Fritz said.

In a ceremony entitled "The Tyler," winners of the contest are awarded cash prizes. There are three categories: Best group mash-up, best individual mash-up and runner up.

Panels of judges choose the winner based on a rubric which takes into consideration five areas for of the presentations: Clarity and consistency, coherency, content and knowledge, creativity and originality and citation.

Bucks Alumni Association sponsors the contest and

participates in the award ceremony. This is the second year the association has sponsored the contest.

Tobi Bruhn, executive director of the Bucks Alumni Association said, "This kind of contest inspires the creativity of our current students. We wanted to make sure we can help in sponsoring such a creative way of how students express their views and opinions."

The deadline for entering the contest was April 15.

Binge drinking

BY: JAMES O'NEILL

Centurion Staff

On paper, Cory, 19, a business student from Levittown, appeared to be a model student and citizen.

He graduated in the top fifteen percent of his large high school, where he played rugby and football in addition to participating in the theater program and being a member of the debate team. Funny, polite and respectful, the tall, athletic young man was well-liked among his large group of friends. In high school and into his freshmen year of college, he had been in a steady relationship with a girl he had been best friends with since elementary school.

The oldest of three children, Cory will be the first to tell you that his parents were wonderful as he grew up, that he always had a very healthy and supportive relationship with them. His younger siblings looked up into him, particularly his younger brother Chad, and he got to see his grandparents and extended family often.

So why is all this in the past tense? Why all the "looked, played, was" comments? Because Cory, like many people before him, turned to alcohol for happiness. Worse, like a growing number of people- ranging from middle school stu-

victim of binge drinking a little too much and a little too often.

According to the National Institute on Alcohol Abuse and Alcoholism (NIAAA) binge drinking is defined "as a pattern of drinking that brings a person's blood alcohol concentration (BAC)

iest way to connect with other people is through drinking. It is a social activity. With the rise of drinking games such as Beer Pong and Flip Cup, binge-drinking in college becomes about as common for most as doing term papers."

With pop culture becom-

past month said it was from binge-drinking.

A dangerous and potentially life-threatening social activity, the most common effects of binge-drinking include injuries (both intentional and unintentional) and alcohol poisoning. Over extended periods of time,

two and three were "for fun" and "to impress people they like."

Those are among the reasons why Cory started drinking, he said. "I wanted to show-off. I was the man on campus, so drinking was something I felt I had to do. Most weekends, I would be drunk from Friday night to Sunday morning."

Cory doesn't classify himself as an alcoholic- "I can control myself, man," he says defensively when asked- but he does admit that drinking has had harsh effects on his life. "My girlfriend and I broke up because she didn't like how much I was drinking and was worried about me, but I wouldn't listen," he says, eyes looking out the window wistfully. "I started fighting with my parents more, my grades slipping at school. I was starting to drink four, five nights a week and was too hung-over the next day to want to do much else. It was bad."

Four months ago, after spending all night drinking, he had a long talk with a sober friend on the couch of his buddy's apartment at Temple University. "He basically sat me down and said, 'Cory, I love you man, but you're going to [screw] up your whole life if you keep going on like this.' It hit me hard that I had already lost people I cared about because of it, and let it change who I was. I swore to myself that night I would change."

In the time since, he hasn't touched a drop of alcohol, nor does he plan on drinking anytime soon. He has improved his relationship with his parents and is aiming at making good enough grades to get Dean's List this semester. He is also working on getting his ex-girlfriend back into his life. "She was right, you know. I was drinking a lot, and I let it get the better of me. Drinking- especially when you drink a lot real fast- might seem cool to do, but if you don't control it... man, it will mess up a person."



to 0.08 grams percent or above. This typically happens when men consume 5 or more drinks, and when women consume 4 or more drinks, in about 2 hours." When engaging in drinking, 90% of people under 21 binge-drink; 75% of people over 21 do.

What has led to such high levels of binge-drinking? Ron Palmer, a drug and alcohol abuse counselor in Philadelphia says there are a number of factors, particularly affecting college age students. "Being away from

ing more fixated on the youth binge-drinking culture (Bucks County native Asher Roth speaks about it in a song entitled "I Love College") it is easy for adults to unfairly perceive young people as the only ones who binge-drink. However, the truth is that adults age 26-and older are involved in 70% of all drinking episodes involving binge-drinking. While the 18-20 year old demographic has the highest number of drinkers who report binge-drinking regularly (51%),

binge-drinking can lead to liver damage, neurological damage and sexual dysfunction.

It can also lead to sexually transmitted diseases, a growing concern about an increasingly sexually-active young adult society. "I got really drunk one night, and ended up spending the night with this guy I didn't know," Melanie, 20, a math major from New Jersey said. "A few weeks later, I went because something didn't feel right. Turns out, I had... well, an STD I'd rather not name. I was mortified with myself."

Binge-drinking is, according to the NIAAA, not usually a sign of alcohol dependency or alcoholism, though 13% of people who binge-drink reportedly classify themselves in one of those two category. In an informal survey, 64% of high-school students and 79% of college students reported binge-drinking at least once this year. More males reported binge-drinking than females, but females tended to drink more when they did binge-drink. The number one factor for both males and females to binge-drink was to fit in socially; number



dents to adults and everyone in between- Cory had a

home for the first time, many students find the eas-

92% of adults who said they drank excessively in the

Social sweet tooth

BY: CHRISTOPHER WIRTH

Centurion Staff

Hammering wildly at the buttons of her BlackBerry Curve Smartphone, Allegra Chirino checks her Facebook account and comments on a friend's status update. Chirino, 21, is a mathematics education major from Southampton. Like most college students, she is constantly trying to balance her academic life and her social life; relying mostly on social networking sites to help her keep in touch with family and friends. After all, it's much faster than mailing a letter and a heck of a lot more convenient than a lengthy

in Egypt – allowing activists to communicate and organize.

However, for some, this simple act of keeping in touch has become a social obsession.

In addition to having a Facebook account, Chirino also has a profile on Tumblr, Foursquare, Myspace, Formspring, LiveJournal, Xanga, and Photobucket. She also makes a point to check YouTube on a daily basis, so that way she can keep up with whatever new viral video people happen to be talking about. It's a way of "keeping up-to-date" she said. "I want to be able to know what people are talk-

Xanga and LiveJournal once were, but is certainly more cutting-edge and timely.

Despite having a multitude of applications for socializing, Chirino confesses that Facebook is her favorite – checking it at least five times an hour; spending more time commenting on friends' posts than creating her own. Fidgeting with her BlackBerry, Chirino explains that it is completely synced up with her Facebook, Twitter, and Foursquare accounts. Whenever something happens on those sites, she gets a free message sent to a mobile application on her phone.

"Facebook is my home

friends they had as well. Chirino sat for a moment with a sour expression on her face, "Actually saying out loud how much time I spend on the internet is making me sick to my stomach."

On average, Chirino spends an accumulative nine hours a day on Facebook.

"It makes me feel like shit," Chirino said. "Instead of living my own life, I feel like I'm living vicariously through everyone else."

You might think her case sounds a little extreme, but the truth is:

She's not alone.

According to Techcrunch.com, Facebook had 149 million users in the U.S. as of Feb. 2011. 70 percent of those users logged in on a daily basis. Worldwide, the social networking site is quickly reaching the 600 million user mark. In combination with the rapid growth of Smartphones, usage has skyrocketed. Now, users don't even have to be at home to check their notifications. They can be at the mall, a public park, or anywhere that their phone can get a signal.

Patti Hemko-Alloway, a social and behavioral science professor at Bucks, lent some insight on the growing addiction to websites like Facebook – "For one thing," she said "I believe that the people addicted are more introverted than extroverted. And the second part of it is that society as a whole is so voyeuristic. We love to watch other peoples' lives. That's why we like reality shows so much."

Alloway suggests that an addiction to social networking sites is not much different from an addiction to drugs or alcohol. "Just because you're not injecting yourself doesn't mean it's not an addiction. An addiction is defined as something

a person keeps doing even though it is interfering with their life."

And like all addictions, there are consequences. Alloway said "Socially, it's going to make a person more isolated – keeping them away from friendships and actual relationships. It keeps you in your cocoon, so that you can't grow. It might start impeding on school and work too."

A Kaplan survey of 500 top colleges found that 10 percent of admissions officers acknowledged looking at applicant's profiles on social networking sites. 38 percent said that what they saw "negatively affected" their views of the applicant.

A survey executed by Careerbuilder.com said that 20 percent of companies confessed to looking at applicant's profiles before deciding to employ them; 33 percent decided not to make a job offer after reviewing the content.

For Chirino, the consequences are very real. She checks her Facebook during class and throughout doing homework, which has directly affected her grades. Currently, she's struggling to keep her grade point average (GPA) at a 3.0, which she needs to fulfill her graduation requirement. Right now, it's at a 2.6. If she can't get her GPA up, she won't be able to graduate on time. Due to changing requirements for teachers, Chirino will have to take 3 extra years of schooling if she flunks out, just to get her bachelor's degree.

"I wasn't this addicted two years ago. My grades have gone from 80s and 90s to 39s and 42s" Chirino sighed. Because she spends so much of her time in class checking Facebook, Chirino has to meet with a classmate during the week to copy the notes she missed.

Chirino continues to check her phone and, realizing what she's doing, laughs to herself. "I want to cut back" she says, "But give it a week and I'll probably be right back to where I was. It's part of my life now."



phone call.

The fact is, user-based sites like Facebook have become the new marketplace for social interaction and mass communication.

Over the past decade, social networking sites have been an increasingly useful tool for people to stay in touch. Whether they've moved cross-country and want to keep up with mom and dad, or their work schedule is just a little too hectic for an active social life. More recently, they have become a new kind media flooded with advertisements, businesses, artists, and non-profit organizations. Facebook in particular, even played a part in the recent uprising

ing about and be a part of the conversation."

But what's the need for so many different accounts on so many different sites?

"They all provide something different," Chirino explains, "Facebook is changing things that I use to like; so I go to other places that might do it better."

For example, although Facebook has "notes" where a user can edit and post heaps of information to share, blog sites like Tumblr are specifically designed with the blogger in mind. No need to deal with pesky location updates or event invitations from friends on Tumblr; everything on the site has to do with blogging. Tumblr is similar to what

screen for my browser. So whenever I have a free minute or just any period of down-time, I check my news feed" she said. How often is that down-time, you ask? Well – a lot.

Every morning, before getting dressed or brushing her teeth, Chirino checks her news feed on Facebook to see what happened while she was sleeping.

"I look at Facebook so much I could tell you how many friends my top four friends have," she said and then spouted out names and numbers, which I double checked after. She was spot-on with almost every one.

She even went as far as to guess the number of mutual

The “Big Bust”

BY: MICHAEL VESEL

Centurion Staff

Jen has a favorite seat at the casino. She knows which slot machine is going to “hit it big” and will proceed to play it for hours on end til it pays off. Sometimes, she says, it does – most of the times it doesn't. Jen is a 25-year-old gambling addict, one of the many in a growing generation of addicts.

Jen has suffered from a gambling addiction, hidden from even her fiancé, for several years.

“Its all about the thrill. You pull that lever and you win some money, and you know that if you can get that jackpot you can get a house, a car, whatever you want,” she said.

Jen's addiction became a facet of your daily life. She buys a scratch-off ticket every day and twice a month, sometimes more, she goes to Parx Casino in Bensalem to try to win it big.

“(At a previous gambling session) I walked in with \$20 dollars and got up to \$800.” said Jen.

Her winning spree soon took a downward spiral – in eight hours, and with the aide of a conveniently placed ATM, she was \$700 in the hole.

The problems peaked when Jen got a higher paid

employer. The extra she would slush off to gamble away each month at her favorite slot machine.

For Jen this compulsion to gamble is relatively new. It wasn't until the construction of the Bensalem casino that her addiction began.

PA has quickly found itself to be in the center of the ever expanding gambling industry. According to the American Gaming Association, PA rakes in \$929 million in casino tax revenue. The racetrack portion of the Parx Casino in Bensalem is the fifth most profitable racetrack in the continental US, with annual profits of almost \$360 million.

According to the PA Bureau of Drug and Alcohol Programs, 3 to 5 percent of gamblers become “problem gamblers;” they are addicted to the thrill and rush of gambling.

C.P Malarchi, a gambling addiction-certified counselor, says 25 percent of the people he treats are college age.

“That age bracket is very susceptible,” said Malarchi.

According to Malarchi, for the college age, casinos aren't the main culprit.

“Online gambling is quickly becoming the number one thing to do on campuses, even over drinking.”

The surge, Malarchi says,

the largest online poker room in the world. The poker site makes money from what's called “rake”, which is a fractional percentage of a bet pot from each hand played.

According to Forbes Magazine, with only earning pennies per hand, Pokerstars earns an impressive \$1.4 billion in annual revenue and \$500 million in pure profits.

With more and more people playing, profit is only growing for online poker rooms: According to the American Gaming Association, online gambling profits have seen a 30 percent increase since the year 2000.

With profits rocketing skyward in the last decade, it's become obvious that gambling is quickly becoming an American obsession. In 2009 ESP reported that the airing of The World Series of Poker drew 2.1 million viewers. Gambling has even saturated our social networking sites. Zynga's “Texas Hold'em”, a

“CafeWorld” and “FarmVille.”

Counselor Malarchi says the damage from gambling addiction is similar to that seen in an alcoholic. A compulsive gambler will not

Unlike Jen, James didn't get his start in gambling at a casino. At the age of 16 James began playing poker online on Pokerstars. From there he began traveling around New Jersey, playing



only see grades drop, having attendance issues and difficulty concentrating, but also suffer from a host of physical symptoms due to temporary withdraw. Some of these symptoms, says Malarchi, include stomach pains / “knotting,” headaches, dramatic mood swings, even anxiety and depression.

Malarchi says the most susceptible age group to gambling addiction are late high school students. James, a 21-year-old poker player, got his start when he was in high school.

He disagrees with the idea of gambling's addictiveness and Malarchi's comparison with alcoholism.

“Gambling isn't that bad. To even casually associate it with alcoholism seems dangerous,” James added: “ ... Drinking is a much bigger problem. You ever see anybody getting gambling poisoning? See anybody get into a car crash because they were in the middle of a hand? – No, of course not,” said James.

He added: “being a gambling addict is about as damaging as being addicted to World of Warcraft ... anything that can kill you is 100 percent more damaging. Being addicted to snowboarding is more dangerous and damaging than being a gambling addict.”

in illegal, high-stakes underground poker games. In his career as an underground poker player, James made thousands of dollars in competitions and ring games. One such tournament, played in the basement of the host's New Jersey home, netted James a pot of \$5,700.

“It was a lot easier than going to Atlantic City. You could play closer to home, the challenge was better, and no rake ... You can get a bad beat, but if you play smart, don't lose your cool, you can make it back in the long run.” said James.

James says the game doesn't make the addict, the addict plays the game.

“There is an important term in poker, “tilt.” (playing while emotional) ... Everybody goes on tilt at some point. You get cracked by a real bad hand, and once you do, you gotta move. A smart player walks away – the addict can't,” said James.

Do you think you have a gambling problem? Malarchi suggests curbing the frequency of your gaming.

“Set up a goal for yourself ... If you find out that you can't achieve those new goals, then you probably have a problem,” said Malarchi.



job in the Fall of 2010.

“(Her Fiance) didn't know what I was getting paid,” said Jen.

She told her Fiance that she was being paid the same rate as her previous

is due to online poker sites like Full Tilt and Pokerstars, which have been popping up in the past decade.

Pokerstars, with 100,000 players on at any given time, boasts itself as being

poker game where you can pay real cash for fake money, saw an average 26 million monthly players in 2010; making it the fourth most played game on Facebook behind

Sex and porn connection

BY: OLIVIA KATULKA AND ELIZABETH HECKENBERGER
Centurion Staff

"A lot of times 12 hours will go by and I don't even realize I've been sitting at the computer all that time," says John Williams, 73 year old Air Force veteran. Williams is just one of the 40 million Americans who view pornography each day.

According to OnlineMBA.com, every second of everyday 28,258 internet users are viewing pornography and 372 users are searching for it on search engines. One in four search engine requests are porn related. Within the same second \$3,075.64 is being spent on porn.

According to Dr. Keith Abrams, Porn addiction is downloading pornography, or looking at pornography in the work setting, or spending three to four hours a night looking at it and neglecting relationships.

Suffering from Porn Addiction consists of excessive time spent on pornographic sites, inability to stop the obsession and interference with normal relationships. According to recoveryconnection.org, "viewing pornography is used as a quick fix or tension reliever to other underlying issues"

Williams, is retired from

divorced but has a girlfriend a few hours away from his home.

All of his four children are

tracked data in 2010 states that 25% of Americans who have internet access in the workplace have viewed sex

only taking into account the people who have come forth and admitted their problem with sex. Every

"An addict is never living in the present day. They are always planning their next attempt to get high. In this



grown and in other states, so Williams spends his time, drinking, cooking, and watching internet pornography. Williams only started watching porn within the last couple of years. This happened when he purchased a computer and began learning how to use it.

Internet porn addicts have an overwhelming urge to continually watch pornographic images. As a result, addicts often find themselves neglecting their family and friends. Important things in life take a back

sites during working hours.

According to Dr. Berger, sexual addictions are sometimes considered more dangerous than substance addiction due to the fact that sexual addictions are progressive addictions. Most addicts claim that they started with "limited masturbation, the occasional visit to the strip bar, and minimal risky sexual behaviors." However, these behaviors progressed into an addiction and began to take over their life.

According to The Society of Advancement of Sexual

year the statistic rises due to the increase in people looking for help.

"I always have two people on the back burner just in case the person I planned to have sex with bails," says Rachel, a 20 year old sex addict.

Sex Addiction is also considered a sexual addiction and can become progressively worse just like porn addiction. Sex addiction is a behavioral problem that takes over one's ability to control their cravings for sexual intimacy. In time, their uncontrollable behavior

eventually becomes damaging to their lives. Addicts' sex-seeking ways eventually escalate which can cause destruction to their own or even someone else's life.

A symptom of suffering from sex addiction is performing sexual intercourse with multiple partners. An addictive personality requires the

addict to plan in advance the next time they decide to take part in the action.

case, have sex," says recovering alcoholic Justin Titus.

Sex addicts are known to engage in sexual intercourse with prostitutes and/or sexual workers.

"A lot of the time the people I have sex with are not up for it anymore," says Rachel," desperate times call for desperate measures."

Masturbating an excessive amount is a well known symptom of sex addiction. The amount of time that is put towards self-pleasure can even lead to injury.

"I have many toys that I use on a daily basis to help me get my fix if I couldn't have sex that day. It makes my struggle a little less difficult," says Rachel.

Sex addiction can lead to improper use of force such as rape or pedophilia. If the addiction becomes severe, a pornography addiction is most likely to follow. Many Americans suffer from these progressive addictions every day. Many of which no one knows about. Sex and Pornography addicts remain unexposed. The more casual sex becomes as time goes on, the more addicts there will be.

Berger was asked if sexual addictions can be cured. Berger responds by saying, "It's like diabetes, it never goes away, but you can learn to reduce and control it."



the Air Force where he packed pilots parachutes as a sergeant in the SAC. He's

seat as their addiction takes the wheel to their life.

Nielson Online, which

Health, 3-5% of Americans suffer from sex addiction. However, the statistic is

SPORTS

Sports addiction

BY: ALEX BLAISE

Centurion Staff

Cameron Hayward, 22, has no qualms letting his feelings about his favorite team, the Philadelphia Flyers, be known. On any given day, one can find him sporting a jersey from his collection and talking about the latest news involving his beloved Flyers.

Hayward attends at least five games a year, watches every game of the season regardless of their standing in the Eastern Conference of the NHL, and coyly admits to calling out of work to catch a playoff hockey game. When not watching them on television, Hayward finds himself day-dreaming about his boys in black and orange on a daily basis.

But while his fervor for the Flyers is clear, his love of hockey (and during football season, the Eagles) is balanced by his lack of interest in sports such as baseball and basketball. "I don't really watch basket-

ball or baseball, but at this point in the year hockey is on twice a week and I'll watch that religiously," Hayward explains.

While his fanaticism is shared by thousands across the Philadelphia area - a fan base whose passion for the Philadelphia Phillies and Eagles recently gave them the Top 2 positions in GQ magazine's "Worst (But Passionate) Fans" article - it also raises a question: At what point does passion for sports turn into an addiction to them?

Addiction is defined as the compulsive need for and use of a habit forming substance, or persistent compulsive use of anything known by the user to be harmful. Millions of Americans struggle with addiction on a daily basis; it's a fact of life. These addictions range from drugs to hoarding to gambling, and include everything in between. In an era of constant technological advancements, with people going to extreme measures to achieve pleasure and enjoyment, addiction seems more common than ever.

Addicts range from young students to old folk - every age range is represented, with no one in particular being spared. And while we've all heard of addictions to drugs, alcohol or gambling, addiction has taken on many new forms. One new form that has come into prominence is sports addiction, egged on by the advent of ESPN text alerts, constant TV and Internet coverage, and more venues than ever before for placing bets. While participating in sports is a considered a healthy activity, sports addiction - which

involves (but is not limited to) the constant watching of sports and gambling on sports events - can easily become problematic for those who fall into these patterns.

While some see it as an addiction, others maintain that it is merely an interest - not something one can become "addicted" to.

Rick Murphy, 21, scoffs at the idea of sports addiction, believing that it is nearly impossible to be addicted to sports.

"An addiction is when something compels someone enough that they can't live without it. I don't believe in such a thing as sports addiction," Murphy says.

While Murphy maintains a healthy interest in sports, watching casually three or four times a week, he does not watch TV on a daily



basis. He also feels it is different if your paycheck is tied to a sports club.

"It's different when sports are your life, if you're a pro athlete. It's definitely not like a crack addiction; it's more of a dedication," he says.

Hayward agrees, believing that addiction is too strong a word to describe the passion most fans (particularly those of Philadelphia teams) have. Though Hayward claims to know over 10 people he would classify as sports addicts, he doesn't brand himself an addict. While he admits to having missed some important events because of his love affair with the Flyers, he believes he has "unwavering pride" for his team - not the "I-NEED-TO-FIND-OUT-WHAT-IS-HAPPENING-RIGHT-NOW" that sports addicts tend to have.

With an addiction to hard drugs and alcohol, users who stop will go through physical withdrawal symptoms that make them easily identifiable. With sports addiction, the physical symptoms are not as prominent as other addictions - however, it can cause a myriad of emotional and psychological problems.

Dr. Laurence Steinberg believes that sports addicts often let the fates of their favorite teams affect them in many ways that could be unhealthy.

Since receiving his Ph. D.

in developmental psychology from Cornell University in 1977, Steinberg has been teaching psychology at Temple University. Though

only a fraction of his patients are sports addicts, Steinberg has helped counsel a number of patients with all forms of addiction. With addictions ranging from drugs and alcohol to shopping, Steinberg has seen it all.

"The line that is drawn between a fanatic and an addict can be traced to very simple specifications," Steinberg explains.

"It doesn't necessarily depend on how much time one spends watching each week, but whether or not the amount of time one is spending is negatively affecting their lives. If handling your obligations have become sidelined to your sport of choice, it's pretty obvious that this lifestyle is becoming problematic," he adds.

Though there are not yet rehab clinics specifically catering to sports addiction, it can be just as detrimental to a person as other forms of addiction.

One example: A man in China let his house burn down as he watched the

World Cup in 2010. While his wife and baby were forced to make it out of the house on their own, the man had the foresight to save one object from the smoldering house, his television. Soon after, the man wasted no time finding the nearest plug to continue watching his beloved soccer.

Like other addictive lifestyles, sports can provide an escape of sorts, enabling individuals to avoid thinking about certain feelings or problems they do not want to confront.

And as with other addictions, sports can release pleasure chemicals into the brain, making the watcher feel good. Much like a cocaine user who needs more and more of the drug to get the desired effect, the same can be said for the sports addict. The more the activity is done, the longer it takes for the user to achieve the pleasurable feeling.

But the question remains: how long will it be until doctors find a difference between "fanaticism" and "addiction" and stop classifying them as one and the same? How long will it be until sports addiction is taken seriously enough to require rehab and extensive therapy to control?

These are important questions when watching sports becomes more about avoiding the harsh realities of life than about seeking pleasure, and when, instead of getting exercise and enjoying the outdoors, life quickly becomes lost in the haze of a television screen.

