I was so happy that I did it. We all
street,” Scheetz said. “But after I did,
actually handing out the donations
donated items directly to the people.
he thought it would be nice to deliver
people went out of their way to purchase
his friends and family was great. Some
and clothes.”
the amount of trash bags filled with coats
it was starting to look like a dump with
doing everything out of my basement, so
first clothing drive,” Scheetz said. “I was
amount of stuff I received during the
for Christmas. Scheetz realized he had
enough coats, so he decided to donate
what he didn’t need to the Connect by
During the shelter, Scheetz
said he saw a great need for warmth and
comfort for those living on the streets.
Once he returned home, he contacted
for their assistance in donating items
such as coats, shoes, and hats so that the
homeless could be warm throughout
winter.
This was the start of The Middle
Man, a growing nonprofit organization
dedicated to making sure homeless
people have warm clothes to survive
through harsh winter conditions.
I was definitely surprised by the
amount of stuff I received during the
first clothing drive,” Scheetz said. “I was
doing everything out of my basement, so
it was starting to look like a dump with
the amount of trash bags filled with coats
and clothes.”
Scheetz said that the generosity from
his friends and family was great. Some
people went out of their way to purchase
brand new items to donate.
In the beginning, Scheetz was
only donating to homeless shelters, but
he thought it would be nice to deliver
donated items directly to the people.
At first, I was really nervous about
actually handing out the donations
directly to homeless people on the
street,” Scheetz said. “But after I did,
I was so happy that I did it. We all
have our thoughts and stereotypes of
homeless people. You think that you have
to be cautious, but the experience was
amazing. The men were so thankful.”
Scheetz shared a story about one
man who inquired about a pair of size 13
boots that were sitting out by the car. Two
minutes after taking the boots, the man
returned and said, “Man, I just wanted
to shake your hand. Thank you so much.
My feet feel so good to be in a warm pair
doat boots. Man, I will never forget you.
Thank you, brother.”
I will never forget him,” Scheetz
said. “This is the kind of thing that keeps
me doing this.”
Scheetz said he drives into
Philadelphia a few times each winter to
hand out items. He also makes weekly
trips to homeless shelters and collects
donations year round.
“Although I have never been
homeless, I know what it is like to not
have much,” said Davette Thompson, a
West Chester resident who was dropping
dough donations for The Middle Man. “I
hope that this will make someone feel
just as good to receive something they
need as it makes me feel to give it.”
Amanda Aschendorf, a Newark
resident, agreed.
“I like that my donations would be
going straight to the people that need
them instead of some organization that
will sell them for profit,” she said.
DCCC students interested in
volunteering with The Middle Man can
do so by acting as a point person. A point
person collects cold weather clothes such
as coats, mittens, gloves, hats, socks,
shoes and any other items that would
be beneficial to those living on the streets.
The point person will drop the
donations off with Scheetz so he can
distribute them between homeless
shelters and those living on the streets.
Felicia Neff, a Downingtown
resident, said she became a point person
because she liked knowing that her items
were really going to help those in need
and not sitting on a rack waiting for
someone to buy them.
“The people on the streets are not
getting the help they need,” Neff said.
“This seems like the right thing to do.”
Since many homeless people have
dogs, The Middle Man also collects any
items a dog would need to survive on the
streets, such as food, collars and blankets.
“I do have ideas for future volunteer
opportunities,” Scheetz said. “These
ideas include sending teams out weekly
to distribute donations and teaming up
with shelters to set up tables inside the
shelter to give away items to people as
they come in.”
Scheetz said he also wants to put
Together a list of shelters, rehab centers
or any place where people can go for help
and give it to each person he comes in
contact with because the ultimate goal is
for everyone to be off the streets.
The 2013 warm clothing drive is
ongoing. Since there is no actual start or
end date, clothing donations are needed
throughout the year.
For more information on The
Middle Man or ways students can get
involved, Scheetz can be contacted
through Facebook at facebook.com/
themiddlegenianhomeless.
Contact Stephanie Kadingo at
communitarian@mail.dccc.edu

By Stephanie Kadingo

The Middle Man
spreads warmth to those in need

Old and new Thanksgiving recipes measure up

IT staff to fix safety kiosks at
Marple Campus

Opinion: Veterans need to be remembered

Alumnus publicizes local African community

DCCC baseball coach still
knocks it out of the park

Food drive allows students to make a difference

Serving Delaware and Chester Counties • Public Trust, Public Forum, Public Service • www.thecommunitarian.org  @Communitarian12  The Communitarian
By Adrienne Keer

On Thursday, Oct. 24, Blake Cohen, a medical advocate for the Domestic Abuse Project of Delaware County, came to speak with DCCC students not only about domestic abuse, but also how to give victims resources if they ask for help.

Cohen started the seminar off by talking about what constitutes domestic abuse, and how it doesn’t just occur in romantic relationships.

Domestic abuse can also occur in parent–child relationships, or it can involve two or other family members. It’s not strictly something that happens in the dating world.

The statistics of domestic abuse were touched upon, stating that one in four women, as well as one in seven men, will be a victim of domestic abuse. Abusive behaviors can be seen with couples or familial relationships ranging from all ages, from adults, to as young as middle school students.

Domestic abuse is not limited to physical abuse, although that is the tip of the iceberg. Emotional and mental abuse also occurs. Intimidation, manipulation, and verbal abuse are also big parts of abusive relationships.

For the Domestic Abuse Project of Delaware County, a good amount of their clientele are young adults, in their early twenties, who don’t call law enforcement, but will call the police when they feel “out of control.”

The seminar was important for the students because they are learning how to be better community advocates, in order to stop domestic violence from happening.

“When someone calls the hotline, the nature of their situation is determined, and they are directed to someone who is able to help them. However, the number one way that clients come to us is through the police, who provide them with the phone number.

Cohen adds, “It doesn’t have to take police involvement before people find out who we are.”

Students are provided with pamphlets and sheets with the hotline number, as well as other information. Supplemental information can also be found in places such as public restrooms, as well as in schools or any other buildings that have pamphlets available.

Restraining orders and Protection from Abuse orders (PFA) were a topic of discussion. Most people think these are the same things, but they’re actually fairly different.

A restraining order can be put on a partner or family member, but it can also be put on others as well. For example, someone could get a restraining order against their creepy neighbor if they feel the neighbor is following them. It’s easier to get a PFA against them. A PFA can only be obtained of someone is being harassed, abused, or stalked by their current or past partner, or a family member.

A small part of the seminar was probably the most important of all. Cohen made it clear that when dealing with someone who’s in an abusive situation, the best thing to do is give them access to whatever resources they may need if they decide they want to get out of it.

Victim-blaming, or questioning someone on why they continue to stay in an abusive situation will only cause more harm than good, since it typically involves behavior that the abusers use. In most cases, it may make the person feel stupid and they may even think their abuser is correct in calling them names and beating them down, according to Cohen.

It’s important to be educated on not only the signs of domestic abuse, but also to know that there are resources for those who wish to escape an abusive situation. While it is important to give people the resources to leave an abusive situation, it’s also important to let them decide whether or not they want to actually use those resources. Above all, the most important thing to do for anyone in abusive situation is to be there as a support system for the victim.

October is Domestic Abuse Awareness Month, and the hotline number for the Domestic Abuse Project of Delaware County is 610-565-4590. The Media office is located at 14 West Second Street.

Contact Adrienne Keer at communitarian@mail.dccc.edu
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Thanksgiving

Eleventh annual Thanksgiving food drive seeks donations

By Dan O’Neill

This Thanksgiving, experts say many poverty-stricken families will be in dire need of resources to help them create the dinner they want on that special day.

“There are more and more families every year who are left without food to eat,” said Bill Chambers, food drive organizer and deputy mental health program administrator for the Office of Delaware County’s Behavioral Health. “It’s a county issue, as well as a national issue.”

According to Feeding America, a hunger-relief charity, the House Republicans decided to cut nearly $40 billion from the Supplemental Nutrition Assistance Program (SNAP), most likely leaving poverty-stricken families without food, effective Nov. 1.

“There are more and more families every year who are left without food to eat,” said Bill Chambers, food drive organizer and deputy mental health program administrator for the Office of Delaware County’s Behavioral Health. “It’s a county issue, as well as a national issue.”

According to Feeding America, a hunger-relief charity, the House Republicans decided to cut nearly $40 billion from the Supplemental Nutrition Assistance Program (SNAP), most likely leaving poverty-stricken families without food, effective Nov. 1.

“We’re going to be challenged to meet our goal,” Chambers said. “But we’re going to do everything we can in the next two weeks.”

Families who want information about the DIFAN food centers or those who want to make donations can call PCS, at (610) 566-7540. To learn how to participate in the 2013 Annual Thanksgiving Food Drive, contact OBH at (610) 713-2365.

Fifteen-thousand pounds of food may seem like a very high goal to reach, but Chambers and the rest of the county agencies said that they weren’t going to be giving up anytime soon.

“We’re going to be challenged to meet our goal,” Chambers said. “But we’re going to do everything we can in the next two weeks.”

Families who want information about the DIFAN food centers or those who want to make donations can call PCS, at (610) 566-7540. To learn how to participate in the 2013 Annual Thanksgiving Food Drive, contact OBH at (610) 713-2365.

“With the recent cut-downs in food stamps,” Chambers said. “We need all of the donations we can get.”

For the past 11 years, the Office of Behavioral Health (OBH), the County Department of Intercommunity Health (ICH) and the Delaware County council have partnered with Magellan Behavioral Health of Pennsylvania to run a Thanksgiving food drive and so far, the results have been getting better and better, Chambers said.

“Our goal last year was 14,000 pounds, and we hit it with 14,242 pounds,” Chambers said. “And this year, we have our goal set at 15,000 pounds.”

Although officials were hoping to get most of the donations before Nov. 15, Chambers emphasized that agencies are still seeking donations “all 12 months of the year.”

The county will still accept donations through the week of Thanksgiving, at Upland Baptist Church in Brookhaven, Pa.

Contact Dan O’Neill at communitarian.mail.dccc.edu

Vince Screnci, deputy director of domestic relations, Bill Chambers, food drive organizer and deputy mental health program administrator for the Office of Behavioral Health, and Kimberly O’Hara, court clerk of the juvenile court, gather in the lobby of the government center Nov. 1, hoping to gain more donations.

Screnci and O’Hara dressed as turkeys to promote the holiday spirit.

Photo by Dan O’Neill
College financial aid for the not so poor

By Phillip B. Levine
(McClatchy-Tribune News Service)

With tuition at selective, private colleges and universities approaching $60,000 per year, how are students and their families expected to afford college? Although this problem is clearly the greatest for lower-income families, such high tuition levels may make the constraints facing middle- and upper-middle class families seem no less binding.

A family with $100,000 in total income is far from poor, but may still face “sticker shock” when shopping for colleges. Generous financial aid is available to help defray much of these costs.

Yet, as considerable evidence shows, lack of information about options and the extent of available financial aid significantly limits prospective students’ college choices. Net price calculators mandated by the government don’t get the job done because they are too complicated and sometimes are even difficult to find.

Overcoming this information gap has become the centerpiece of interventions designed to help improve college access for lower-income families; evidence supports the success of these interventions for the poor.

But what about the not so poor? What are we doing for them? At Wellesley College, we have recently introduced a tool that I designed, MyIntuition. Wellesley’s Quick College Cost Estimator, to help address this problem for lower-income families and for those whose incomes aren’t so low. Launched just over a month ago, our calculator enables families to enter just six basic financial inputs (total family income, home value, mortgage balance, cash savings, retirement savings and non-retirement savings) to arrive at a preliminary estimate of what it would cost a student and her family for her to attend Wellesley College.

Our data suggests it takes just three minutes, on average, to complete. The results obtained from our calculator are illuminating. First, roughly 90 percent of families in the United States with college-age children are eligible for financial aid at Wellesley College.

Low-income families face extensive aid packages. Families earning up to around $40,000 per year who have typical asset levels for families at this income level are estimated to pay $2,000 out of pocket. We intend this modest amount to come from a student’s summer job.

These families are the target population of other interventions designed to increase access to higher education for lower-income students. Our tool is directed at that important goal as well.

Wellesley’s cost estimator provides similar benefits to middle- and upper-middle class students who often also face information deficiencies. The most common users of the tool are families in the $75,000 to $100,000 income range (although we collect no personally identifying information, we do record the financial characteristics they report). For these families, the median estimated family contribution is $14,000. This is not a trivial amount, but it is far more manageable than the sticker price of about $57,000.

Since its introduction, Wellesley’s cost estimator has been very popular. In its first month of operation, we provided around 15,000 estimates to students and their families. This is for a school that typically receives 4,500 applications to fill 600 seats in its entering class.

The extensive use of our calculator proves that there is tremendous demand for more knowledge regarding the true cost of attending college beyond the sticker price that is relevant for such a small share of the population. Over half of the users of our estimator have family incomes between $50,000 and $150,000.

Even for those families in the $125,000 to $250,000 income range, the average estimated family contribution is $29,000. We recognize that this is still a considerable sum of money and our office of student financial services works hard to help families figure out ways to handle this.

Yet it brings the estimated cost of attending Wellesley to a level that is often less than the cost of many flagship state universities. The quality of education offered at many public institutions may be quite high as well, but providing students with more options to consider can life-changing, allowing them to find the place where they can really thrive. Wellesley’s accessible and timely estimates of college costs for all families are an eye-opening new step in the college planning process. Yet we are just one small, women’s liberal arts college in New England and more work needs to be done. Many schools share a common underlying methodology and financial aid application process, organized by the College Board, in determining financial aid awards. Real opportunity exists to expand the Wellesley model to a larger number of institutions.

With interest from other colleges and universities and support from the College Board, a relatively simple, low-cost solution exists to provide simple, accessible information to help more students and their families make informed decisions about their college options. It should happen, for the benefit of low-income students as well as those from middle- and upper-middle class families.
By Tom Dougherty

If we learned anything from the 16-day government shutdown, it’s that Congress has too much power, or that Republicans have too many seats, or a wicked combination of both.

It’s Congress’ job to fund the federal government. They didn’t because what can be described as terroristic actions by the extreme right inside the House of Representatives.

The Tea Party and Speaker John Boehner held the U.S. government at gunpoint and demanded that the Affordable Care Act (ACA) be defunded. If it wasn’t, the House would not fulfill its duty, that is, paying the government’s bills.

All over a law, which passed through Congress, was signed by President Barack Obama, and deemed constitutional by the U.S. Supreme Court. Apparently the Tea Party never watched “Schoolhouse Rock!” as children.

Led by Sen. Ted Cruz (R-Texas), the Republican-controlled House opted for a strategy employed by three-year-olds in the supermarket when their mothers say no to buying the kid a cookie. That is, cry, cry, and cry until the mother finally gives in.

Fortunately, for the welfare of the United States, President Obama and the democrats in Congress had enough of a backbone to withstand the babyish actions of the extreme right.

To be fair, rolling a government website with as many glitches is an embarrassment. The whole idea of the ACA website is flawed. According to reports, 15.4 percent of Americans are without health insurance. One logical theory as to why some Americans are freaking out over health insurance is a lack of knowledge.

One can argue that the House was dishonest about the promise of his healthcare program, but the Republican-controlled House was too cave in on what he campaigned for back in 2008 and 2012. The new health care law is a plan to make health care affordable, of course.

But here’s how: it’s a very market driven. It follows basic economic philosophies. The more people who participate in the program, the cheaper health insurance will be for all. The fewer people who buy into the program, the more expensive it will become.

Sound familiar? It should. It’s supply and demand. You should have learned that in your high school economics class. Regardless, the ACA is a law. The signup period has become and it will officially begin on Jan. 1, 2014.

The new health care law is a compromise, something that the Obama administration doesn’t get enough credit for because during the five years as he has been president, his administration has reached across the aisle.

One can argue that the House was constitutionally able to shutdown the government, and that argument is correct.
**Thanksgiving**

**Finger-lickin’ holiday foods you’re sure to enjoy**

By Christy Gilpatrick

Thanksgiving has changed a lot since President Abraham Lincoln’s declaration that Thanksgiving would become an annual celebration in 1863. The traditional turkey feast has evolved, such as NFL icon John Madden’s turducken or the ever growing popularity of the deep fried turkey.

But for most, Thanksgiving remains the embodiment of the Norman Rockwell “Freedom from Want” painting of an elderly woman placing a golden brown turkey on the table for her excited family.

Be it the turkey, a side dish, maybe a dessert, people have their favorite Thanksgiving dishes. That one dish they wait for all year whose absence ruins the meal. It’s just not Thanksgiving without it.

Food like that has power, and the special dishes families cherish create a portrait more beautiful than any Thanksgiving painting, Rockwell or otherwise.

For some, it may be a comfort food, like sweet potato casserole for Katie Panczner, an education major at Cabrini College.

When her mom forgot the casserole last year, Panczner, explains Panczner, “she caused quite a scene.”

“My cousins and I made a song, for the sweet potato casserole,” explains Panczner. “We wait upstairs, practicing the song, and then come sing it when dinner is ready. And last year, no sweet potato pie. It was not Thanksgiving.”

Then there’s the secret apple and sage stuffing recipe your great-grandma won’t reveal, even though everyone knows she got it from the first ever issue of Bon Appetit.

For other families, it may have a little more southern soul, like pearl onions in a cream sauce with raisins, or homemade macaroni and cheese.

Of course, there are always the disaster dishes. My mom has one that has been a source of embarrassment for my siblings and me every year since we were born. Imagine a nondescript mound of wiggly jiggly gelatin, semi translucent with a reddish-gray hue and chunks of celery and walnuts levitating in suspension.

My mother makes it every year and either serves it at home, or worse, brings it along if we go to another home for the feast.

As far as I know, she’s the only one to ever eat it.

Finally, there are family heirloom dishes, recipes that have been passed down generation to generation.

For me, it was my grandma’s apple sauce, and cinnamon buns. She made the apple sauce all year round. It was a cure all for any ailment, from scraped knees to pneumonia.

But Thanksgiving apple sauce was special.

Grandma used the apples, which were only ripe and ready at Thanksgiving, from the trees she grew in her yard.

She made her pies and sauce from the Thanksgiving apples every year and proudly walked around the table presenting a bowl of “the best batch yet” to each aunt, uncle, and cousin who had come together that year.

When my grandma passed away, we lost the apple sauce recipe. Sadly, Thanksgiving has never been the same.

---

**Deep Fried Turkey**

Directions:
- 16 hours.
- 4) Cover and set in cool, dry place for 8 to 24 hours.

**Ingredients:**
- 6 quarts hot water
- 1 pound kosher salt
- 1 pound dark brown sugar
- 6 quarts hot water

**Appx 4-4 ½ gallons peanut oil**

**Directions:**
- 2) Fill a large pot or stock pot half-full with cold water.
- 1) Don’t worry about exactness. This is more of a method than a recipe!
- 2) Add ice and stir until mixture is cool and sugar dissolve completely.
- 3) Place water, salt, and brown sugar into a 5 gallon bucket.
- 4) Melt butter.
- 5) Allow to sit at least 30 minutes before cooking.
- 6) Place turkey from brine, rinse, and pat dry.
- 7) Put oil in a 28 to 30 quart pot and set over high heat on an outside propane burner.
- 8) Bring oil up to 350°.
- 9) Lower the turkey into the oil and bring the temperature up to 350°.
- 10) Lower the propane flame to maintain 350°.
- 11) Check turkeys internal temperature after 35 minutes.
- 12) When breast reaches 151°, remove turkey from oil and rest for a minimum of 30 minutes.

**Jiggly Gelatin Mound**

**Ingredients:**
- 2 packages lemon gelatin
- 2 cups fresh cranberries—can substitute 1 can of whole cranberries and omit sugar
- 1 cup drained crushed pineapple
- 1 cup orange juice
- 1 cup chopped pecans

**Directions:**
- 1) Preheat oven to 350°.
- 2) Combine sweet potatoes, brown sugar, eggs, vanilla, milk, and butter.
- 3) Pour into a buttered 2-quart casserole dish.
- 4) Mix remaining ingredients and sprinkle over the top.
- 5) Bake for 30 to 40 minutes, until hot and browned.

**Sweet Potato Pie**

**Ingredients:**
- 1/2 cup sugar
- 2 packages lemon gelatin
- 1 cup brown sugar
- 2 cups fresh cranberries—can substitute a can of whole cranberries and omit sugar
- ¼ teaspoon salt
- 2 cups crushed pineapple
- ½ cup melted butter
- ½ cup melted butter
- ½ cup chopped pecans

**Directions:**
- 1) Preheat oven to 350°.
- 2) Combine sweet potatoes, brown sugar, eggs, vanilla, milk, and butter.
- 3) Pour into a buttered 2-quart casserole dish.
- 4) Mix remaining ingredients and sprinkle over the top.
- 5) Bake for 30 to 40 minutes, until hot and browned.

**Recipe courtesy of Grandma Eleanor Gilpatrick**

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**Chunky Homemade Applesauce**

**Ingredients:**
- 10 lbs. apples of your choice – use 2 to 3 varieties to add flavor depth, and make sure that at least half of the apples are a variety that is very firm and hold their shape well when cooked. This will allow for the chunks in the sauce.
- Juice of half a lemon
- 2 to 3 cups sugar, or to taste

**Directions:**
- 1) Cook onions in boiling salted water, covered, about 30 minutes or till tender, drain.
- 2) Simmer raisins in water to cover 10 minutes, drain.
- 3) Add other ingredients.
- 4) Refrigerate until partially congealed.
- 5) Stir and replace in refrigerator until set.

**Jelly Onions in Cream Sauce with Raisins**

**Ingredients:**
- 3 lbs. pearl onions peeled
- ½ cup white raisins (can be substituted for a pinch of sugar or honey)
- 2 tablespoons butter
- 2 tablespoons flour
- ¼ teaspoon salt
- 1/3 cup milk
- ¼ teaspoon ground nutmeg

**Directions:**
- 1) Cook onions in boiling salted water, covered, about 30 minutes or till tender, drain.
- 2) Simmer raisins in water to cover 10 minutes (opt), drain.
- 3) Melt butter.
- 4) Add flour and salt.
- 5) Add milk all at once.
- 6) Cook and stir till thickened, blend in nutmeg.
- 7) Gently stir in onions and raisins.

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**Pearl Onions in Cream Sauce with Raisins**

**Recipe courtesy of Afarmgirlsdabbles.com**

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**Pearl Onions in Cream Sauce with Raisins**

**Recipe courtesy of Diana Rattray on About.com: Southern Food**

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**Norman Rockwell’s “Freedom from Want,” first published in the March 6, 1943 issue of The Saturday Evening Post, was inspired by President Franklin D. Roosevelt and created to promote patriotism during WWII. Today the painting symbolizes an iconic Thanksgiving meal.**

**Photo courtesy of Norman Rockwell Estate**

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Although my family has lost our special apple sauce, we have held on to those warm cinnamon buns. We also have the Wawa turkey bowl to look forward to!

And that mysterious gelatin dish, to tantalize the funny bone if not the taste buds.

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Contact Christy Gilpatrick at communitarian@meail.dccc.edu

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If you are interested in trying out any of these favorite Thanksgiving dishes, read on...

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Recipe courtesy of afarmgirlsdabbles.com

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Recipe courtesy of Grandma Eleanor Gilpatrick

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Recipe courtesy of About.com: Southern Food

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Recipe courtesy of Diana Rattray on About.com: Southern Food
Homemade Macaroni and Cheese

**Ingredients:**
- 8 ounces macaroni
- 3 tablespoons butter
- ½ cup flour
- ⅛ teaspoon salt
- ⅛ teaspoon black pepper
- ⅛ teaspoon dry mustard
- 1 teaspoon garlic powder
- 1 teaspoon salt
- ⅓ cup shortening
- 1 cup milk
- 1 cup grated cheddar cheese

**Instructions:**
1. Preheat oven to 375°.
2. Over medium heat, melt butter.
3. Add flour, salt, dry mustard, pepper, and garlic powder.
4. Stir until bubbles form.
5. Slowly stir in milk.
6. Stir for about 5 minutes until thickened.
7. Remove from heat, and stir in 2 cups cheese sauce.
8. Mix in eggs and peppers.
9. Heat the cheese sauce in the pan you boiled it in. Set aside.
10. Add remaining noodles.
11. Add remaining cheese.
12. Mix into stuffing; season with salt and pepper.
13. Bake uncovered until cooked through and brown, about 30 minutes.

Recipe courtesy of Bo on Food.com

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Cinnamon Buns

**Ingredients:**
- 2 eggs
- 1 cup shortening
- 2 cups sugar
- 1 cup milk
- 2 packets dry yeast
- 2 cups flour
- 1 teaspoon vanilla extract
- 1 teaspoon cinnamon
- 1 teaspoon nutmeg
- 1 teaspoon salt
- 1 tablespoon baking powder
- 1 tablespoon baking soda
- 1 cup whole milk

**Instructions:**
1. Sprinkle yeast in warm water, let stand for about 5 minutes.
2. Mix yeast and water into milk.
4. Add 4 cups flour. Dough will be sticky.
5. Add 6 cups flour. Dough will be sticky.
6. Add 10 cups flour. Dough will be sticky.
8. Add 1 cup shortening mix in by tablespoons, blend thoroughly.
9. Add 6 cups of flour. Dough will be sticky.
10. Roll dough to 1/4 inch thick, spread with butter, brown sugar and cinnamon.
11. Sprinkle yeast in warm water, let stand for about 3 minutes.
12. Stir to blend carefully.
13. Roll dough to ¼ inch thick.
14. Spread the butter herb mixture evenly over the dough.
15. Roll the dough to a 10 x 12 inch rectangle.
16. Sprinkle on half remaining cheese.
17. Add remaining cheese.
18. Roll the dough tightly, tuck the ends under.
19. Place on prepared baking sheet.
20. Bake uncovered until cooked through and brown, about 30 minutes.

Recipe courtesy of Karen Troughton on KitchenTreaty.com

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Turducken

**Ingredients:**
- 10 to 12-pound turkey
- 6 to 8-ounce duck
- 5 to 6-ounce chicken
- 2 packets dry stuffing
- 1 3/4 cups dry bread crumbs
- 1 cup butter
- 1 cup brown sugar
- 1 teaspoon paprika
- 1 teaspoon salt
- 2 tablespoons brown sugar
- 2 tablespoons brown sugar
- 1 teaspoon cayenne pepper
- 1 teaspoon garlic powder
- 1 teaspoon onion powder
- 1 teaspoon dried thyme
- 1 teaspoon dried rosemary
- 1 teaspoon dried basil
- 1 teaspoon dried oregano
- 1 teaspoon dried parsley
- 1 teaspoon dried sage
- 1 teaspoon dried marjoram
- 1 teaspoon smoked paprika

**Directions:**
1. Preheat oven to 350°.
2. Place chicken on top of stuffing, skin-side down.
3. Spread stuffing evenly over turkey cavity.
4. Place duck on top of stuffing, skin-side down.
5. Spread stuffing evenly over duck cavity.
6. Place chicken on top of stuffing, skin-side down.
7. Spread stuffing evenly over duck cavity.
8. Place chicken on top of stuffing, skin-side down.
9. Spread stuffing evenly over duck cavity.
10. Bring the sides of the duck together and skewer closed.
11. Bring the sides of the chicken together and skewer closed.
12. Bring the sides of the turkey to cover the duck, skewer closed.
13. Place turducken in baking dish. Roast at 300° for 3 to 4 hours, until meat thermometer inserted in the very center of the stuffing reaches 165°. Baste once per hour with pan juices.
14. Let turducken rest 30 minutes before carving.

Recipe courtesy of Bev on About.com: Home Cooking

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Apple and Sage Stuffing

**Ingredients:**
- 2 tablespoons vegetable oil
- 1 lb spicy bulk pork sausage
- 1 cup diced celery
- 1 cup diced onion
- 1 cup diced peeled cored apple
- 1 garlic clove, minced
- 1 tablespoon chopped fresh parsley
- 2 teaspoons minced fresh sage
- 1 bay leaf
- 8 cups French bread, 1 inch cubes with crusts
- 1 cup whole milk
- 1 cup chicken broth
- 2 tablespoons melted butter
- 3 large eggs

**Directions:**
1. Preheat the oven to 375°.
2. Add sausage; sauté until cooked through and brown, breaking into pieces with spoon, about 8 minutes.
3. Add salt and 2 tablespoons sugar.
4. Preheat oven to 375°.
5. Stir in milk.
7. Add to sausage.
8. Make sure the sausage is cooked.
9. Add bread to sausage mixture.
10. Whisk milk, broth, and butter in separate bowl to blend.
11. Mix in eggs; transfer to prepared dish.
12. Mix into stuffing; season with salt and pepper.
13. Mix in eggs; transfer to prepared dish.
14. Bake uncovered until cooked through and brown, about 30 minutes.

Recipe courtesy of Bo on Food.com

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Maple Syrup Biscuits

**Ingredients:**
- 2 cups flour
- 1 cup sugar
- 1 cup brown sugar
- 1 tablespoon baking powder
- 1 teaspoon salt
- ¼ cup butter
- ¼ cup maple syrup

**Directions:**
1. Preheat oven to 350°.
2. Cut butter into crumbs with a pastry cutter.
3. Add flour, sugar, baking powder, and salt.
4. Cut in butter until crumbly.
5. Mix in maple syrup
6. Roll into dough and cut into rounds.
7. Bake for 10-12 minutes.

Recipe courtesy of Grandma Eleanor Gilpatrick

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Thanksgiving

Christmas

One multi-university center. Endless possibilities.
On Oct. 1, the federal government shut down. Most people at DCCC went about their normal day, but for many of the 300 veterans that are students here, like me, uncertainty has set in. Benefits that were guaranteed to be there for veterans, who had honorably served their country, could now be taken away. Even though the government has gone back to work, we are not out of the woods yet. The Continuing Appropriations Act of 2014 only gets us to Feb. 7. After that, this could all happen again.

For me, this anxiety is a daily burden. The fear of not knowing if my tuition would be paid so I could finish this semester. The fear of not having enough gas to make it to class. The fear of having to drop out of school altogether because of a lack of financial support.

All of these fears add to the burden of being a full-time student. I am a patriot. I volunteered to serve in The U.S. Coast Guard after 9/11 because I felt a need to do something to help my country.

While in the Coast Guard, I sailed from the Bering Sea to just shy of the equator. I kept the boat operational along with the other members of my shop. I made sure that navigational lights were operational around the clock. I kept pumps running so that people had water for bathing, drinking, and flushing the toilet. I kept the landing lights on the helicopter pad in working order so that we could launch for rescue at a moment’s notice.

I stood watch throughout the night keeping an eye on the essential systems of the boat so that we could continue on our missions. While in port, I worked long hours ensuring that equipment was operational for when needed at sea.

In return for my service, my country paid me a small pile of commendations and awards. When I left the service, I knew that The V A was where I receive my medical care. They have provided me with a way to continue to be there for me. They have provided me with a way to return to school by paying my tuition and giving me a monthly stipend to help with expenses.

Yet on Oct. 1, the federal government dropped the ball. In the heat of a battle over party politics, the federal government shut down for the first time since 1995. I was left with no answers regarding when my tuition was going to be paid for this semester. I was uncertain if my stipend from the VA would be coming. VA staff operating phone centers and the VA website, as well as my caseworker, were all furloughed.

I had spoken to my case worker earlier in the semester about the possible shutdown, and how it could affect me. I was assured that the shutdown would not affect anything at the VA. This was obviously not the case. Some VA education employees were furloughed, content on the GI Bill website was not updated, veterans could not “Submit a Question” to the V A, and the GI Bill and the VA school certifying official hotline to reach caseworkers was non-operational.

My personal troubles were stressful, but someone else usually has it worse. Take, for instance, the family members of a service member who died in service to our nation. This payment is for the family of the service member to take care of funeral arrangements and other things that come up in the time of such tragedy. When the federal government shut down on Oct. 1, the federal death benefit, along with many other parts of the VA and federal government, stopped.

Twenty-nine service members died on active duty during the first 10 days of the government shutdown, according to Pentagon records. The Fischer House Foundation offered to provide the $100,000 benefit until the shutdown was over. The very next day Congress finally responded by drafting a motion to reinstate the death benefit through the shutdown.

The bill passed unanimously, but the damage had already been done. Every day that I go to and from school I pass the Delaware County Veterans Memorial in Newtown Square. Inscribed across the top of the memorial are the words “Lest We Forget.” When the government shut down occurred and I discovered that the VA was not reachable, it felt like they had forgotten. In the midst of their party politics, our elected officials neglected their duty to “care for him who shall have borne the battle and for his widow, and his orphan,” as Lincoln said.

Government officials guilty of dereliction of duty should be held accountable. Their selfish acts almost cost many disabled veterans like myself to lose education benefits, stipends, and disability benefits for the month of November. Their lack of foresight caused the information networks between veterans and the VA to be shut down.

The people who wrote checks, furloughed. The people whom I would normally call with questions or concerns, furloughed. It seemed like the federal government turned its back on those who answered the call to serve.

Like Lincoln said, “…bind up the nation’s wounds, to care for him who shall have borne the battle.” To our president and members of Congress: This is your duty; you should have never forgotten.
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DCCC Alumnus Ken Cage accomplished both as the owner of International Recovery Group (IRG) and star of the Discovery channel show “Airplane Repo.” He visited the Marple campus Oct. 28 for a Q&A session with students.

“[Our Company] was presented to Discovery as a producer of ‘Dirty Jobs,’” Cage said. “And it was picked up on the major network.”

Discovery found the objective of IRG worthy of a television show. IRG has been featured in The Wall Street Journal, Entrepreneur Magazine, Fox Business Channel, and the Today Show.

IRG specializes in the repossession and remarketing of high end assets. They are also the private investigators that locate the asset initially.

Fail inspections on your private jet or miss payments on your yacht, and you might get a visit from IRG. They have done repossessions in 49 states, and Cage himself is credited with more than 1200 repos, ranging from a race horse to a 747 aircraft. The worth of the repossessions average at about $300,000, according to Cage. Needless to say, they don’t remarket any mini-vans.

“If I take your car, you can’t get to school, you can’t get to the shopping center, and you can’t take your baby to the doctor. You’re impacting their entire lives,” Cage said. “When I’m taking toys, it’s not that big of a deal. I’m dealing with [the wealthy’s] egos.”

Cage explained he often has to keep the owners calm throughout the process because they sometimes threaten him. Cage credits some of his ability to reason with people from his psychology classes he learned at DCCC in 1996.

“There is no way I knew, when I came to this school to take a psychology course that I was going to get into bucketing, or repossession, or have four kids,” Cage said. “But when you have your education, everything is possible. I know your parents tell you that, but it’s really true.”

Cage recommended DCCC as a great place to start learning and advises students to never stop their education.

After graduating DCCC, Cage went on to get a bachelor’s degree in mathematics to never stop their education. Now, he speaks to law firms and collection agencies about repossessions.

IRG won the award from the Small Business Association for top repossession and remarketing company in 2009, 2010, and 2011.

On Saturday, Nov. 2, the Office of Student Success and First Year Experience hosted the 4th Annual Student Success Conference: Turn it UP! As part of a daylong event, the conference concluded with a panel of alumni speakers who each shared their own inspirational stories of academic and professional success to an audience of roughly 50 students from all campuses. The goal of the event was to encourage success and empower students with various workshops that engage learning and promote academic achievement both currently and after graduation.

The event, hosted by Dr. Kendrick Micken, director of First Year Experience and his staff of Retention Specialists, including Amber Moore, Thoen Nixon, and Allyson Vaccott, invited five alumni to come back and share their stories. The panel included Joseph Oaster ’89, Senior Education Analyst at the University of Pennsylvania Health System who is also the 2012 Wong Moss Outstanding Alumni Award recipient; Daniel Costa ‘03, President and CEO of Oracle Protection Services; Leslie Allen ‘03, Clinical Division Administrator with the Hospital of the University of Pennsylvania; Shawn Pettit ’11, a newly hired Clinical Nurse within the Gateway to Intensive Care Neonatal Nursery (ICU) after graduating from Villanova University; Linda Fox ’11, President of the Alumni Association.

Each speaker continued to inspire for the one hour panel, as they each shared their stories of academic success mostly while working full time and juggling numerous personal responsibilities. They advised the students in the audience to take their education seriously and on their own timeframe. One of their recommendations was taking just one class a semester will eventually lead to graduating with their degree and keep them from burning out. The panel was also adamant that everyone has distractions in life but should try at every opportunity to hand in work and attend class every time. At the end of the day, the students walked away newly inspired from a prime group of alumni participants who offered a glimpse to their own futures.
DCCC alumnus publishes magazine to showcase local Africans

By Joe Gbodai
Special to The Communitarian

Tunde Kolawole is a DCCC alumnus who works as a human resource analyst for the Commonwealth of Pennsylvania. Kolawole is also editor-in-chief of his own publication, USAfrica Journal.

Kolawole, who earned a Bachelor of Arts from Temple University and a Master of Science from Villanova University, said he has been extremely busy balancing the magazine with his full-time job and family responsibilities caring for two children.

I met Kolawole in Upper Darby after he released the fourth issue of USAfrica Journal, to learn how life has changed since his years at DCCC.

Q: “Tunde, is there a meaning to your name translated in English? A: It’s a shortened version of Olatunde. Translated, it means “wealth has come back”; Ola means “wealth,” and “Tunde means “come back.”


Q: How was your transition to the United States? A: I was already working in the media industry for the largest newspapers in the United States and in Africa who are contributing positively in the world. I know that African Americans have Jet and Essence. I don’t see any publications that cater to Africans or whoever identifies as an African. The focus of USAfrica Journal is that there are good Africans contributing to the American society in a positive way.

Q: Being that this magazine is fairly new, do you see any competitors as a threat? A: What I noticed before we came out is that there is a need for this. No other journal or newspaper pertaining to Africa is doing anything on this level. Our quality is unmatched.

Q: How do you choose the writers? A: Right now it’s mainly freelance writers. We also get stories from my colleagues in Nigeria.

Q: I presume that you have big dreams for this publication. Where do you see USAfrica Journal in five years? A: In five years I see USAfrica Journal as truly a household name in the United States. I want it to be a reference point in a way. I see this journal having access to the White House. In five years, [it will be] not just a magazine, but have a web presence much stronger than what it is now.

Q: What is your best advice for someone pursuing a career in this field? A: Be strong, persist; if you have the dream, go after it. Hold on to your dreams and learn your traits very well.

Q: Do you have anything else you would like you add? A: The USAfrica Journal has been my greatest achievement thus far. The fact that I’m able to start this magazine is a big deal. I see USAfrica Journal on Newsstands and I’m extremely proud. I always told myself that if I slept and never woke up, I would regret it. I just need people to support the magazine because there’s no way I can sustain it with this quality. We want people in the community to help in terms of placing advertisements. We need all the support that we can get. I want every African to pick up this magazine and be proud because it’s from one of us and it’s something we can celebrate.

Q: How much was the difference in pay? A: Then, having a bachelor’s degree in journalism, [I might earn] between $30,000 and $33,000 a year. Working with the state, depending on what you did, you’d make about $36,000 to $40,000.

Q: What prompted you to create a publication that shows Africa and Africans in such a positive and constructive light? A: I’ve always had this dream of doing a newspaper or magazine on a different level. I carried this dream from Nigeria to the United States. Picking up a newspaper like the New York Times, you hardly see anything good being said about Africa or Africans. When we make the front page, it’s either because people are killing themselves or some Nigerians are caught doing fraudulent activities. I know for a fact that there are many Africans in the United States and in Africa who are contributing positively in the world. I know that African Americans have Jet and Essence. I don’t see anything good being said about Africa or Africans contributing to the American society in a positive way.

Q: How do you feel about your overall experience at DCCC? A: It was a very nice experience for me. I met some very good students and professors. Professor Bonnie McMeans encouraged me to fly, to explore the potential that she saw in me. I eventually became the editor of the DCCC newspaper, The Communitarian.

Q: Is writing something you always had a passion for? A: I’ve always loved writing. I started when I was a kid. Writing for me is like an outlet to express myself.

Q: Did you do any internships at Temple? A: At Temple I was writing articles for the Philadelphia Daily News. It wasn’t really an internship. I would just write an article and send it to them.

Q: Were you getting paid for these articles? A: No. In fact, that is one of the things that discouraged me a little about journalism. The pay was very small back then. I fortunately got a job with the state government. The state paid much more.

Tunde Kolawole, a DCCC alumnus and Temple University and Villanova University graduate, publishes USAfrica Journal to showcase the positive contributions of Africans living in the Philadelphia area.
DCCC Baseball coach inspires players after 43 years

By Christopher Linvill

Special to The Communityarian

Paul Motta has been coaching the DCCC baseball team for 43 years. He has more than 650 career wins and has led the Phantoms to nine league championships. More than 30 of his players have attended four-year universities, and 15 players went pro.

In his spare time, Motta spends time with his wife, four children and 11 grandchildren. I caught up with Motta before a recent fall ball practice to ask him some questions about the Phantoms baseball team, as well as other coaching experiences, including football.

Q: Where did you coach football?

Q: Who was John Capelletti?
A: He was a good quarterback when I first came out for the team, he was a pro.

Q: What years were you coaching John Capelletti?
A: He was a junior and senior.

Q: What was the biggest lesson you learned from him?
A: He was the first kid I ever coached that was a good quarterback. I learned that you have to stay with a kid and let him develop. If you don't, you might lose a winner.

Q: You had some very successful years at Bonner. What were some of the key ingredients for those years?
A: The kids had to want to play. They had to believe they could win. They had to work hard and not have any excuses. They had to be disciplined and have good work habits.

Q: How did that make you feel when you first came out as a coach?
A: It felt great. I heard it on the radio that night. It was a great experience. When I coached at DCCC, my kids were the best kids I've ever coached. They were the best kids in the world. They were the best kids in the world.

Q: What was your first year at DCCC like?
A: It was a great experience. When I first came out for the team, I was a quarterback, but then I ended up as a running back. I was a good quarterback, but I didn't have a chance to be a quarterback.

Q: How did that make you feel when you heard that he won the Heisman?
A: It felt great. I heard it on the radio in my car and almost ran off the road.

Q: How do you motivate your baseball players at DCCC?
A: At first, I think you should be self-motivated. I don't think you should [need] somebody to give you a Knute Rockne speech to go out and play. I think you have something inside of you that tells you today is the day I'm going to play my best, give it everything I have, and walk off the field and just say to yourself, "I did the best I can."

Q: Fall ball has been going on for a few weeks now. How does your team look so far, compared to previous years?
A: Well, I think that we have some promise this year. The last two years have been pretty difficult. We haven't had enough kids to go ahead and produce a winning season. I think we could possibly be all right in the spring. They have to get through school first and pass their classes and that's the major thing.

Q: In what areas do you think the team could use improvement?
A: In all areas, whether it is pitching, infield, outfield, catching, and coaching. There is always room for improvement whether you have a good team or a bad team.

Q: Since fall ball really isn't as big as the actual season in the spring, what do you look for in your players that could determine their role on the team later on?
A: The fall season gives an idea of what we are going to have in the spring. Certain kids play well and those are the kids that get to the top of the list. However, that could change. Attitudes change, kids have jobs and they can't participate. I would say about 95 percent of these kids work and we sort of work around their employment. I have never told a kid to quit his job to play baseball. I don't think it's right for me to do it when they are trying to support themselves for school and maybe [purchase] a car.

Q: After coaching at DCCC for 43 years now, how do you compare yourself to coaches at a bigger four-year college?
A: I am a community college coach. I enjoy coaching here because you really have to teach. I never really considered myself a coach. I always considered myself a teacher of baseball. In a four-year school it's different because if you are on scholarship and they are three or four deep in each position, there is no guarantee of playing. But here, if you make a mistake, you get an opportunity to come back and play again.

Q: If it is late in the season, and there are two men on in scoring position, and you are down by one late in the game, and the upcoming batter is struggling so far this season, do you keep the player in, what add?
A: If you have someone on the bench that is a good pinch hitter, that's a no brainer. If you don't -- and I have been in that situation before - you go with the kid who is up at the plate because there is nothing you can do. Just encourage him to go in and put the ball in play and see what happens. But if you have a good stick on the bench, then it's the smart thing to do.

Q: Do you keep the player in, what do you say to try to encourage him?
A: I'll pull him aside and say, "Look, this is not life or death, you're not on scholarship, this game is not on TV. All you can do is do your best. The first pitch you like go ahead and swing at it, as long as it is near the strike zone."

Q: Is there anything you would like to add?
A: I think attitude is a very important aspect of a baseball team. That's on and off the field. If the kids have a good attitude and the coaches have a good attitude it's pervasive and runs right through the team. If you get somebody who is a complainer and a whiner and so forth, he could destroy your team. We usually don't keep those kids very long.

Men's Basketball

Previous Games

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Upcoming games

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Women's Basketball

Previous Games

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Upcoming Games

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The Miami Dolphins brouhaha shows that the culture of the league is stuck in the past

By Neal Gabler
(Los Angeles Times/MCT)

So the secret is finally out: The National Football League is an anachronism. Not the game, which is as ever, but the league’s culture.

The NFL’s out-of-touch, out-of-time “context” has been on vivid display during the ongoing contretemps between Miami Dolphin guard Richie Incognito and his offensive tackle teammate Jonathan Martin. When Martin left the team complaining of an unsafe workplace environment due to harassment by Incognito and other Dolphins, he launched a national conversation about bullying, hazing, physical and verbal abuse, and athletes’ antics.

But as important as these things may be – especially bullying – they are tangential to the deeper issue of theIncognito-Martin dust-up: the war to define what constitutes masculinity. For generations, just about every boy growing up in America felt obliged to prove his manhood, which generally meant demonstrating physical strength, a disdain for gentility, a willingness and ability to stand up for himself, especially with his fists, and a disregard for anything “soft” – women, except as sex objects; intellectual prowess; and general sensitivity. That’s how it was, right through adolescence and often beyond.

Toughness is what made a man a man. No boy wanted to be called a “wimp” or a “whimp” or, worst of all, a “girl,” which is still a term of approbrium used by some coaches to push their troops. And that is the way it still is, apparently, in large parts of the NFL.

That sort of manliness was on full display when, according to a Florida police report, Incognito allegedly used a golf club to touch the genital area of a female volunteer at a charity tournament and then rubbed himself against her, or when, as the head of a Dolphin Leadership Council, he held meetings at a strip club; or when he left a vicious, racist message on Martin’s voicemail. Incognito has defended himself by calling these episodes a “product of the environment,” and he is right.

But Incognito and many of his NFL brethren don’t seem to realize that they are living in a time warp. Just about everyone in the media, including the sports media, was scandalized by Incognito’s language – even after he protested that it was a joke. Or when, as a ex-Dolphins’ lineman, Lydon Murtha, said that Martin “broke the code,” adding that playing football was a “man’s job” and suggesting that the 312-pound Martin wasn’t up to it.

New York Giants safety Antrel Rolle said that Martin should have punched Incognito in the face, presumably because that’s how men settle disputes. Incognito himself is said to have felt betrayed by Martin because, he asserts, the racial slurs and abuse were intended as a form of “tough love.”

Even several African American players on the Dolphins excused Incognito’s use of the “N-word” as just Incognito being Incognito. In effect, they were saying that machismo is thicker than race – though, of course, in defending Incognito, they were defending their own outdated machismo.

What it all adds up to is an admission of this old-fashioned notion: How do you know you are a man if you don’t act like a goon? The NFL is one of the last redoubts where goons and thugs have a privileged status.

Two years ago the New Orleans Saints were punished for paying a bounty to players who incapacitated opposing players. Everyone admits that the violence of the sport, the danger and the hits, are a good part of the appeal of the league – our very own Hunger Games.

Professional football allows its fans, and especially men who may feel culturally neutered, to reexperience the good old days when bravado and violence defined winners. Even cuddly John Madden, the former analyst, used to enthuse over what he called a “de-cleater” – a tackle that knocked a man off his feet.

So whatever else Jonathan Martin is the victim of, he has been preyed on by a form of ugly, vestigial, brutalizing masculinity.

And he decided to resist it, not with his fists but with a legal process. That may not seem “manly,” but it is the way men do things nowadays – real men, that is.
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