After Rugar Moore finished exercising at the Fitness Center at Marple Campus last October, he returned to his locker to find something missing. It was his cell phone.

"I put my stuff in a locker, but I didn't put a lock on it," said Moore, 23, a computer engineering major. "I came back and my phone was gone."

Moore admitted he shouldn’t have left his possessions in the locker without a lock, but he credited that to being in a rush.

Moore is one victim of a typical crime at the College. According to the three year comparison released by the College in 2010, theft is the second most common offense behind disorderly conduct.

The Pennsylvania College and University Security Information Act requires "all colleges and universities to provide information related to security policies and procedures, and specific statistics for criminal incidents, arrests and disciplinary referrals to students and employees."

The College had 22 incidents at the Marple Campus in 2010, doubling the amount from 2009. The Southeast Center was the only other campus with a reported theft.

Eleven incidents occurred in 2011, according to Raymond Viscusi, director of Safety and Security. The 2011 final statistics will be released in September, Viscusi said.

"With a tough defense, we were able to make them take low percentage shots," DCCC head coach Saunders explained after the game.

After those low percentage shots, freshman Rashid Hines was usually in position, recording nine rebounds. Freshman Carl McKenzie also provided an additional seven rebounds and sophomore Zak Thomas grabbed four rebounds.

As a product of the strong defense and rebounding, the Phantoms were able to quickly move the ball down the court and aggressively attack the Bucks defense.

Thomas and freshman Khayyir Laws were both able to drive to the basket, scoring 15 points, (Continues on page 11...)

Flyers not lone recipients of head injuries Page 10

Phantom’s Ezekiel Black plays tough defense on the Bucks County inbound play. Photo by Kyle Solimeo.

DCCC men’s basketball team makes history

By Kyle Solimeo

With three quick thuds of leather on the hardwood floor and the furious squeaking of sneakers, the Delaware County Community College men’s basketball team is once again on a fast break down the floor.

Making quick passes, most players touch the ball as it moves down the court. Finally, the ball ends up in the hands of the open Phantom, who streaks to the hoop and scores an easy basket.

During DCCC’s 80-48 win Jan. 23 over Bucks County Community College at Neumann University, this was a common scene. The Phantoms continued to use their fast and skillful offense to push the tempo of the game.

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(Continues on page 11...)

Theft emerging as common crime on campus

By Tom Dougherty

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In comparison to West Chester University, Neumann University, Penn State Brandywine and Widener University, the College ranks second with the most thefts in 2010. Only West Chester had more incidents with 88.

According to Viscusi, the most common item taken at the college is a cell phone. It’s a common trend at all colleges, he said, adding that the College also counts lost and found items as a theft.

"Our job here at the college is to report accurate statistics," Viscusi said. "My point is if we’re going to make sure we report accurate statistics, let’s not take (Continues on page 2...)

Phantom’s Ezekiel Black plays tough defense on the Bucks County inbound play. Photo by Kyle Solimeo.

Raymond Viscusi is the Director of Safety and Security. To report any incidents, visit Room 2200 in the Academic building.
Theft, common crime

(...Continues from front page.)

a chance and say that’s ‘just a lost item.’ We overdo it when it comes to reporting and the reason why is to make sure if we’re going to have accurate records, let’s have over accurate records.”

The 2011-2012 College student handbook describes theft as “the taking of college property or any individual’s private property physically located on college-owned or controlled property or when representing the college at off-campus events.”

One of the things the College wants to do is to make sure all students, faculty and staff know how to report a crime or an incident, Viscusi said.

“What we need to do is to receive information,” he added. “When an incident has happened in the past or if they feel that an incident is about to happen, we get that information.

To report an incident, any student or faculty member may bring violations to the attention of the vice provost or the designee of the director of Safety and Security by completing an incident report, according to the handbook.

The school’s policy states: “Any accused violator of any incident has seven days to appeal a decision. For an appeal to be granted there has to be evidence that: the hearing was unfair, all relevant evidence was not reviewed or submission of new evidence.”

Moore reported his phone stolen to the security department and Marple Township police, but hasn’t received word from either party, he said. According to Moore, the phone has not been recovered and has “apparently been sold to someone.”

After his phone was stolen, Moore became more vigilant about protecting his property.

“No, I keep my bag everywhere,” he said. “If I’m going to exercise in the gym, my bag is right next to me. Insane, but it is what it is.”

Gallery features professor’s artwork

by Ariel Senko

On exhibit in the Delaware Community College Art Gallery are 31 oil paintings by DCCC’s own, Bertha Steinhardt Gutman, professor of studio art and art history and coordinator of the college’s A.F.A. program.

The bold-colored paintings are scenes featuring porcelain statues, dolls, and other figurines on landscapes formed by vases (some filled with flowers, others up-turned), boxes, draped fabrics and other decorative household items.

The scenes frequently poke fun at stereotypical male-female relationships and stories from mythical and classical literature.

Gutman, 60, has been working in the collection, called “Table-top Narratives,” for the past 20 years, training in figurative painting in New York City in the ’70s, Gutman ironically turned from work involving nude models and decided to work within the still-life format in which female artists were traditionally confined to create the narrative scenes with figures that were historically reserved for male artists.

English professor Eartha Holley, who attended the opening reception for the exhibit, admired the craftsmanship and rich colors that he found in Gutman’s paintings. He especially liked, he said, “Improper Advances” that features several Pinocchio-like dolls sur-

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ASSOCIATE TO BACHELOR’S | 1 NIGHT A WEEK

Albright at Delaware County Community College

WWW.ALBRIGHT.EDU/ACCELERATED
By Daniel Cerullo

Take 2001’s “Pearl Harbor.” Replace the white pilots with black ones. Have the setting in Italy instead of the Pacific. Shave off 30 minutes of run time, and boom, you’ve got “Red Tails.” The movie I hoped would be a respectful homage to a generation of pio-
ners ended up being just another medi-
cocre war film spoiled by unnecessary romance and clichés.

Directed by Anthony Hemingway (“All”), “Red Tails” is about the African American pilots trained at the Tuske-
gee Army Air Field in Alabama. At the climax of World War II, they became the first Negro (as they are referred to throughout the movie) aviators to en-
gage in authorized combat on behalf of the American military. At the start of the movie, four Tuskegee pilots stationed in Italy are seen executing a uneventful “mission,” which ends when the wingman is gunned down. It’s a tasking for the men of Tuskegee.

That’s where the lead men come in. Cuba Gooding Jr. (“Radio,” “Jerry Maguire”) plays Major Emanuel Stance, the most highly decorated. The African Americans were not sophisticated nor intelli-
gent enough to be officers and we had segregated troops. These “colored” troops fought admirably and coura-
giously.

“In World War I, ‘colored’ troops were used in the Civil War, the white government felt that African Americans were not sophisticated nor intelligent enough to be officers and we had segregated troops. These ‘colored’ troops fought admirably and courageously.

However, there is no Black Guy, White Guy buys Black Guy drinks. Black Guy refuses to respect Black Guy, White Guy punches Black Guy. Black Guy punches White Guy. Black Guy then saves White Guy’s life in combat, so White Guy buys Black Guy drinks. What the movie seems to imply is: “Everyone lives happily ever after from a racial perspective. Now let’s move on to the final battle scene.”

Just as cringe-inducing is the romantic subplot. It comes to fruition when Lightning, from his cockpit, sees a beautiful Italian woman named Sophia (Daniela Ruah) hanging clothes on her rooftop.

He then tracks her down, and she is actually receptive to his advance! But there’s a small problem. He doesn’t speak a word of English. Yet, by the mid-
dle of the movie, they are in love. Please.

I know many sol-
diers overcome language barriers to have relationships overseas in real life, but “Red Tails” does an extremely poor job of making it believable. I certainly didn’t feel the love the two claimed to share.

I also wasn’t a fan of the transitions from scene to scene. Most of the scenes faded from one to another, as opposed to more conventional cuts. This gave the film an unusual pace, making every-
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thing feel rushed.
By Robert Tierney

You may be relieved, though hopefully not surprised, that the White House cares about your education.

You see, higher education is like a trip to the grocery store: there’s lot of options that you don’t know which to choose from, information you can’t sort or understand (what is Trisodium phosphate anyway?) and either way you’re wallet’s getting hit.

In what is likely a move to secure both the future and his re-election Obama would like to relieve some of this stress under his ‘Blueprint’, which reflects his interest in knowing that my graduation is much more certain, relatively speaking.

Obama would also like the Race to the Top program, which was created for elementary schools, utilized in higher education. The outline state’s positively that 19 states and 22 million students have been aided but it neglects the discrepancies between elementary school and university institutions.

These are two entirely different beasts and after the SOPA alarm, I wonder how effectively congress will be able to transcribe this idea to a different institutional style.

Another proposition includes requiring for all colleges to “put together a Financial Aid Shopping Sheet to make it easier for families to compare financial aid packages.”

While I agree that these would be good for streamlining and simplifying the research process for high school seniors and transferring students, It’s just too difficult to see their implementation without some more details. Doesn’t Obama have staffers working in the field who could give him a stronger, more conceptualized plan?

In fact, the document contains only one certainty on the future: “If congress does not act, the interest rates for subsidized Stafford loans will increase from 3.4 percent to 6.8 percent on July 1.”

Letting the interest rate double is not going to help people once they are out of college. As difficult as it is to get a job I would wager it would take two or more jobs to pay for not only living expenses but a loan payment with double interest.

So we will have to see if congress feels the same way that Obama does about us students. (By the way, Trisodium Phosphate, aside from being a food additive, is also a cleaning agent.)

Contact Robert Tierney at communitarian@mail.dccc.edu

Submit to the 'Voice and Eyes' contest

Do you find your attention drawn towards sights of the truly intriguing? Is your mind overflowing with thoughts you believe must be told?

Then you can be the Eyes and/or Voice of DCCC! In each issue, The Communitarian runs a photo and editorial contest open to the whole student body. Based upon the prompt below, submit your best photos or written work for a chance to be published in the paper, featured on Facebook and win a prize. Published work may also look good on a resume.

For photos there will be a 1st, 2nd and 3rd place that will be featured in print and online (Only 1st place wins a prize.) Only one editorial will be chosen from submissions to feature in print and online.

Photo submissions will be judged for their creativity, style and generally being “worth a thousand words.” Editorial submissions will be judged in terms of depth of content, point of view and meaningfulness.

Guidelines:

Written work must be within 200 – 400 words. Photos must be a minimum resolution of 2000 x 2000 pixels. All work must be submitted by 1 p.m. on Feb. 23. No exceptions. You can submit for both contests but you cannot, unless there are unusual circumstances, win both.

Prompt: What person, place or thing is your reason for living? In other words, who or what is most valuable to you?

For the essay contest, tell a story about you and the person/thing you find most valuable. Make the story a critical moment that conveys what makes the person/thing so special to you.

For the photo contest, try to not just capture your person/thing in a shot, try to convey their essential purpose or feeling with the photo.

The opinions expressed on the editorial and commentary pages do not necessarily reflect those of The Communitarian staff or College. We welcome your comments on any matter relating to Delaware County Community College, and responsible rebuttal is encouraged. Write to communitarian@mail.dccc.edu. Please write "Letter to the editor" in the subject box.
Campus Philly offers online internship fair

By Tom Fontaine

Pennsylvania’s bridges have a weight problem. Officials have posted restrictions on more than 2,000 spans because of deterioration or other defects.

A proposal in Congress, however, would allow states to raise weight limits on the trucks using those bridges and highways for the first time in three decades. It is part of a five-year, $250 billion highway funding bill to be debated today in Washington.

“It could be a recipe for disaster,” said state police Lt. Ray Cook, commander of the agency’s commercial vehicle safety division.

Cook, along with state transportation leaders and Pennsylvania’s leading trucking industry trade group, expressed concerns about the impact that bigger rigs might have on traffic safety and the state’s bridges, about a quarter of which are rated structurally deficient.

Federal law limits commercial trucks with at least five axles to 80,000 pounds, though haulers can pay for special permits to carry bigger loads. The proposal in Washington would allow states to raise the limit to 97,000 pounds, as long as the trucks have a sixth axle.

Such a change would require approval from state legislators. Although optional, Michael Gaynor of the Washington-based Coalition Against Bigger Trucks LLC said any federal change would likely become a mandatory requirement down the road – as happened the last time weight limits were raised. After a 73,000-pound limit became optional in 1974, the federal government applied pressure on states to make the change in 1981 when ships complained about the difficulties of making long-distance deliveries through states with differing rules.

Last year, truckers applied for 281,610 permits to carry overweight loads in Pennsylvania, PennDOT said. That was up from 206,033 permit applications in 2010, an increase of almost 37 percent.

“Those 17,000 pounds, they may be the straw that breaks the camel’s back. I don’t want to see another Minnesota here,” said state Sen. Tim Solobay, referring to the 2007 collapse of the Interstate 35W bridge in Minneapolis that killed 13 people and injured 145. The Canonsburg Democrat serves on the Senate Transportation Committee.

Proponents say increased weight limits could help companies cut shipping costs, alleviate traffic congestion and reduce fuel consumption and emissions because they would require fewer truck trips. For example, the MillerCoors brewing company said the measure would allow it to shed up to 2,000 truck trips a week.

“Week trucks could roll by Congress...”

Heavy trucks like these pose a threat to Pennsylvania bridges, experts say.

(John Fink/Forth Worth Star-Telegram/MCT)

“Truck capacity has dropped by 16 percent since the recession started, and the 30-year-old federal vehicle weight limit compounds the problem by forcing many trucks to travel when they are only partially full,” said John Runyan, executive director of the Washington-based Coalition for Transportation Productivity, a group of 200 trade groups and companies that supports increasing the weight limit.

Pennsylvania Motor Truck Association President and CEO Jim Runk. “It’s not something we’re going to push for.”

Runk fears that heavier trucks could accelerate problems with the state’s bridges, and he said the change could harm owner-operators and smaller trucking companies that might not have the same wherewithal as large companies to pay for added equipment.

“The transportation infrastructure is in such poor shape that I don’t see how this could happen in Pennsylvania,” said Rep. Rick Geist, R-Altoona, chairman of the House Transportation Committee.

Solobay said it’s unfortunate because ideally he would like to find ways to help the trucking industry cut costs while alleviating congestion and emissions. The industry is the state’s fourth-largest employer, with more than 400,000 people holding trucking jobs, and it pays $1.4 billion a year in state and federal taxes and fees, the motor truck association said.

“With the condition of our roads and bridges, the negatives just outweigh the positives,” he said.

Courtesy of MCT Information Services
Bargain bites of a neighborhood

By Dianna Marder
The Philadelphia Inquirer (MCT)

Feb. 02--Three dishes at each of three restaurants in three hours for $39? That's Dishcrawl. An import from the West Coast, Dishcrawl invites the hungry hip to come out as singles or in couples for an evening of getting to know one another and one of their neighborhoods through that powerful communications tool we call food.

Philadelphia’s inaugural Dishcrawl, Jan. 24 in Northern Liberties, brought out 60 foodies who descended first on Cantina Dos Segundos, 931 N. Second St., for quesadillas (chicken or cheese), pork belly tacos, and seitan tacos with tamarind barbecue sauce and pineapple salsa. "I came out for the chance to try different restaurants," said Adiah Ferron, 33, an attorney who lives in the Art Museum area. Ferron had arranged to meet fellow lawyer pal Joan Clarke of Wynnewood Heights at the crawl.

Before the night was out, they would also savor sweet potato empanadas, fried chicken with bacon-brasted collard greens, and alligator sausage. Marketing expert Tracy Lee founded Dishcrawl in San Jose, Calif., in 2010 and has since expanded it to 19 U.S. and five Canadian cities, assigning each to local ambassadors who organize the events. The idea seemed made to order for Philadelphia, with its base of cool neighborhoods and hot chefs. The first 30 tickets sold out in four hours, said Michelle Cryder, Dishcrawl’s resident ambassador. She added another 30 slots, and those tickets went just as fast—even though the names of the restaurants on the crawl would not be revealed until 24 hours in advance. Nor did crawlers know when they signed up that their late-January night out would be balmy.

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She reached out to restaurants, in- viting each to participate by preparing a trio of small plates off their menu or planned for a future menu. The $39 ticket price may change at each Dishcrawl, depend- ing on the restaurants involved, and it’s a cash bar for drinks. The money is distrib- uted to the restaurants, with Dishcrawl taking a cut. "I thought the idea was brilliant and would do well here," Cryder said. It certainly appealed to Corey Lat- islaw, 31, and her husband, Jason Cox, 28, both software engineers from the South who moved to Philadelphia in 2010 and are still finding new neighborhoods and eateries. So far, so good, Latislaw said, "We’re pescatarian [fish eaters] and Philly is really good for that sort of thing."

Cherese Verdi, 33, who lives near Rittenhouse Square, said that as a meet- ing planner she would have liked the Crawl organizers to do a bit of group- building to make the participants feel more connected.

After Cantina Dos Segundos, the crawlers meandered to Silk City, at Fifth and Spring Garden Streets, where general manager Joppy Ferrone served mini hot pastrami Reuben sandwiches on marble rye bread, plus two kinds of empanadas, jicama slaw, jalapeno cornbread, and juicy fried chicken with mashed potatoes.

"I didn’t hear of Dishcrawl before Michelle called," Ferrone said. "It sound- ed good and I thought if nothing else it’s a good way to get the word out to new people."

The crawlers, some by now rubbing their tummies in satisfaction, strolled back to North Second Street (where many had left their cars) to Blind Pig, 702 N. Second, for small plates of vegetarian house-made spreadtze, pulled pork sand- wiches with coleslaw and German potato salad, and alligator sausages that “tasted like hot dogs,” said Janet Barag, who did the crawl with her husband, Len, and daughter Jordan. "Maybe it was the mustard." Barag said.

Jordan, 24, a vegetarian who posts her restaurant opinions often on Nosh. com, said she was pleased with the meat- free options at each stop (even as some carnivores grumbled about a bit too much pork). The Pig is open until 2 a.m. on weeknights, so Cryder had arranged for the group to stay there for huge moist cookies from Brown Betty, a nearby des- sert boutique.

A March 6 Dishcrawl sold out quick- ly; more will be announced.

"I would definitely do this again," said Joan Clarke. "I actually didn’t expect the food to be so good."

Additional details: dishcrawl.com/philly.

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By Robert Tierney

My arms are held behind me, as a woman applies pressure to my back with her feet in a dimly lit room. For a Friday night in Philadelphia, I could be at a club going out for dinner, but strangely this alternative is far more satisfying.

I’m at couple’s yoga and we’re wrap- ping up the practice with a Thai massage.

The woman is Jasmine Kaloudis, yoga instructor and owner of Synergy By Jasmine, a small business that special- izes in couples yoga, and operates in the Philadelphia area.

Amongst the small handful of cou- ples present there is Andrew, attend- ing with his wife Summer [did not wish to reveal last names], who says, “You’ll definitely enjoy the experience, regard- less of whether you’re spiritual or not. It’s comforting.”

Synergy by Jasmine is the culmi- nation of fifteen years of practice and teaching various yoga styles. In that time Kaloudis has traveled around the world, where she says she has gained cultural perspectives.

Kaloudis specializes in teaching yoga to beginners, the stiff and the inflex- ible she says on her website. Fitness is not really the issue when attending couples yoga. It is all about focus.

Couples learn to be flexible and work together in yoga classes at Synergy by Jasmine. 

Courtesy www.picasaweb.google.com

(Continues on page 9...)
Programs include:
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"The one with the bachelor's degree earns 183% more than the one without."*
The night began for me, it turns out, with Andrew and Summer along with Alexa and Lou, doing some grounding exercises. It’s a time to make contact with your partner and synchronize with each other’s rhythms says Kaloudis.

For this I sit back to back with Kaloudis, cross-legged on monochrome mats of olive green and red while ambient music plays. Once together, she instructs the class to focus on their center of gravity, located near the bellybutton, and spin our upper bodies around it; our backs staying connected with our partner’s.

For added effect, this was done eyes-closed.

After spinning both clockwise and counterclockwise, each partner then took a turn bowing forward towards their feet, while the other supported themselves on the other’s back.

Against instruction, I didn’t let myself go onto Jasmine’s back, presuming it would be less comfortable for her, but the end result was a piercing strain in my back. Kaloudis says, “The biggest thing,” says Alexa, “especially with guys is being shy. Don’t be shy.”

To start the portion involving poses we stood up and stretched out our arms toward each other like Frankenstein’s monster, and then slowly walked toward each other and leaned forward until we touched heads and our arms were locked around each other, hands holding our shoulders. The completed position looked an upside down U.

Positions then became more complicated, such as when partners sat on their mats facing each other, held hands, touched feet and simply leaned back so that the connected feet were high in the air, the partners holding on desperately to keep the formation.

Minus some strain to hold on, the position was not as hard to hold as it was to form. In fact, I felt very complete in this formation and I pushed my core to hold balance.

I didn’t want to lose the feeling of belonging. Speaking on the experience, Alexa says, “On some poses you touch, and you feel the other person’s energy.”

The most difficult position to perform was the “tree” pose, which began with partners standing together, keeping their “inner legs” as solid and rooted as a tree while we brought our inner arms around our partner and grabbed hold. Then we raised our outer feet to our knees. I found this was not difficult with raising my right leg but while lifting my left my balance kept slipping and I put it down continuously, jarring Kaloudis and disrupting her oratory.

When we finished the cycle of poses, it was time for relaxation (râ££-thai mas-sage). The lights were dimmed down to their lowest point of the night, leaving just a thin glow. As I was instructed to close my eyes I felt the music envelope, me, magnified by new perception.

Sitting behind me, Kaloudis grasped my wrists and then pushed against my back with her feet. Getting my back massaged by feet was totally new, but the method was effective. She avoided the spine, concentrating on the "meaty areas."

I was surprised when she successfully reached my neck, which resulted in a pleasant feeling.

Next she went to work on my shoulders and neck with her hands, clenching up muscles, the pressure squeezing out all tension and anxiety. When she released, those pesky things drifted away. She then worked with tension held in muscles at the base of my skull that I had never thought of let alone believed held tension. It made me feel like a dog getting his ear scratched.

I laid back gently onto her combined knees and received a temple massage that created a warm sensation, which was followed by her hands closing over my eyes, which despite the already dark room was surprisingly effective at sending me on an "inward journey."

After the other partners swapped positions and had their time, the lights were turned up. As the music continued to play softly, couples talked amongst themselves, whispering almost.

Says Andrew of his wife Summer, “She’s patient with me, to a degree.” This draws some laughter.

Summer then chimes in with, “It’s fun on a lot of different levels. Take a chance, it will rejuvenate you.”

Contact Robert Tierney at communitarian@mail.dccc.edu
By Tom Dougherty

When Philadelphia Flyers center Jeremy Roenick lost a defensive zone faceoff during the third period of a game against the New York Rangers on Feb. 12, 2004, he found himself collapsing on the ice, lying in a puddle of blood.

Roenick, who was hit in the face by a slap shot off the stick of Rangers defenseman Boris Mironov, suffered a fractured jaw and his ninth concussion, according to ESPN.

“I lost the draw in my defensive zone,” Roenick said. “Mironov came at me with a massive shot and destroyed my face.”

Roenick’s jaw was fractured in 19 places and had to be wired shut. He told ESPN that his concussion was his “biggest challenge of his career.” Despite this, he returned to game action ahead of schedule to help the Flyers reach the Eastern Conference final, scoring 13 points along the way.

Then, Roenick suffered another concussion during the postseason.

“It was not a good summer,” Roenick said. “It was a long recovery stage.”

Roenick is one of many professional athletes such as Eric Lindros and Keith Primeau who have suffered multiple concussions during their playing days.

Concussions and post-concussion syndrome has been a subject of research by many medical institutions among collegiate and professional athletes.

The Centers for Disease Control and Prevention (CDCP) defines a concussion as a type of a traumatic brain injury caused by a bump, blow or jolt to the head that can change the way your brain normally works.

According to the CDCP, concussions affect a wide range of functional short or long term changes which affect a person’s thinking, sensation, language or emotions. Repeated injuries to the brain can cause permanent damage to the brain, experts said.

“To me, it would be a reason to stop playing sports,” said Dr. Steven Galetta, a neurologist at the Hospital of University of Pennsylvania (HUP). “If somebody had these persistent concussive effects, they probably shouldn’t get hit in the head again.”

The University of Washington Medical Center said that post-concussion syndrome happens when symptoms of a concussion continue for months. These symptoms include headaches, neck pain, sleep pattern changes, dizziness, memory problems, noise sensitivity, personality changes, fatigue, and nausea and vomiting.

But, doctors have not been able to explain why post-concussion syndrome occurs and why it affects some more than others.

“Yes, we don’t really know that,” Galetta said. “We don’t have any particular biomarker to understand why somebody is more vulnerable.”

According to the Department of Neurological Surgery at the University of Pittsburgh, child and teenage athletes might be expected to have a slower recovery than college-aged athletes or older athletes. The recovery from concussions requires a lot of rest, both mentally and physically.

According to the Journal of Clinical Neuroscience, most concussions are resolved in seven to 10 days, although it may be longer in children and adolescents.

“Because you have a developing brain, their necks aren’t as strong so they might get whiplash,” Galetta said. “Their total body weights are lower so they could get launched by a much bigger kid. If some young kid who doesn’t have high body weight or neck strength gets launched by a much bigger kid, [they] might have a lot more whiplash.”

The Agency for Healthcare Research and Quality collected statistics from the Healthcare Cost and Utilization Project on emergency department visits for sports-related concussions in 2008. According to this statistical brief, 58 percent of ED visits was for youths ages 14 to 18 years old while less than one-tenth were 24 and older.

“To me, that’s where we really have to make a big effort,” Galetta said. “It’s important for everyone to know what they are doing to their brain, but the youth in particular because they don’t have the education or knowledge.”

Galetta and his colleagues at HUP have been working on a new sideline test called the King-Devick, a “rapid number-naming test that helps figure out if a player suffered a concussion,” he explained.

The King-Devick test is performed to help the coach or trainers predict concussions, Galetta said. “We need something easy like this that’s objective and can be measured to help because you don’t want to put a kid back in, right?”

This year, the neurologists at HUP tested the K-D test on the Flyers in addition to other tests the NHL requires. Galetta said that HUP wants to educate parents about the effects of a concussion on the brain by passing on research found in professional sports.

“We need to take these highly publicized media cases and educate people,” Galetta said. “And get that down to the level of the parents so they can make informed decisions about their kid. The kids are the group I’m most worried about.”

His ninth concussion didn’t stop Roenick from playing hockey. He returned later that year, and played five more seasons before hanging up his skates. Today, Roenick is a TV analyst for NBC Sports Network and is doing fine, he said.

Roenick played in the Flyers-Rangers alumni game Dec. 31 at Citizens Bank Park.

“If I have no side effects,” Roenick added. “I’ve been able to recover very well [from my concussions], if anything, I have short-term memory [problems].”

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"Arcadia made it easy to transfer—and made sure we had the courses to apply for assured admission.”

~ Ashley and Jennifer Eisenagel ’08, ’11D.P.T., who received the Department of Physical Therapy’s Research Investigation Award for their faculty-student research project “Activation Failure of the Rotator Cuff with Acute Pain.”
DCCC men’s basketball team makes history

(...continued from front page.)

but McKenzie led the team with 16 points.

“...I think I was able to take advantage of their soft defense,” Thomas said after finishing with 15 points, three rebounds and two steals. “But it was my teammates who were able to find me, so I give a lot of credit to them.”

But to know the journey of this season, you have to go back to the middle of October, when only nine men began their journey as a Phantom.

“It was the work ethic that these guys put in everyday,” Saunders said. “Not only on the court at practice, but in the classroom as well that got them where they are.”

Beginning with hours of practice, these men started to become the team that would set out to make Phantoms history. Following the knowledge put forth by returning players Thomas and Justin Wright, they began preparing for their season.

With a couple of scrimmages behind them, the Phantoms opened their season on Nov. 17, 2011 with a home win against Harford Community College 59-50.

The team gained momentum from this win, continuing to win the rest of November, including an important win on the road against Bucks County. Bucks led by 20 points at halftime, but Phantoms fought back and won the game 79-78.

The team then continued their winning ways in December with four road victories and one victory at home. Going into the winter break the Phantoms remained undefeated with a record of 11-0 and outscoring their opponents by a combined total of 104 points.

The Phantoms made history Dec. 3, 2011 by beating Community College of Philadelphia for the first time since 1975 by a score of 81-77.

The Phantoms suffered their first loss of the season on Jan. 12 in a close game against Manor College. According to Saunders, missed free throws and foul trouble led to the 64-62 loss.

“I think it was good for them,” said DCCC athletic director Andrew Johnson of the loss. “[Manor] was a good team and they needed a little bit of a wake up call.”

Waking up is exactly how the team responded. The Phantoms won the next two games on the road in games that they controlled for the majority of the contest.

“We hope to be the number one seed where we can host the entire playoffs,” said Johnson. “It will be tough to win a championship, but that is the goal.”

Contact Kyle Solimeo at communitarian@mail.dccc.edu.
Happy Valentine’s Day!

Love in *The Communitarian*

Ashley,
So proud of you & glad we go to school together again ♥
- Jena

Julia and Alicia
♥ you guys!
- Kelsey

Lloyd - Wheeler Moore Children, Happy V-Day. Mom loves you all!

Happy Valentine’s Day to the cutest thing everrr, Samia!
- Danny C.

Happy Valentine's Day to my fiancé, Rachel!
♥ Louis

Steve Woykoff, Love you to death!
♥ Kelsey

Happy V-Day, Danny Boy!
♥ Samia

Happy V-Day Fat Head ♥ From Julie & Jazz

Janice, you are sweeter and cooler than Breyers Butter Almond Ice Cream!

Guess Who?

Matt, You rock!
♥ Jena

Happy V-Day 2” Tania & Shanoah

To the best colleague and officemate in the world... thanks for your support, friendship, and mentoring these last 20 years.

Gwen, your spunk inspires me. Thanks for the crawl! A Fan.