Use and Abuse

Student abuse of Adderall, better known as the “study drug,” has become a national concern

BY BRANDAN BLOM

With the end of the semester near, Curry students will be spending a lot of time writing papers and studying for final exams. Some will undoubtedly also abuse prescription medication.

From Curry to the University of California, students are taking what has become known as the “study drug.” Adderall, as it’s officially known, is a medication that’s often prescribed to people with Attention Deficit Disorder (ADD) or Attention Deficit Hyperactivity Disorder (ADHD) to help them focus mentally. However, students who don’t actually need the drug are buying or obtaining pills from friends with prescriptions to study longer and harder—risking their health and well-being in the process.

No statistical evidence exists concerning Adderall abuse on campus, and it’s unclear how many students at Curry have a legal Adderall prescription. Approximately 20 percent of first-year students at the college were admitted through the PAL program, which provides academic services to students with ADD, ADHD and/or dyslexia. But there’s little question, at least anecdotally, that Adderall abuse is happening on campus.

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Master’s Minds

Students flocking to new criminal justice master’s of arts program

BY EVAN KREUZINGER

The Criminal Justice Department’s master’s of arts program is in only its second year, yet it has already proven to be a great success.

Because of drastic state funding reductions in the Quin Bill—a Massachusetts law that provides officers salary increases based on degrees earned—fewer active officers are returning to college. So, Curry adapted and reorganized to offer a new master’s program in criminal justice. Students take just two courses per eight-week term, which enables Curry to charge a fixed price of only $17,450 a year, compared to the traditional undergraduate tuition of $31,900. The program consists of 31 credits.

According to Professor Jennifer Balboni, co-director of the master’s program, the pricing strategy was devised to better compete with less expensive state school programs. But that’s not why the new program is successful, Balboni said.

“The faculty is very committed, and as a result the program has been very strong and successful,” she said, adding that it is active on both the Milton and Plymouth campuses.

The program is designed to prepare students for the criminal justice field by integrating and applying the four major cornerstones of the program: public administration, ethical leadership, problem solving and innovation. In each area, students learn about different theories and methods and how to apply what they’ve learned in the classroom to what they do in the field. Students improve their skills in the areas of communication, collaboration, planning and evaluation.

Carrie Hormanski, 24, had a lifelong dream of working in the criminal justice field. She earned her bachelor’s at Curry and landed a job with the Pawtucket (R.I.) Police Department. But to advance within the department, she realized she needed to further her education.

“I do find the courses help me think of new ways to do things at work,” said Hormanski, noting the “Leadership in the 21st Century” course, which deals with interdepartmental personality assessments. “The courses have

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Silent Statements

BY CHRIS WILSON

There’s a quiet movement on campus to give peace a chance, but it’s so quiet few people actually know about it.

In two separate locations, near the tennis courts and behind the registrar’s office, “peace poles” stand as mini monuments to the dream of world peace.

The four-sided obelisks feature the words “May Peace Prevail on Earth,” with each side of the poles featuring a different language. The first pole has English, Spanish, Hebrew and Swahili, while the other has English, Spanish, French and Russian.

The World Peace Prayer Society, a group founded by Japanese spiritualist and humanitarian Masahisa Goi in 1955, created the concept of the peace pole. The poles were used to spread a message of peace following the bombings of Hiroshima and Nagasaki, Japan by the United States during World War II. Since 1985, poles have been manufactured in the U.S., and buyers can customize the material and shape, as well as the languages featured on them.

But why are they at Curry and how did they get here?

The first peace pole, by the tennis courts, was purchased and placed two years ago by the student group R.A.G.E., which works to educate students about alcohol and substance abuse, among other issues. According to Therese Hofmann, director of spiritual life at Curry, the pole was in reaction to incidents of anti-Semitic graffiti on campus. The hope was to place a garden

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Campus Life

Just Dance

Three different student dance teams shake things up on and around campus

BY ANDREW BLOM

The next time you’re out and about on campus, be careful. You may find yourself stuck in the middle of a “dance off.”

OK, the Jets and Sharks of Leonard Bernstein’s 1957 Broadway musical “West Side Story” aren’t around. Neither are the dance troupes of Austin Powers and Britney Spears, as seen in the movie “Goldmember.” But dance has become a growing passion at Curry, as evidenced by the fact there are now three different student dance clubs.

Thirty-four students, all female but one, make up the three dance groups at Curry. Open to both men and women, The Curry Dance Team, Multi Essence and M.O.T.I.O.N. Steppers each have their own style and swagger. In late November, a step-dancing group, received club status this semester by the Student Government Association. M.O.T.I.O.N. stands for “Motivated, Outspoken, Talented, Intelligent, Original and Natural.”

Each new group brings an opportunity for students to practice and engage in that particular style of dance,” said Michael Giacalone, coordinator of student clubs and organizations in the Student Activities office. “I think it provides a richer community for our students.

Alissa Cardone, an assistant professor of dance at Curry, said dancing has become a much more mainstream art form over the years. The college offers an academic minor in dance, and is working to hire an additional faculty member for next year due to increased student interest.

“Continuing to dance in college for many students is extremely important,” said Cardone. “Because they love it! Dance is a meaningful and rewarding experience.”

None of the student clubs’ histories go back that many years. The Curry Dance Team was formed in 2007, and routines consist of hip-hop, ballet, tap, jazz and contemporary dance. Today, they have 14 members and recently competed at Westfield State University and Bridgewater State University.

“We are a tight-knit group,” said Aimee LeComte, a senior early education major and secretary/treasurer of the Dance Team. “With our enthusiasm and spirit, we bring the party!”

The added Club President Melissa Manning, a junior criminal justice major: “All the girls do it because it’s fun. But obviously that competition aspect is still there.

Last February, The Curry Dance Team was joined on campus by Multi Essence. According to Tuzde Nazaire, a senior criminal justice major and vice president of Multi Essence, the group has 10 members and specializes in a fast-paced style, with a mixture of hip-hop, upbeat rap and R&B. They’ve already performed at events at Roxbury Community College and Central Connecticut State.

“People say, ‘What’s the point?’ when they find out there are two dance teams,” said Nazaire. “But they are two different styles. It’s good that Curry students have options.”

At such a small school, a rivalry of some kind is to be expected. After all, both groups perform at similar venues, including the Powder-puff football game and March Madness, as well as at off-campus performances.

Yet, both claim there is no competition between them. They’re simply too different in style.

“You can’t compare the teams when you represent two different things,” said Jasmine Jackson, president of Multi Essence and a senior psychology major. Members of The Curry Dance Team agree. “They know how to make things go smoothly,” said LeComte. “We dance for fun while they dance for a structured performance.”

Still, when asked about how they felt about the other groups, those interviewed for this story tended to smirk and look around, careful not to say anything bad about the other teams. Competition takes many forms.

Adding to the mix are the M.O.T.I.O.N. Steppers. Neila Rene, a sophomore health major and secretary of M.O.T.I.O.N., said the group intends to bring “something different to Curry that no one has seen before.”

Although some members of the newly created step team were interested in joining Multi Essence, they decided to focus on “step,” which involves precise and rhythmic dance routines that include clapping, stomping and the occasional prop.

“We are the next big thing!” said junior communication major Larissa Sloan, a M.O.T.I.O.N. member.

Be aware of your surroundings, Curry students and faculty. You never know when a “dance off” just might ensue.

SpamAlot

BY A.J. SPIRITO

If you’ve ever eaten the canned meat SPAM, you know just how unappetizing it can be. The email version by the same name is just as bad.

Just ask Chris Swenson, Cur- ry’s network manager, who has had more than his fair share of sickening days this semester due to successful email phishing schemes.

The problem, Swenson explains, is that different faculty, staff and college administrators at Curry use different tactics to schemes in which recipients are asked—under false pre- tenses—for their user name and password. Once the information is obtained, thousands of spam emails are maliciously sent from that user’s account. As a result, email service providers such as AOL and Comcast block all emails sent in curry.edu.

The process to unblock is long and tedious, Swenson says.

The college uses a spam filter called Barracudo, which prevents about 70 percent of all spam and phishing messages from getting into Curry email inboxes. However, “In recent months, spammers have improved their messaging, mak- ing it look more real,” Swenson says.

Curry’s IT department has repeatedly sent notifications to faculty, staff and others warn- ing about suspicious emails from unknown parties. How- ever, with some 900 paid members of the Curry community, it’s dif- ficult to get through to everyone.

Swenson explains.

Nancy Gallagher, an admin- istrative assistant in the Science and Math Department, says her approach is simple: She “just delete[s] anything suspicious looking on my email.” Almost everyone on campus does the same thing, but it takes only one mistake to damage all who use a curry.edu account.

According to Swenson, stu- dents have been unaffected by the phishing and spamming schemes because their email is through Gmail. In addition, the two-day Internet outage on campus in mid-November was due to problems with Verizon, the college’s Internet provider, not because of email spam.

Swenson was also quick to point out that there are other, bigger risks associated with fall- ing victim to an email phishing scheme, including identity theft.

So, he wants to remind everyone that if Curry’s IT department wants to contact members of the college community, the email will come from a Curry account. In addition, the IT department would never ask anyone for their username and password.

Phishing schemes lead to blacklisting of curry.edu accounts
Marijuana has been smoked on college campuses throughout the country for at least the past 60 years. But the drug has gone mainstream in the past eight years, with 11 states—including Massachusetts last month—legalizing medicinal usage.

In all, 19 states, including the District of Columbia, allow medical marijuana usage, and in two states—Colorado and Washington—voters last month passed ballot initiatives to legalize marijuana altogether. It’s not yet clear what effect the legalization of medical marijuana will have in Massachusetts, although some people believe it will make weed easier to access and less expensive for those who use it recreationally.

According to a number of Curry students interviewed for this story, marijuana is already quite prevalent on campus.

“I have a lot of stress in my life, and pot honestly just makes me feel relaxed and happier,” said a junior who, like all students, asked for anonymity. “I’ve written papers while high and gotten good grades on them before.”

Other students said they believe pot usage negatively affects their life, but they did suggest that he might have “better focus even if I did it a lot more,” said a second student, a sophomore.

The student who said he smokes because of stress doesn’t believe pot usage negatively affects his life, but he did suggest that he might have “better focus when I stopped smoking.”

Other students said they believed the negative effects of smoking marijuana are often blown out—no pun intended—of proportion. No students are driven to Milton Hospital in an ambulance because they smoked too much weed, they said, and it’s incredibly rare for students to fight because they’re high. Alcohol is therefore far more dangerous, they argued. “I only smoke occasionally, but I feel like I could still function even if I did it a lot more,” said a second student, a sophomore.

Marijuana has been smoked as world hunger, childhood education, and prevention education, said Emile Clucas. Clucas, who also serves as the director of Curry’s prevention education, said she sees two main groups of pot smokers at Curry. The first group smokes recreationally, “at more a social level,” she said. The second group uses marijuana “for a more intentional purpose,” Clucas explained. “Maybe it relaxes them. Maybe they want it to improve their mood. Maybe they want it to help them sleep.” Clucas believes the second group faces a much higher risk of drug abuse.

“One of the things that we do know is that marijuana has an impact on motivation,” Clucas said. “We do know it has an impact, particularly on short-term memory, as far as an ability to learn new information and retain new information. As far as learning, particularly for college students, it’s something to be aware of.”

Curry since 1966, found an audio recording of Mead’s guest lecture, in 1969, while cleaning his office this past summer. The talk was part of a series of lectures on campus about archaeology and the “fantastic goings-on under the sea.” Among the other guests to campus was Rep. Shirley Chisholm, the first African-American woman elected to Congress, in 1968. Chisholm went on to serve seven terms representing a district in New York.

“Mead was very interesting,” said Keighton. “Very carefree. She had an opinion about everything.” The last thing she said before the tape ran out was that “every student should leave here and try marijuana,” Keighton added.

Mead, who died in 1978, wrote more than 40 books and authored upward of a thousand articles. She sought to apply the values of anthropology and the social sciences to societal problems, such as world hunger, childhood education and mental health. Mead was also a women’s rights activist and a pioneer of the 1960s sexual revolution.

With the help of Communication Professor Rob MacDougall, World famous anthropologist Margaret Mead spoke at Curry in 1969. A public airing of the audio tape will take place next semester.

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With the help of Communication Professor Rob MacDougall, who also serves as the director of Curry’s Faculty Center, there will be a public airing of the tape next semester. The talk is about an hour long, and Mead offers up her opinions about education, war and politics.

“She was very free on the use of drugs and the idea of sex,” said Keighton.

According to MacDougall, Mead also spoke about using technology to enhance learning and how to make classroom time more useful for students.

Keighton recalled that Mead was a huge draw on campus. The talk was held in an auditorium, and when space ran out a speaker was wired up in what is now the Hafer Parents Lounge.

MacDougall, who is working to get Mead’s daughter to participate in the airing of the recording next semester, said the tape is a time capsule of wisdom that is just as relevant today as it was 43 years ago.
Holiday Gift Guide

BY JILLIAN DESOUSA

Curry College students may be too old to believe in Santa Claus, but they are certainly not too old to make a wish list. According to many on campus, technology and clothing top their lists for holiday gifts. “I want a one-pound Hershey bar!” said Ana Oliveira, a sophomore criminal justice major. “I want money, because the gift card might go to donating to a good cause,” said Antonio Jones, another sophomore criminal justice major.

The iPad mini is a great choice, said Antonio Jones, but he may want to shoot higher this holiday season. “I want a one-pound Hershey bar!” said Ana Oliveira, a sophomore criminal justice major. “I want money, because the gift card might go to donating to a good cause,” said Antonio Jones, another sophomore criminal justice major.

Silent Statements
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around the pole, but the students ended up running out of time. A garden was successfully planted around the pole after the passing of longtime nursing professor Harlene Caroline in January 2011. Science Professor Marlene Samuelson, who was familiar with the peace poles and had worked with the RAGE students to purchase and install the first one on campus, led the charge. The pole and garden area were developed this past summer.

We decided to centrally locate a meditative spot on campus in which those who have passed from the Curry community could be remembered,” Dunn explained. A tree to honor Caroline, as well as a plaque, will be installed during the spring semester, Dunn said.

Andrew Devine, a senior communication major who is seemingly among the few students on campus aware of the peace poles, said he believes they send the right message.

“It’s great that Curry is taking a more international view on peace,” he said, “and I think that we could use the peace poles to promote peace here on campus.”
ipads for rent

Library to offer iPad rentals starting next semester

BY ALYSSA MCCANN

If you plan to ask Santa for an iPad this Christmas, you may want to reconsider. The Levin Library has already purchased 10 of them, and will rent nine out to students, faculty and staff starting next semester.

According to Ed Tallent, director of the library, there is something of a test, to see how students will use the devices and how the devices might support and facilitate learning.

The college will want to use these for a variety of things, and that is perfectly acceptable,” said Tallent. “We want the user to tell us how they were used and what value they have.”

Each iPad can be rented for only one week, but users can personalize the device with apps of their choosing. There are very few limits, Tallent said. If a student wants to upload game apps or social media apps, so be it. The college’s goal, he reiterated, was to better understand how students use the devices.

Nicole Deltorto, a sophomore management major, said she is excited to give them a try. “I think the iPads in the library are a great asset to the college, especially for a student like me,” she said. “I could use the iPad for presentations in my management classes.”

Kerrin Thomas, a sophomore education major, similarly said he likes the idea of renting iPads, but believes more should be available. “More than nine students will want to rent at a time, and a week is not long enough to make the iPad personal,” he said.

Some colleges are far beyond the trial stage. Here in Massachusetts, for example, every full-time student and faculty member at Regis College in Weston, received an iPad this fall. Moreover, students are allowed to keep their iPads after they graduate. According to the college, they hope to replace most hard-copy textbooks with digital versions that can be used through the iPads, both to save students money and to facilitate greater connections between faculty and students.

Each iPad cost Curry $499, plus an additional $99 for the Apple Care support package, for a total of approximately $5,980. Tallent said the library also had to purchase a storage and charging cabinet, carrying cases and additional items.

But according to Tallent, the hardest part of the trial process to date was figuring out how users can customize each iPad with apps of their liking. Typically, iPads or iPhones are registered individually through personal iTunes accounts, and users simply download apps from the iTunes Store, either for free or for a small charge. But given that the iPads will be shared, accessing and maintaining apps is a bit more involved. Tallent added that the library would budget some money to purchase apps, if users are interested in certain ones. Word processing apps such as Pages and Templates will be available on each iPad upon rental, he added.

To ensure the long-term success of the program, users will be liable for any damage to the device while it’s in their possession. Also, there is a late-return fee of $25. If an iPad is more than three days overdue, it will be considered lost or stolen and a full replacement charge will be assessed to the individual’s financial account, Tallent said.

“So be it. The college’s goal, he reiterated, was to better understand how students use the devices.”

According to the Levin Library, the rental program is something similar to how the services the library offers. Said Tallent: “We want to connect with users, support their academic and leisure work and deliver the collections and services in an efficient, effective and efficient manner.”

Need for Weed

CONTINUED FROM PAGE 3

the country. “It’s been de-stigmatized,” she said. “I think people are starting to say, ‘Well, maybe it’s not that bad.’ I think that’s part of the appeal, too. Society’s changing in that regard.”

Through a 2008 ballot referendum, Massachusetts voters decriminalized possession of less than an ounce of marijuana, or about a dozen cigarette-sized joints. Rather than a possible arrest, punishment for possession of less than an ounce is now only a $100 fine.

In addition to the changing landscape of laws in the state, Clucas acknowledged that a lot of anti-marijuana publications do a poor job of informing people about the risks of the drug.

“There aren’t really good prevention materials that aren’t biased, that students wouldn’t consider as propaganda,” Clucas said. “You need to really present the facts when talking about marijuana, and I think we need more information about it. We don’t know enough about what’s considered ‘safe use,’ so that’s what makes it challenging right now.

“You really need to give students the facts, let them know what they’re putting into their bodies,” she added. “What’s safe? What’s not safe?”

The sophomore student said that although he doesn’t believe marijuana is particularly harmful, he would still like to know more about what effect it has on the body.

“Maybe research would stop some people from using it if they found negative effects, but just look at cigarettes,” he said. “Everyone knows they’re terrible for you, but lots of people still smoke every day.”

It’s a point echoed by the anonymous junior. “I really don’t think it’s that bad for me, and if it is, so be it. I’m not going to stop smoking because I don’t want to.”

Use and Abuse

CONTINUED FROM PAGE 1

“Adderall helps to stay focused,” said Mike Benedetto, a junior communications major who is prescribed Adderall for his ADD. “It helps me stay awake and stay focused on the work I have to finish. Lots of people take it when they don’t need it because they think it will make them smarter. I used to give it out to friends who said they needed it.”

Of course, the drug doesn’t actually make users smarter, only more focused. “If the ambition to write a paper isn’t there,” Benedetto explained, “taking Adderall won’t give you the ambition.”

According to media reports, Adderall abuse is a national problem. And it’s not just at colleges.

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However, the medication is “like a sargeoat, or a crutch. It makes you think that you can think better.”

Worse yet, it carries potent health risks. Adderall can cause elevated heart rate, high body temperature, a lack of appetite, and disrupt sleep. It is also highly addictive.

According to Emilie Clucas, coordinator of substance abuse and prevention, students are largely unaware of the risks. For example, some students take it to stay energized while drinking and partying. However, mixing an amphetamine with alcohol carries serious health risks, and will leave users feeling down and depressed the next morning, she said.

The student group R.A.G.E. is sponsoring a trivia event during the late-night pancake breakfast, Monday, Dec. 10, at 10 p.m. in the Student Center—about the dangers of prescription drug abuse. “We are hoping students who go to the late-night breakfast will hear the messages that are being sent,” Clucas said, “and learn about all the negative effects these drugs have on your body.”

Jeffrey Nunn, a junior communication major, said he used to take Adderall without a prescription “to stay up all night to study. It makes you feel focused, or sometimes it makes you want to do something active like run around,” he said.

“Other times, it makes you not want to do anything at all.”

However, the medication is “like a sargeoat, or a crutch. It makes you think that you can think better.”

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Questions for Adam Coulter

You think you know social media? Sorry...
Adam Coulter is the king on campus. Hired in 2011, he works in the Institutional Relations department and oversees the college’s social media operations, from Facebook to Twitter to sites you may not even know of yet.

CT: What do you do at Curry as the school’s social media specialist?

AC: It’s using social media in a strategic way to help achieve our goals as a college. A few of the goals, for example, are increasing brand awareness, attracting prospective students and connecting with alumni. Some specifics include managing all institutional social media accounts, working with departments to manage specific accounts, and contribute video and articles for the Web site and Curry’s social media.

AC: What are some challenges you face?

CT: Is the college considering the use of more social media platforms?

AC: I’d say Instagram will be the next one we devote a lot of time and effort toward. When I arrived 15 months ago, I concentrated on creating and building up our institutional Facebook and Twitter presence, and Pinterest to some extent. Now that that’s in place, it’s time to branch out a bit more.

Orchestrating a Scene

BY ANDREW BLOM

Bob Marley (yeah, that guy on the poster smoking a joint was also a musician) once said, “One good thing about music, when it hits you, you feel no pain.” I’ll even sell out to the masses for a second and mention Taylor Swift, who said, “People haven’t always been there for me, but music has.”

Not much is being said about music at Curry because the college lacks a consistent music scene. But I can’t really blame Curry for this—although the student-run radio station, WM LN, really needs to stop playing the same songs over and over. There’s more to music than Lady Gaga, Led Zeppelin’s “Stairway to Heaven” and random Buddy Holly tunes. Bands like Nirvana, R.E.M. and the Pixies (from Boston) are far more fitting for a college radio station.

That said, I knew Curry wasn’t a hotbed of music when I applied. Obviously, if I wanted to enroll in a school with a great music program, I would have checked out The Juilliard School in New York City, or the Berklee College of Music in Boston. Maybe I should have gone to the University of Georgia in Athens, which has been described by Rolling Stone magazine as having the “#1 College Music Scene” in America.

But there is a small and sporadic music scene on and around Curry’s campus, and students are leading it. Whether it’s students playing guitar in their dorm rooms until 3 a.m., “Open Mic” nights in the Student Center, or concerts in Boston, there is something for every music fan.

For us hapless rock romantics who need a bit more than Justin Bieber faking it on stage, Boston does actually maintain some status among the indie rock community. Conor Oberst, better known as the front man of Bright Eyes, better yet known as the most depressing singer-songwriter ever, will be playing at the Converse Hall at Tremont Temple on Thursday, Dec 6 at 8 p.m. Band of Horses will be appearing at the House of Blues on Sunday, Dec 9, at 7 p.m., and Of Montreal is performing Wednesday, Dec. 12, at 8 p.m. at the Paradise Rock Club. Tickets are a relatively inexpensive $25.

For a more mainstream sound, the Dave Matthews Band is appearing at the TD Garden on Sunday, Dec. 9, at 7 p.m.—although this will use up most of your Dominos pizza money, Ellie Goulding, who is pretty groovy for a soda pop artist, is playing at the House of Blues on Wednesday, Jan. 23; tickets are as low as $35.

And don’t say you can’t make it into town. You have the Curry off-campus shuttle, which drops you off at Faneuil Hall. Most venues are a 10-minute cab ride from there. The Curry shuttle returns to campus at 1 a.m.

I truly hope Curry’s music scene will grow this year and beyond. Because when you have a scene, you have people coming together. And when people come together, that’s when you start to make a difference.

Andrew Blom is a senior English major.

Scoring Well on Your Final Exams

BY WENDY L. OSTROFF

If you are beginning to get nervous about final exams, you are not alone. Almost all college students experience some degree of test anxiety. The good news is that recent research has given us a window into the inner-workings of learning and memory.

With just a few tweaks to your test-preparation habits, you can use your study time much more efficiently and achieve better results.

Take “elaborate” notes during class.

Neurological research shows that the first few seconds of learning something are the most critical for remembering. If you jot down a picture or a funny example that goes with the course content, you are much more likely to encode a lasting memory for that information. Likewise, when you use a variety of modalities to represent and rehearse the information (for instance, visualizing it, listening to it again via recorded audio, drawing a picture, or making up a song), it will be stored in multiple areas in your brain, becoming a much stronger memory.

Make a study plan.

Best results come from starting early and using short, frequent study periods. Studies show that it is much more effective to study for one hour per day for five days, than to study for five hours in one day.

If you must cram, remember that cramming is never effective for learning new information. Use cramming time to review things you already fully understand.

Do something with the information.

The brain remembers by connecting new knowledge with existing experience and memories. In a recent study on test taking, students who read over their notes before the test did just as poorly as those who did not study at all. But students who did something active with the information (for example, made study sheets and concept maps, outlined the chapters, took practice tests, or drew out charts) showed superior test performance.

On test day, get plenty of sleep.

Research has shown that sleep is critical for consolidating memory. Those who study and then sleep show superior memory to those who study for the same number of hours, but do not get deep sleep prior to being tested.

Eat a healthy breakfast. Brain cells use twice as much energy as any other cell in your body and are in a constant state of metabolism. Recent research has shown a robust correlation between eating breakfast and performance on memory tests.

Breathe. If you feel any anxiety or panic, put down your pen, close your eyes and take 10 deep breaths. Let the exhale be twice as long as the inhale. It is physiologically impossible to remain stressed after doing this simple exercise. Open your eyes and finish working.

Wendy L. Ostroff is an associate professor in Curry’s P.A.L. department.
Building on Success

New coach T.J. Manastersky hopes to lead Curry hockey to new heights

BY KEVIN DIFFILY

“Getting into the tournament is nice, but that’s not enough,” says T.J. Manastersky. The fact that Curry’s hockey team has reached the NCAA Division III Tournament four of the past eight years is an impressive feat, according to Manastersky, the college’s new head hockey coach. But he is not satisfied with simply making the tournament, and he doesn’t want his players to be either. He wants to win a national title. “We don’t want to win just a game,” he says. “We want to go to the Frozen Four. And then we want to win the whole thing. That’s the vision.”

Manastersky was hired last summer to replace longtime head coach Rob Davies, who resuscitated a once proud program that fell into disarray. Davies coached from 1999 to 2012 and helped make Curry into a national powerhouse. With a record of 213-109-40 (.632) and two NCAA Tournament appearances over the years, Manastersky believes he’s the perfect fit. “Coach Davies will continue to thrive.”

Eruzione was more than happy to comment on Davies’ replacement, however. “Coach Manastersky’s vision for the program and his passion for the sport and for student-athletes were major reasons why T.J. was the perfect fit for us,” says Eruzione. “Under T.J.’s leadership, I am confident that our program will continue to thrive.”

Manastersky came to the top job after working only four years as an assistant coach, at SUNY Fredonia in New York, as well as Division I Canisius College in Buf falo, N.Y. At just 26 years of age, he is likely one of the youngest—if not the youngest—head coaches in all of college hockey. But what he may lack in experience, Manastersky more than makes up for in passion.

Growing up in the Toronto area, Manas tersky began playing hockey at the age of 5. In college, he played for SUNY Oswego, which is consistently one of the best teams in Division III. At Oswego, he was a member of the SUNYAC (State University of New York Athletic Conference) All-Academic Team and was a key member of the defense.

After college, he played for the Richmond Renegades of the Southern Professional Hockey League. In short, hockey runs in Manastersky’s blood.

“Hockey’s always been part of my life,” he says. “My dad is a hockey coach. He coached university hockey in Toronto. My grandfather won a Memorial Cup (the trophy awarded to the champion of the Canadian Hockey League) in 1949. He also played six games for the Montreal Canadiens….I’m just extremely fortunate to be able to stay in the game and have it as a career.”

Curry has gotten off to a decent start this season, with a 4-3-1 record (3-1-1 in the conference) as of Dec. 3. The solid, but unspectacular play so far can be attributed to a young team, as just 13 players returned from last season’s squad, which made it to the ECAC Northeast championship game before falling to Wentworth in overtime.

Seniors Ian DeLong (8 goals, 7 assists) and Connor Hendry (5 goals, 4 assists) and sophomore Jordan Reed (4 goals, 7 assists) have led the offense, while sophomore Derek Mohney and senior Joe Dawson have largely shared time in goal.

Assistant Captain Casey Brugman, a se nior, says Manastersky has already brought change to a program that occasionally ex hibited a “lack of maturity” last year. “Now, we have a professional-based culture in the locker room,” he says. “There’s not a lot of clowning around. Coach is a pretty straight-forward guy.”

Of course, winning alone won’t define this team. Manastersky says academic success and community service are integral parts of building a successful program, and both will play a role in the players’ overall success.

“Our hockey program is not about showing up at practice and games and playing. That’s not enough,” says Manastersky. “We have to be doing things the right way in all areas of life, not just when our skates are on. There’s a lot more that goes into a college hockey program than meets the eye.”

Fall Sports Roundup

BY ANDREW BLOM

A number of Curry student-athletes received postseason honors for outstanding individual performances throughout the fall season.

Despite an outstanding season from senior wide receiver Rob Bam bini, the New England Football Conference’s Boyd Division Player of the Year, the football team failed to reach the playoffs for the third straight season, with a 6-4 record. Bambini, who missed two games due to injury, racked up 74 receptions for 908 yards, including 14 touchdowns.

Joining Bambini on the NEFC Boyd Division First Team were senior defensive back Rashad Sims, senior linebacker Jason Genece, junior defensive lineman Sam Calley, junior quarterback Kevin Fruwirth, and sophomore fullback Jordan Shairs. Junior kick returner Richard Johnson received Second Team honors. In addition, Rob Davies was honored on the Capital One Division III Football Academic All-District team. A junior transfer student and criminal justice major, Fruwirth has maintained a 3.64 GPA in four semesters at Curry. In his first full season as quarterback, Fruwirth threw 27 touchdown passes and only eight interceptions.

After an 11-9 regular season, the

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Master’s Minds

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helped me to consider new alternatives to handling issues at work.”

About half of the approximately 80 students in the program are Curry graduates, and nearly all students are currently working as police officers, probation officers, corrections officers or counselors, she added.

The program includes a second-year group research project in which students partner with an actual agency, such as the Boston Police Department, and conduct research and analysis around a particular topic.

Of course, it’s not just police officers that see value in the program. Dawn King, 56, works for The Women’s Addiction Treatment Center, an in-patient center in New Bedford for women who have been ordered by a court to go through drug addiction treatment. A 2005 Curry graduate with a degree in psychology, King said she returned to the college to become more familiar with the criminal justice system.

“I find the courses to be very informative and helpful in the area of leadership and problem solving for changing the current way the criminal justice system is implemented,” she said.
The Great Bambini
Senior wide receiver breaks three all-time records at Curry

BY KELSEY MARCHETTI
Wide receiver Rob Bambini made his senior season a memorable one.
In his final year of football at Curry, the Westwood, Mass., native broke three all-time records. Bambini now owns the records for the most receptions (210), most receiving yards (2,922) and most touchdown receptions (38).

“I had to catch a lot of passes, work hard on and off the field,” said Bambini, a criminal justice major. “There’s a lot of things people don’t see until game day, when you get to showcase all of your hard work. It just takes a lot of hard work and determination.”

Along with his records, Bambini won two major awards this year: the New England Football Writers Association’s Gold Helmet Award for the week of Oct. 8, and the NEFC’s Boyd Division Offensive Player of the Year. The Gold Helmet is awarded weekly, and it goes to the top Division I and the top Division II/III players in New England.

On Oct. 8, Bambini’s last-gasp heroes led Curry to victory over Western New England, 35-32. He had two 39-yard touchdown receptions in the final 15 minutes of the game, including one with exactly one second left in regulation. That game stood out as Bambini’s best performance of the season, as he totaled 14 receptions and 177 receiving yards. He also had two first-half touchdown receptions to add to his tally, making it a four-touchdown game.

“I love the game of football,” explains Bambini, who, amazingly, played only one season of high school football. “It teaches you a lot of life lessons, responsibility and friendship. I don’t think any other sport except for football can give you that.”

In a Sept. 21 game against M.I.T., Bambini caught the game-winning touchdown pass and marshaled a Curry comeback win, 31-24. Bambini broke against the M.I.T. defense, amassing 13 catches for 221 yards and one touchdown. Despite playing in only eight of the 10 games this season due to injury, Bambini recorded a whopping 74 receptions, totaling 908 receiving yards and 14 touchdowns.

Fall Sports Roundup
CONTINUED FROM PAGE 7

BY KELSEY MARCHETTI

Sophomore Tiana Sturtze, at 6-foot-1, was among the volleyball team’s top defenders this year.

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The women’s tennis team finished the first 9 games, Curry lost its final 15 games, including one with exactly one second left in regulation. That game stood out as Bambini’s best performance of the season, as he totaled 14 receptions and 177 receiving yards. He also had two first-half touchdown receptions to add to his tally, making it a four-touchdown game.

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