

Bucks Student Hunger on the Rise, a New Survey Confirms

NICOLE AQUINO

Centurion Staff

In a recent survey conducted last spring by the institutional research department here at Bucks, it was discovered that a surprising number of BCCC students are not getting enough to eat.

The statistics of the survey examined when and how Bucks students are getting enough food throughout the semester. 18.58 percent of students said they were not eating one to two times a day, 11.49 percent of students said three to four times, and 9.8 percent of students said five or more times. 10 percent of students said on a regular basis, it was difficult to eat during an average college day.

Executive Assistant to the Provost and part time history teacher, Samantha Gross, has been advocating this issue for over a year now. After learning about this problem, she immediately wanted to find a way to try and solve it. To know that her students might not be receiving satisfactory nutrition throughout the day is hard

on Gross, because it is making it difficult for them to focus and do well.

The problem is somewhat linked to economics. A lot of these students have financial issues and having to pay for their food is not lessening that stress from their lives at all. Gross said, “In grades K-12, there are options of buying lunch that is inexpensive, but once students get out of high school, there are significantly less ways to get food at a low price.”

Not everyone can afford the the Café everyday, and sometimes that means students miss a meal. A lot of students are trying to juggle school, work, and school payments. Sometimes, food is a luxury students cannot afford.

Paige Michaels, 19, an Education major at Bucks, said “I leave the house without breakfast without even realizing because my focus is on school.” Chris Green, 20, a Business student at Bucks, said “I agree, it’s hard to focus and sometimes. I forget my lunch and I don’t have the money to buy it.”



PHOTO COURTESY OF WIKIMEDIA COMMONS

The issue is also rooted in the perceived embarrassment and insecurities. Gross stated, “In fact, 30 percent of Bucks student experience insecurities.” Nationally, over 40 community colleges deal with this issue.

Instead of talking to their close friends, teachers, and staff, students are not getting the right amount of food intake. Students

should encourage each other, and help a friend in need when they see it. If someone is afraid of talking to a teacher, try to be there for them and help them to the best capacity possible.

Gross, and other Bucks faculty, have gathered together and discussed this important issue. Gross added, “I have attended conferences with other communi-

ty colleges with the same problem.” Gross is very dedicated in accomplishing this problem, so much so that she has spoken to local food services, who are eager to help. Gross said, “The truth is, food is a basic need and there is an inadequate supply of food.”

Gross hopes this issue will be resolved within the year of 2019.

Democratic Candidate Scott Wallace on Climate Change, Gun Control and More

KERI MARABLE

Centurion Staff

The upcoming Midterm elections on Nov. 6 will not only decide the Pennsylvanian congressional representatives but it will also decide whether congress flips the switch from red to blue.

Democratic Candidate, Scott Wallace, is determined to flip the switch.

Wallace is looking to represent the 1st District, which after court ordered redistricting over the summer acquired more democratic territory. The 1st District is notorious for being a swing district.

Wallace, will be running against Republican incumbent Brian Fitzpatrick this November.

Wallace comes from a long family history in American politics. His great grandfather, Henry C. Wallace, served as the secretary of agriculture under both the Harding and Coolidge administrations. His grandfather, Henry A. Wallace, also served as secretary of agriculture and Vice President of the United States under the Franklin D. Roosevelt administration.

When talking about his family’s history in politics, Wallace said, “I’m inspired by how people felt about government in the 40s and 30s, that was a time when people knew that the government had

their back and now we have a time of distrust of government and pessimism- about division, about the inability to get anything done.”

Wallace continued, “I want to go to Washington to make Congress work for the people again and not just for the wealthy and the corporations. I want people to feel that government can be a force for good in their lives.

When asked if his political family legacy led him to always wanting to go into politics, he responded with “No, [but] I did know I wanted to make social change happen, I wanted to make a difference in people’s lives, not through politics, but I was happy to work for politicians and Senate committees. It never occurred to me to actually run myself until now. Things are different now.”

Critics of Wallace find the candidates absence from Bucks County as a detriment to his ability to represent us in congress. He believes it enhances it, “I moved to Philadelphia to work in federal court for a judge from Bucks County. I went to Washington to work in the United States Congress. I worked 15 years for nonprofit organizations on problems of law, justice, civil and constitutional right. I moved to the [Wallace Global Fund] foundation working at a global level,”



Congressional Candidate Scott Wallace. PHOTO COURTESY OF THE SCOTT WALLACE CAMPAIGN

Wallace continued, “So, I am very excited now to take what I’ve learned and bring that all back home. I’m offering that to the people of Bucks County.”

For the past 15 years, Wallace and his wife have helped run the Wallace Global Fund, an organization founded by his grandfather. Its mission statement, listed on the organization’s website is,

“To promote an informed and engaged citizenry, to fight injustice, and to protect the diversity

of nature and the natural systems upon which all life depends.”

One of Wallace’s favorite achievements accomplished through the WGF is the Divest Invest Movement which “worked to galvanize students urge their universities to that the divest from fossil fuels and invest in clean energy solutions... The students got so engaged in fighting climate change and so energized because here was something they could do to personally make a difference...

It had spread to pension funds, faith institutions, and ultimately entire nations. The nation of Norway divested its Sovereign wealth fund and suddenly there’s a trillion dollars that is no longer invested in fossil fuels.”

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Wallace

Continued from page 1

WGF and Wallace’s campaign both pride themselves on their environmental stances. His former running opponent for the democratic candidate spot, Steve Bacher, wrote an opinion piece for The Intelligencer stating that Wallace is staying silent on important environmental issues, such as fracking. Wallace rebutted with “I’m very suspect of fracking. Our foundation [WGF] funded the Cornell University study that proved that fracking is actually more dangerous to global warming than fossil fuels, than coal, when you count the methane that is released during the mining and the transport of the fracking process. Methane is 27 times more potent as a greenhouse gas than CO₂,”

Wallace went on to say, “This



Wallace with student volunteers. PHOTO COURTESY OF SCOTT WALLACE CAMPAIGN

is not about dogma, it’s about finding consensus, so we can help people. We have 70,000 people in Central Bucks who are exposed to toxins in their drinking water, we’ve got a big problem in Lower Bucks with the quality of air which leads to increased asthma in kids and lung disease and emphysema in adults.”

To solve climate change, Wallace believes, “If we gather the facts about whose being affected by what and how much and what it would cost to remediate it, we can come to a consensus on what to do about it.”

Wallace went on to say that climate change should be a priority

for both parties, “Brian Fitzpatrick voted to cut a half a billion dollars in the EPA’s budget, he [Fitzpatrick] removed regulations, repealed regulations that protect clean air and clean water,”

Wallace continued, “We have to be responsible for these decisions. When your water is polluted, [it] doesn’t ask you if you’re Republican or Democrat. It doesn’t matter. We are all poisoned the same way and we’re all affected the same way and that’s where we can find a solution.”

In terms of how he out from candidate, Brian Fitzpatrick Wallace said, “I don’t want to slash funding for the EPA, I don’t want

to deregulate Wall Street, what my opponent votes for reflects what he stands for. I want to stand for the people, not big business.”

An issue that has not been brought up a lot throughout this election campaign are the candidates’ stances on the legalization of marijuana. Wallace believes that “The state of Pennsylvania must consider full legalization of marijuana. I suggest the best route is to study the experience of the states that have already tried it, Alaska, Colorado, and so on. Study the impact. There has been a great influx of tax revenue from legalizing, regulating, and taxing.”

Wallace went on to say, “One of my first priorities would be to a proposed amending of the Federal Controlled Substances Act, where marijuana currently sits on schedule one, which is reserved for the most dangerous drugs with the highest potential for abuse and no conceivable medical use. I believe that marijuana should be moved to schedule five, which means it has the lowest potential for abuse and proven medical utility.”

When asked what he can do for college students, Wallace said, “I’m a firm believer in stronger funding for Vo-Tech schools and community colleges and that people should be able to graduate completely debt-free from any public university or college and certainly from Vo- Tech schools.”

Wallace also brought up the

issue of gun control, “Young people are fed up with inaction on guns or the inability of the older generation to do anything at all about guns in the wake of the Newtown massacre. What did Congress do? They talked briefly and argued about universal background checks and they couldn’t even agree on that.”

One of the actions Wallace wants to take if elected includes acting “on guns, on assault weapons, on high-capacity magazine, we need biometric trigger locks so that a gun can only be fired by the owner or authorized user.”

On a final note, Wallace explained what he believes is wrong with our current congress and presidential administration.

“My dad told me to build a fence between our house and the road and I built the most beautiful fence he’d ever seen, it took me about 6 weeks to build it and it stood there for 50 years until a few weeks ago a drunk driver plowed through it,”

Wallace Continued his tale, “It took me about another 5 minutes to tear down what was remaining with a chainsaw. It’s a lot easier to tear down than it is to build up and that’s what Trump is doing now... I would like to get back to building up. It’s harder, it takes more time, it takes more studies, it takes more facts and truth, but that’s what that’s how we solve problems. Tearing down doesn’t solve anything.”



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Politics

The Importance of Registering to Vote

KERI MARABLE

Centurion Staff

First District candidates are preparing for this year’s upcoming midterm election on Nov. 6. Depending on how this election goes, we could be facing a Democratic majority house.

Bucks County’s district (district one) is historically a swing district. Which explains the volunteers coming to Bucks urging students to register to vote while they can. The deadline to register is Oct. 6.

You may have been stopped on campus by people holding clipboards asking if you have registered to vote yet. Those people are a part of the organization NextGen America.

NextGen America is a youth voting program in the country. In Pennsylvania, NextGen have over 120 employed organizers and student interns registering students to vote.

“Our mission is to empower young people to be political change makers in local and national elections so that our lawmakers stand up for us in Washington,” said NextGen organizer and Bucks student, Casey Parent.

Since June, Parent has been with NextGen Pennsylvania as a field organizer.

“Basically I’m working to build a network of young volunteers, register hundreds of students to vote, and educate these new young voters about issues and candidates that are on the ballot come November,” said Parent.

When asked why it is important that college students register to vote, Parent said, “Young people are the largest eligible voting block in the country. We have the

power to make major changes to the outcomes of our local and national elections, which would massively change who represents us and the decisions they make about our future.”

Parent continued, “Unfortunately, young people turn out in notoriously low rates. It’s important for young people to realize the power of their voice, we have the power to save the world, but we have to take an active role in the voting process.”

NextGen has registered over 21,000 young people to vote, over 8,000 of them just during campus move-in. Across their nation-wide program, they have registered over 131, 000 Pennsylvanians to vote this year.

College professors also know how important it is to vote and be registered to vote. Professor Mark Cobb has worked at Bucks for 10 years and is currently a professor of philosophy and the humanities. Cobb’s bachelor’s degree is a double major in philosophy and political science.

When asked why he believes college students should register to vote, Cobb said, “Registering to vote is still important, especially in local and state level elections. Local elections are often much more democratic than national/presidential elections.”

Cobb continued, “I am politically independent and independent candidates are usually not allowed to participate in presidential debates. It is also important to remember that the quality of elections could be improved and made fairer.”

Annette Conn, a full time faculty member in language and literature, and a former department dean and provost of the College

also commented on the importance of registering to vote.

“It is our obligation as citizens in a democracy to keep informed and to actively support candidates who represent our values. Not voting is the same as saying “whatever,” and then you forfeit your rights as citizens, and you are stuck with what you get,” Conn said.

John Petito is an associate professor of history and government at Bucks. Petito started in 2004 and for eight years he was dean of the department of social and behavioral sciences.

Petito teaches early and modern US history and American national government. His political career started early, “I’m a child of the sixties so civil rights and anti-war activities were political activities.”

Petito worked on a Congressional Campaign in Boston as well as a New Jersey political campaign as a Treasurer.

When asked what the importance of voting is, Petito said, “For people your age the Supreme Court appointments will decide what America is going to look like for the next 40 years.”

Petito continued, “This is a critical election, as the future of the country’s going to be decided here. It’s really important for students, with whatever time they have left, to educate themselves as best they can and then choose their candidate. [Students] could change the nation if every student voted but they don’t. [Students] have more at stake in this election than you know.”

Larry Powell, an exercise science major, believes that voting in this current system is trivial.

“There’s a lot that people say

you can vote for to change, and it seems that the more people [that] vote, a lot of things still don’t change. I don’t see the benefit of voting if it’s not going to change anything,” Said Powell

Powell also went on to say, “We get a voice to vote, but it seems like whatever we choose [politicians] say what they want and they get what they want but the citizens don’t get what they want.”

Even though Powell chooses to abstain from voting, he doesn’t recommend it for everyone. “It’s just my personal choice that I don’t want to vote. I’m not persuading people not to vote. I guess there is a way you can cause change, but I feel like for me, [voting is] not causing change. I don’t approve of voting at this point.”

In contrast to Powell, Ethan Savikis, a computer networking major, thinks voting is important.

“I volunteered in the past and you’re vote can change the county and you get enough people around you involved, you are going to make a difference,” Savikis said.

When asked what can be done to get more students to register, Savikis said, “[People] can’t enforce voting, but we can definitely have it accessible and have it brought up in front of the people”.

Club President of College Republicans, Zach Shoester, is also actively urging students to register to vote.

“Whether younger people think so or not, these elected officials are going to be making decisions that affect all of us at home... We need to make sure our voices are heard in Washington through the electoral process, get involved if you can, to try and make sure

your voice and opinions are heard in our government,” said Shoester.

Vice President of Bucks College Democrats, Shanzeh Khan, believes that “It’s important that as an American Citizen, they exercise their right and go out and vote.”

Khan went on to say “Most often people complain about how things are in society, the way things are, our laws, etc. but those same people are usually people who didn’t vote. If you vote and get your voice out and heard then you can be the change you aspire to be. Make an impact on Society by exercising your right to vote!”

To register, go to register.vote-pa.com or make a visit to your local DMV.

A Reminder from those at the Centurion that the deadline to register to vote is Oct. 6! Register at www.pavoterservices.pa.gov/pages/VoterRegistrationApplication.aspx and make your voice heard!

And stay tuned for the next issue for an interview with Republican candidate Brian Fitzpatrick.

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Student Life

Meet the New Members of Bucks’ Student Government

KERI MARABLE
Centurion Staff

BCCC’s Student Government Association (SGA), ran by the students, for the students, held their election for the executive board last spring, where students voted for their elected officials online.

The SGA’s mission statement on the ‘Clubs and Organization at Bucks’ page on the college’s website is that it “Represents the student body to the College Administration, faculty and Board of Trustees at Bucks County Community College. SGA supports clubs and organizations; promotes participation by the students on college committees and distributes and administers their portion of the college activities fee to clubs and organizations.”

While anyone can join SGA and get involved as council members, to hold a position on the executive board requires candidates to run for a position. The students of the college elect who they want to hold that position in office.

This past spring, students elected Brian Deley as President, Shanzeh Khan as Vice President, Katie Chookigan as Secretary, and Anthony Consoli as Treasurer. President Brian Deley is a social science major who wants to work in political science. He has attended Bucks County Community College for 3 years.

The responsibilities of the president include representing the SGA and Student body, planning operations, running meetings, and much more.

Deley is a facility manager for the county, an Eagle Scout, and

was the Captain of his high school swim team with an undefeated season.

He hopes to have inspired at least three people to run for president at the end of his term. He would also like to bring in 100 people inside the organization and complete 1 project that will help the student body long after his term. Deley believes that “without students, there would be no college. SGA is that voice [for students].” Deley also went on to say that “joining a club at Bucks is a necessity! SGA looks great on a resume.”

Vice President Shanzeh Khan is a Biology major, who aspires to work within Biomedical Sciences. She has attended BCCC for three years.

The responsibilities of the Vice President include management within the executive board and assisting the President when needed.

Khan started as a Student Involvement Councilor for SGA in 2016.

She is also the current President of Bucks Muslim Student Association, Vice President of Bucks College Democrats, DJ host for Radio BUX, and publicity chair for National Society of Leadership and Success. Before college, she was a part of seven different clubs in high school, including Student Council and Yearbook.

Her goals to accomplish with SGA this year is to create a comforting yet professional atmosphere for clubs that student will enjoy. “We were elected by the students, so we are here to represent them,” Khan said.

“It’s super important for colleges to have clubs such as SGA,”

she said. “With the inclusion of clubs, it really creates a homey atmosphere... [College feels less] like an educational institution. It’s a place where you can communicate with your friends, be involved with your community and express your leadership skills.”

She believes students “should get involved with SGA as soon as possible. We always have some fun creative things in the works, and it’s a great way for a new student to learn all the resources currently at Bucks, as well as unleashing any leadership skills they are harboring within them.”

Secretary Katie Chookigan is a cinema major, hoping to go into video production. This is her third semester at BCCC. The secretary keeps meeting minutes & handles SGA communication.

Chookigan previously served as the Director of Events for SGA. In high school, she was an executive member of student council, as well as the President of HOSA [Health Occupations Students of America] & Secretary of Skills USA.

Chookigan would like to extend the SGA influence in the school, to have better contact with the student body and get more students involved. “I basically just want everyone to know how awesome it is to get involved and actually be able to make a positive difference.”

She goes on to describe why SGA is important to her, “Because of the friendships I made through it, there are so many amazing people I’ve met that I’ll keep contact with for the rest of my life, just by giving a few extra



From Left: Anthony Consoli, Brian Deley, Shanzeh Kahn, and Katie Chookigan

hours of my time to get involved in student life”.

Chookigan says “If you’re looking into getting involved in SGA, I say 100% go for it! Not only is it a great experience and looks good on a resume, but the friendships and connections you make will stick with you beyond college. And on top of it all, you’ll have the opportunity and the resources to make a difference firsthand that will improve the school for every student.”

Treasurer Anthony Consoli is a Psychology major working towards eventually getting a PhD in Clinical Psychology. He has been enrolled at Bucks for two and a half years. As treasurer of student government, he handles the finances and budgeting of student government, “generally keeping track of where money is going and making sure we have enough for events,” he said. He started as a general member and served a term as secretary in SGA.

“I want to see a good transition from our administration to the next administration... I really want to teach whoever’s taking my place how to do the job correctly so that Student Government can continue on what we’ve been doing”.

He described SGA as “the voice of the students”. Consoli goes on to say “We also just do a lot to really enhance students’ experiences here”. Consoli also said to anyone considering joining SGA that it is “...a great place to practice leadership and network, but it’s also a good place to make friends.”



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Bucks News

Bucks Student Involvement Fair Returns With a New Name and a New Location

KERI MARABLE

Centurion Staff

The Student Life department held the first ever Student Involvement Fair, previously known as Club Palooza, on Wednesday and Thursday last week in the Linkz Pavillion. The Student Involvement Fair brings students together with the clubs and departments of the college.

Carol Brandt from the Student Life department explained why the name was switched, “We wanted students to know of all involvement opportunities by making [the event] larger. In addition to clubs, we will also have athletic teams, intramurals, bucks ambassador opportunities, and financial aid options.”

“We wanted to expose our students to as many opportunities as possible, having just clubs and organizations limits that. There is more that the campus has to offer and Linkz Pavillion is a great, big space to showcase just that,” said Student Life Director Matt Cipriano.

The success of the event with the students at Bucks will determine if the event will continue to be held in a similar manner. Feedback from students to the Student Life department determines this possibility. When asked how feedback is measured, the department said that “word of mouth” is most common, however they will consider utilizing a survey.

The student involvement fair was two days of club booths, tables with local companies, and carnival games that students had

to collect stamps from five different clubs to access. The athletics department as well as the career development department were represented and provided information for students.

Cipriano commented on the success of the change in location, “The venue was a much better for our student groups as well as just any department or entity that has some opportunity for a student.”

Cipriano continued, It creates a much different environment, it’s a really great space for this and we had some really positive feedback.”

When asked if the department will continue this method, Cipriano said, “In the spring, we will be enhancing this idea. This was kind of our trial run to see if the layout worked, and now we’re going to implement some different things to make it better.”

Cipriano also went on to say, “We’ll try to figure out some ways to get students to maybe participate more or have more student groups available. We want to organize it a little bit different. I’m interested in potentially adding another day to it, so doing 3 days instead of 2 days, because the first day it seems like it’s a day of kind of getting it together, working on the kinks. Then, you have 2 days of solid recruiting. I’d also like to add other activities to keep students coming.”

Zach Zdepski, a computer networking technology major, also commented on the change in location, saying, “It was pretty busy.. it is a pretty high traffic area so it seems like a lot of people were coming through and checking out



Pictured Above: Students having a blast at the new and improved Student Involvement Fair in the Linkz Pavillion

the various clubs.”

When asked if the fair succeeded at promoting clubs, Zdepski said, “I know it can be hard to find some of the some of the information [about clubs] under normal circumstances, the website doesn’t really provide much and some clubs forget to put up posters.”

Zdepski said he would definitely be interested in seeing what

improvements come next spring.

When asked about improvements, President of the gaming club, Rick Ramirez, said, “A little bit of space between the tables, because getting in and out of those tables was a bit of a pain for their club members. Other than that, it was working just fine.”

Brian Deley, president of student government association, also said improvement with tables

was needed, “There were a few too many tables on the one side. There was a good amount of space, but there was bit too many tables”

However, overall Deley thought, “It was a wonderful chance for students to come out. We saw so many different clubs and organizations for the students... a lot of people had a lot of fun there and got involved.”



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Bucks News

Chef Apprenticeship Program Offers Worthwhile Experience Plus a Degree!

SARAH SIOCK
Centurion Staff

Earn a degree and gain hands on experience with the three-year Chef Apprenticeship program at Bucks.

After completing the program, students are awarded with an associate of arts degree and a certificate of apprenticeship. In order to receive the degree apprentices are required to have 6,000 hours of on the job training. Their earned degree qualifies graduates for entry-level cooking/pastry jobs, along with a plethora of other occupations including hospitality management and commercial baking.

The third-year graduating students top off the program by wearing a medallion at commencement in the spring to show they have completed culinary school. “Chefs love medals!” joked Professor and Chef of the program, Earl Arrowood.

A current class of six third year students, taught by Arrowood, shared their personal experiences with the program. All six students have had various apprenticeships in different restaurants, ranging from country clubs and bakeries to Brazilian cuisine. The students attend class once a week while doing their full-time jobs for the apprenticeships.

Apprentice Jackie Stein admitted she was a bit hesitant to join the program at Bucks. Prior to attending Stein thought, “Am

I really going to learn anything from just coming once a week?” Now, Jackie Stein is the sole third year pastry student in the program. “I’m glad I came here,” said Stein, “you learn a lot in one week.” Stein works at Nothing Bundt Cakes in Newtown. She loves that the program has allowed her to carry out her dream of creating food and giving it to people.

The students pointed out that the program at Bucks is unique because they require the apprenticeship component and many other culinary schools do not. They described apprenticeships as “real” and “humbling.”

Third year student Chantel Carter said, “The Bucks apprenticeship program saved me.” Carter previously attended culinary school at a larger university. She described that the small and intimate setting at Bucks allowed her to learn much more effectively. “It’s nice to not have to fight over pots and pans.” laughed Carter.

Carter also said, “Chef Arrowood is one of the greatest chefs I have ever worked under.” Arrowood has been at Bucks since 1982.

All six third year students’ passion for culinary arts started at a young age. One student, Zach Sumba, said he has been in the business since he was fifteen years old. Another student, Sean Myrtertus, has been involved in culinary since he was twelve.



Myrtertus has always liked cooking and the program has allowed him to make a career out of it.

All students agreed that the classes move at a nice pace and it is easy to pair the classes with their schedules. The program has reasonable lab fees, unlike other schools. Chef Arrowood pointed

out that the program is non-profit. No restaurant at the school that makes an income. Instead, students go to outside restaurants themselves to learn the best social skills.

There will be a ribbon cutting

ceremony in February opening a new kitchen stocked with the latest technology for the chef apprentices in Founders Hall. Chef Arrowood said all are welcomed to the opening ceremony of the new kitchen.

Pictured: Chef Earl Arrowood interacting with culinary students

Bucks to Offer Sexual Assault Trauma Course

ADRIANNA WOLF
Centurion Staff

BCCC will be offering a 40-hour course on the Newtown campus for registered nurses and nurse practitioners focused on the treatment needed for victims of sexual assault.

In our world, sexual assault is not an uncommon occurrence. Every day, hospitals and other medical services encounter cases of sexual assault and the victims who need their help.

Bucks is now offering a 40 hour course on how to physically treat victims in these situations and how to bring them comfort emotionally. The course will also provide information on other topics such as intimate partner violence and rape trauma syndrome.

This course will be stretched over the course of five days. The last class will take place on Sept. 25.

The course will only take place on the Newtown campus with the exclusion of one day where the class will take place in the DA’s office to provide a mock trial for students.

Cheyenne Rothermel, a sexual assault nurse examiner educator, will be teaching the course. She also teaches at the Episcopal school of nursing, Aria school of nursing, and the Temple University nursing program.

She created the course to teach nurses and nurse practitioners how to become examiners in cases of sexual assault. Rothermal said, “There is a need for examiners in the area and I am passionate about caring for special populations and the underserved.”

Working with topics such as sexual assault is not an easy task. These students will be on crime scenes and will witness terrible things in their career. “This class is an area of specialty. The person must be passionate to assist victims of violence but be prepared to see horrific situations,” said Rothermal.

Along with information on sexual



Photo Courtesy of Wikimedia commons

violence, this course

will provide information on topics such as human trafficking, elder abuse, and child abuse. Rothermal explained, “However these topics know no boundaries. Everyone knows someone that has been affected by one of these topics.”

Sexual violence has affected many lives and continues to be a frequent issue covered in the daily news. Rothermal stressed the importance of nurses having experience in this field to identify those in need. “I believe this should be available to the students on a yearly or semester basis. Every new class should be educated and re-educated on these topics,” said Rothermal.

Students at Bucks also feel this is an important course for nurses and others in the medical field due to the frequent reports of sexual assault in the news.

Megan Burke, a student at Bucks said, “They [nurses] should have background information on how to treat victims of sexual assault because in this day and age these types of things occur, which is upsetting.”

Anyone majoring in the medical field will benefit from taking this course. “Those in the medical profession must have the knowledge to identify those in need,” said Rothermal.



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Arts and Entertainment

Professor Sarahlyn Bruck Debuts Her First Novel

FRANCIS KLINGENBERG
Centurion Staff

Sarahlyn Bruck is an associate Language and Literature professor at Bucks. Between teaching and helping fledgling writers with their work, Bruck has debuted her very own novel, “Designer You,” to exhilarating reviews on Aug. 31.

“Designer You” is a novel whose main character, Pam Wheeler, has everything she could want. A happy marriage, a successful career, and an amazing teenage daughter, but all goes awry when her husband dies in an accident.

In an interview with Bruck, she described “Designer You” as an emotional book that will “give the reader ‘all the feels.’” Bruck also described her novel as very heart-warming and real.

“I’ve always been writing, since the time I was in grade school I would jot down stories just for fun in my free time,” said Bruck.

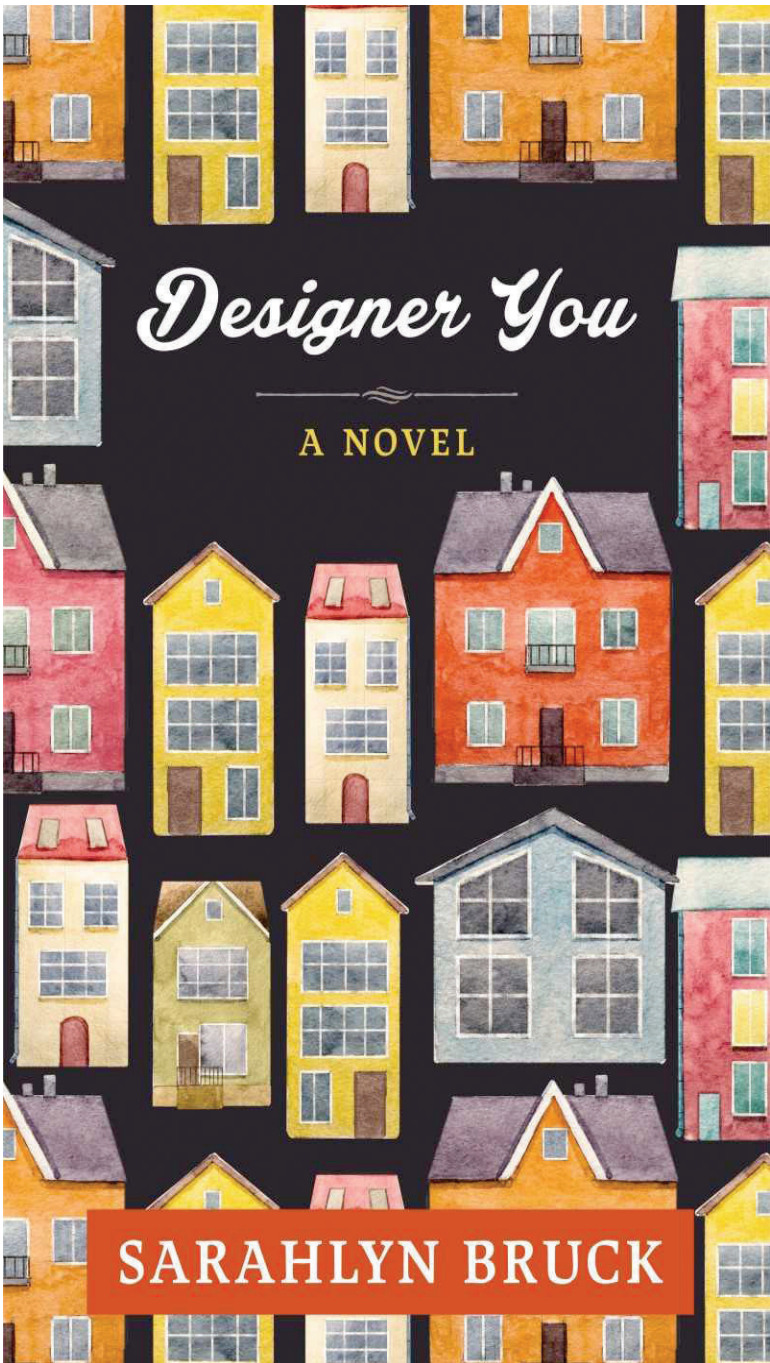
Bruck continued, “However with all that writing, the thought of becoming a published writer never occurred to me.”

Bruck pointed out that her inspiration to become an author was the wife of her dad’s friend. Bruck’s inspiration wrote romance novels and encouraged Bruck by mailing her articles and sending signed copies of her books.

Bruck also revealed the inspiration behind “Designer You” was because of her husband building a roof deck. She worried about what would happen if he fell, and that worry wrote itself into a novel.

This book was released after countless hours spent editing and revising. The hardest part about writing “Designer You” for Bruck was the writing process. Some days, it would be easy for her to build upon ideas or to edit what had already existed. Other days, the words wouldn’t flow at all.

“I wanted the novel to show how a person would cope and overcome a tragic accident and better themselves.” Said Bruck.



Bruck especially wanted to show how the main character (Pam) and her teenage daughter could not only move on, but heal and create a new life with hope and happiness.

Bruck’s aim for this book is to “explore if, and how a person not only survives something scary, but reinvents herself and even grows as a person.”

One editorial review from author Kelly Simmons calls this novel a “tenderly written story of a mother and daughter’s struggle.”

Another reviewer from Amazon writes that he “will be sharing this great book with friends.”

Overall, Bruck’s debut as an author has been met with warm regard. She has created many fans with the release of this novel.

“It feels great to finally have my book out in the world and share it with readers,” admitted Bruck. She finds it exciting seeing audiences take her characters into their own lives.

According to Bruck’s website, she is writing another novel and coaches writers for “Author Accelerator,” a website that helps people with their own creating books.

You can find “Designer You” on Bruck’s website, sarahlynbruck.com, as well as on Amazon.

Album Review: Magus by Thou



ZACH WILLITS
Centurion Staff

Los Angeles based sludge metal outfit Thou released their latest album called “Magus” on Aug. 31. The band is known for their funeral-paced music and overwhelming levels of despair that oozes through their crushing music. Did they deliver the goods this time around? Let’s find out.

Thou has been around for a decent amount of time now, releasing their first album in 2007. The band has changed a bit since their early days, showcasing a cleaner and more melodic sound these days in stark contrast to their raw, aggressive fury from their early releases.

The album opens strongly with the somber track “Inward.” The track features a majestic, soaring riff that pairs nicely with the agonizing screams of the vocalist, painting a very dreary picture indeed.

Further down the album, the track “Transcending Dualities” opens up with tremolo picking that leads one to believe a black metal song is about to play, only to drop itself into a brutal, doomy riff that could shatter bones.

This track shows the band getting more aggressive and a bit less moody, with the riffs sounding more diabolical.

“Greater Invocation of Disgust”

starts out sounding quite creepy with what sounds like dissonant piano lingering in the distance. This is until it assumes the usual thick slabs of riffage present throughout the rest of the album, with a

shriek proclaiming, “We have nothing but our hatred,” a lyric that very well describes the mood of the entire album.

“Magus” is sprinkled with odd transition tracks like the subdued “My Brother Caliban” and the divine sounding “Divine Will.” This is certainly a welcomed attribute of the album that adds a vague thematic element, or maybe just an ambiguous feeling of mysticism. In any case, it is enjoyable.

While Thou does a great job at their solemn doom metal, the music can definitely get repetitive given the length of the album. The band could throw in some more variety or shorten the album length.

The album contains a fair amount of anger and is decorated overwhelmingly with despair. This is not to say it is a subdued album, like their past album, “Inconsonable.”

The album is full of cathartic screams and loud guitars, though the feeling is one of defeat and pain. This is recommended to anyone who likes unrelenting misery in musical form.

Bucks Fall Fashion Preview

JOSEPH SHERIDAN
Centurion Staff

With autumn weather coming in rapidly, that could only mean one thing; it’s almost fall and it’s time for a different wardrobe.

Observing the fall fashion at Bucks is a student’s best shot at making a statement. Letting the people know that you are not only there to learn, but you are there to work it. For those who aren’t jumping into fall feeling their most confident, don’t worry, all your bases are covered thanks to some fellow students who want to help you achieve that fall look.

The most essential part of fall fashion is arguably, layering correctly. Too many layers make it difficult for you to show off the remains of that summer body you worked so hard for however, and not enough layers will have your 8 a.m. crush wondering whether or not you’re a sociopath, so finding a good balance is key.

Anthony B., 19, a criminal justice major student, suggests you invest in a decent hoodie. Nothing fancy, but a staple nonetheless. A hoodie, either with, or without a zipper, provides warmth and optionality, two key components of fall fashion.

Noah Ruiz, 20, a liberal arts major, suggests brands such as

Nike, Adidas, or Puma for his hoodie needs. You can find them on the cheap at Dick’s Sporting Goods stores. Make sure to check the clearance section and browse online beforehand for coupons, and while you’re there don’t be afraid to grab some sweatpants or ball shorts to go along with that hoodie. Optimize comfort, you’ll need it.

For those who desire a bit more than sweatpants, Omar Dabbour, 19, computer IT major student, recommends stopping at American Eagle for a pair of classic blue jeans, perhaps grab a decent crew neck sweatshirt, or a seasonal flannel as well. Don’t let the ladies be the only ones getting these fits going this fall fellas, they’d love for their effort to be reciprocated.

Ladies, don’t panic, we have you covered as well. First and foremost, you’re going to need leggings. Black leggings will get you through anything and everything this semester so make sure you stockpile accordingly.

Ramona Harris, 19, a communications major student from Bensalem, strongly recommends black tights either from H&M or Forever 21. She also says you’d look great in a ripped denim jacket, so go ahead and flex a little bit. Leggings are fantastic because

they go with everything, jeans for millennial culture is how they’re often referred to.

Luckily, Gabby Houck, 19, a journalism major student from Doylestown, has shared her thoughts on what should go on your torso this season. Houck has been reported saying that you can find cute sweaters and turtlenecks at the same place you found those bomb leggings, that’s Forever 21 and H&M. Houck also suggested that if you have the time and the funds, be sure to check out Urban Outfitters and Marshall’s as well and add some diversity to that wardrobe.

You don’t want to be caught wearing the same thing to your Monday-Wednesday classes you wore to your Tuesday-Thursday classes, do you? Don’t worry, you won’t have to be.

Jenna Zelinsky, 19, a stylish nursing major student, was able to provide some insight on how to look your cutest for your anatomy lab this semester. Three words: American Eagle Jeans. They come in blue, light blue, dark, white, black, and pale blue. Might as well grab one of each. You’ll need a pair of boots as well. Boots will get you through the cold, the rain, and the leaves. Not to mention you’ll look great on your three-day expedition



Nursing major, Jenna Zelinsky.

from the student parking lot to Grupp Hall.

Fashion isn’t only the clothes you wear, but how you wear them. With all this apparel advice, it’s understandable some students get overwhelmed. There’s an infinite amount of options and

a constant desire to impress. Be yourself, and the most important thing is that you’re comfortable, but stylish at the same time. Most importantly, don’t wear shorts in the winter, that’s not cool, no one thinks you’re tough.

Sports

Bucks Cross Country Team Seeks New Members

FRANCESCA DESCANO

Centurion Staff

After a 25-year hiatus, the Bucks Cross Country team is back and looking for runners to help rebuild the successful franchise from scratch.

“We’re trying to re-establish ourselves in the conference,” Bucks Cross Country coach Brian Thomas says. “We need to achieve enough success this season to keep the momentum going and to keep building.”

Some key runners for the team have achieved freshman eligibility, while others are still awaiting this feat. Two key female runners for the Centurions this season are

Reland Saugling, who previously ran at Quakertown High School, and Patricia Higgins, who previously ran at Bensalem High School.

Both girls are freshman runners, indicating that this is their first year eligible for potential scoring. “While there are not enough girls for team scoring, they are going to work on their individual times and help lead the team,” said Thomas. A minimum of three more female runners are needed in order for the women to be eligible for team scoring, since team scoring requires five runners on the team.

As for the men, the team has reached the amount of runners needed for scoring. Looking to lead the men’s side to success

are freshman runners, including Levittown’s Matthew Calderone, an alum runner of Bucks County Technical High School; Morrisville’s Andrew Clark, of Pennsbury High School; and Quakertown’s Logan Saugling, of Quakertown High School.

Over the weekend of Sept. 8, the team ran at the Cumberland Dukes Invitational. “Both girls earned medals,” explains Thomas. “As a team, we walked away with three.” Saugling finished fourth in the women’s meet as Higgins placed 13th. After a battle with the wet weather, Saugling’s time was a modest 24:03.60 with Higgins clocking in close behind at 26:28.67.

The third medalist, Logan Sau-

gling, brother of female runner Reland Saugling, finished with a time of 21:33.95, securing him a seventh place finish in the men’s meet. Fellow male runners, Calderone and Clark, finished with times of 21:33.95 and 24:21.54.

After a successful first meet at Cumberland, the Centurions now prepare to compete at the Delaware Valley University Invitational on the weekend of Sept. 22 with more meets to follow.

Thomas confirmed that the team is off to a good start, and the team as a whole is looking for this season to be the foundation for years to come. “It typically takes about three years to build a team,” said Coach Brian Thomas. “This is the first step in establishing ourselves

in the conference once again.”

With fresh eyes, the team sees squad achievements as well as individual success in the near future. “We’re looking for people who are interested in joining, whether they have experience or not,” Thomas noted. “For scoring purposes, or for individual growth, students are still welcome to come out for the team and help reinvent the Bucks Cross Country squad.”

For more information on the Bucks Cross Country team and this season’s schedule, visit the Bucks Athletics website at athletics.bucks.edu.

Gearing Up for the Upcoming Soccer Season

ANDREW BURDEN

Centurion Staff

Fall is coming around and that only means one thing; men’s soccer is around the corner.

The soccer team here at Bucks has won consecutive league awards and has been able to make it to regionals and nationals in the NJCAA.

Unlike most colleges are able to train, practice, and improve with their student athletes however, it is a different story here at bucks. Head coach and Assistant Athletics Director, Justin Burroughs manages not only to work around this hurdle, but prove to other colleges that we are a force to be reckoned with.

When it comes to the topic of rivals, he mentioned that Bucks

consistently ends up either first or second, “We don’t have any rivalries here in Pennsylvania, we’ve lost some games here and there, we do, however, have rivalries with some New Jersey schools.”

Coach Burroughs, when it comes to the NJCAA, feels Bucks is the best team in Pennsylvania. Burroughs said, “A down year for us is ending up second in the conference, we always compete and we have been in the semi-finals most years since we switched over to a national conference.”

One of the games they do have coming up relatively soon is nationally ranked team Camden County College on Sept. 30. Camden has been able to stay consistent in being on the top ten teams in the country for over six years.

Brookdale Community College

has been national champions and will be playing Bucks later on this season. Ocean County College is the current regional champions, they are a big school to face.

The goal of most Pennsylvania schools according to Burroughs is to beat Bucks, “It’s always a challenge.” says Burroughs.

“Other teams know they’re not going to do well, but have the goal of beating us. They’re going to throw their best at us.” Mohammed Abdul, according to Burroughs, has the most potential on the team. He returns after being captain last year and on top of being a mature and responsible sport, the newer players see what others saw last year.

With this New Year beginning, Coach Burroughs sees a lot of potential with this new team, when

bringing up newer players, one of the first that came to mind was freshman center-back Anthony Ritts.

When it comes to defense, according to coach he said, “He’s been doing a great job with organizing the defense as well as handling the position with new starters.” This year according to Burroughs is that they are deeper than they were in previous years. It’s very hard to say that ‘oh these guys are our top players’ during different games and in various situations, each member of the time will shine.” says Burroughs. “The line-up changes all the time, along with pre-season games being different as well as changes due to injuries. Different people have stepped up and have been consistent and have been playing

well, we still have plenty of room for improvement, and we definitely need to get a lot better.”

This team arguably plays one of the hardest schedules in the region, they are fearless. With Coach Justin Burroughs, this team over the last 14 years have been consistent both in regionals and nationals. Playing schools like Ocean and Manor, who have kids living on campus and who are there to perfect their skills. On top of jobs, commuting, and various other factors he makes this work and is able to compete with some of the best schools in the county.

Bucks soccer kicks off the year right, and the kicks will get tougher and tougher.

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