

# The Student Voice

February- March  
02/18/13

## Working Hard vs. Working to Death By: Erin Slegaitis

We are all really busy as we are working through this semester. It can get overwhelming really quickly. However, balance is essential to keep working hard but not working yourself to death. Take it from me I have a job, several different classes, extra-curricular, and on top of that my friendships. There is nothing wild about that I bet most of you are in the same boat. What makes us unique is what we put most of our time and energy into. There is no right choice when it comes to what you should put your energy into. However, one or more of those categories is going to suffer. For most of us it would

be hard to cut out even just one of those things between what you have to do and what you love. So, with that in mind what do you do? To be honest it is based on what your specific schedule is. However, it all comes down to time management and an ability to keep a level head. Everyone who has taken College Seminar knows that the most frequented subject is time management. A lot of professors also emphasize it in their classes. Set up a timetable, write out an hourly schedule for the week and you'll know exactly how much free time you have for friends and fun. Your friends take re-scheduling better than your classes, but don't neglect them either. Find

a system that works for you and stick with it. The level head part is important too. Panicking eats up time instead of giving you more time. Plus your relationships suffer when you unintentionally snap at people. They may understand your stress level but it gets old quick. When you are incredibly busy friends are what keep you stable. They can de-stress you, help you study, or cover for you as long as you are doing the same for them. There is a way to make even the most hectic schedule work if you can keep organized and focused.

### Inside this issue:

Beating a Headache	2
How politically aware are we after reading Thoreau's <i>On Civil Disobedience</i>	4-5
Contact the Student Voice	6
Poetry	7
Mu Cow's Study Strategies	8

### Special points of interest:

- Utica College pg. 2
- Suny Potsdam pg. 3



# UTICA COLLEGE

TRADITION. OPPORTUNITY. TRANSFORMATION.®



## Move up to UC. Transfer Opportunities

Working on your associate's degree? Move up to UC... and get the career-focused skills you need to succeed in today's professional marketplace.

UC combines many of the advantages of a large university with the intimate learning environment of a small college.

We offer:

- ◆ Maximum credit for classes taken at other institutions
- ◆ Generous financial aid options, including additional merit assistance for Associate's Degree graduates
- ◆ 37 Bachelor's programs
- ◆ 22 Graduate programs
- ◆ Outstanding faculty
- ◆ A high level of personal attention
- ◆ State-of-the-art learning facilities on campus
- ◆ Many real-world learning opportunities

**Learn more about UC. Contact us today.**



Toll-Free: 1-800-782-8884  
admiss@utica.edu • www.utica.edu

## Six effective steps to beating a headache By: Anna Field

You know that moment, in the middle of class or something else really important, when your head feels like there is a jack-hammer parade happening? Or maybe they randomly happen at night, or other times of the day, when you're trying to relax. Headaches and migraines are no fun. I recently discovered six simple and effective steps to getting rid of the painful annoyance known as a headache. The first thing on the list is to take something containing aspirin, ibuprofen, or acetaminophen. Usually if you take these at the first sign of a headache, you'll slow down the progression. Our second step is to make sure

you're drinking plenty of water throughout the day, and even more when you have a headache. If you're dehydrated, that could be the reason your head feels like it's going to implode. It's also recommended that you avoid caffeine, alcohol and sugary drinks; they'll just dehydrate you more. The third step is if possible, find somewhere dark, quiet and cool to relax for a few minutes. Even if you're only relaxing for fifteen minutes, it's better than keeping up with everything else you have to do, and it'll help. This I know from personal experience. The fourth thing that can help you is to grab a soft, cold cloth to put on your forehead. The cold will help ease the pain, especially if the pain is your

sinuses or temples. Our fifth step is to massage your temples, neck or ear lobes. Make sure you're using some pressure and using your pointer and middle finger. The most effective massage is to move your fingers in small circles. Our sixth and final step to beating that headache is to have sex. It has been proven that having sex reduces stress and tension, lowers blood pressure and will release the body's natural pain killer, oxytocin. Sorry ladies, the old "I have a headache" excuse won't work from now on. Next time you feel the onset of a killer headache, try one of the steps listed above, and you'll be feeling better in no time.

"I could never say in the morning, 'I have a headache and cannot do thus and so'. Headache or no headache, thus and so had to be done."

~Eleanor Roosevelt.



## EXPLORE SUNY Potsdam

- > **Our transfer process is highly individualized!**
- > Check out our outstanding interactive Web site for course equivalency comparisons at [potsdam.edu/admissions/transfer/course\\_equivalency\\_tables.cfm](http://potsdam.edu/admissions/transfer/course_equivalency_tables.cfm)
- > **Applications are evaluated on a rolling basis**, so the sooner you apply, the sooner you will have your decision!
- > We're here to help when it comes to financial aid, we offer aid to more than 80% of our students, along with competitive scholarships.

To learn more about the transfer process, please call 1-877-POTSDAM or go online: [potsdam.edu/admissions/transfer](http://potsdam.edu/admissions/transfer)



**Potsdam**  
THE STATE UNIVERSITY OF NEW YORK

## How politically aware are we after reading Thoreau's *On Civil Disobedience*

In an intersession EN 102 on-line course, the students of Dr. Alina Mildred Treis posted these comments and gave her permission to publish them in our paper.

### Timothy Miller

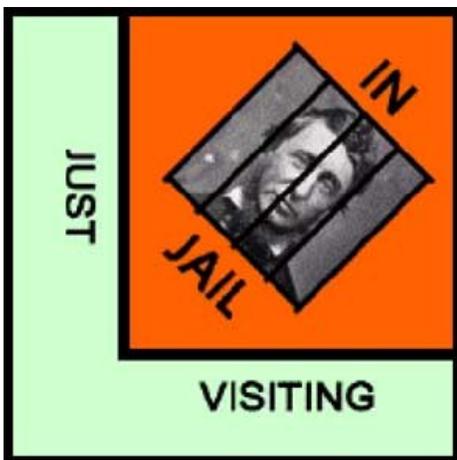
Henry David Thoreau discusses government. For the majority of the paper, he talks about man and the government. He refers to the government as a machine, and it will keep putting along no matter what your opinions may be. He also says that if you disagree with the government or feel strongly about something, that you should speak up and stand your ground. Thoreau did this himself when he spent a night in jail for not paying his taxes. He wasn't all that disturbed with staying in jail because he didn't think it was right that he was being forced to pay taxes. He says that he got out of jail after only one night because a friend paid

the tax for him, and he wasn't very happy that the government got their money anyway. I liked his analogy of voting as a "sort of gaming, like checkers or backgammon, with a slight moral tinge to it, a playing with right or wrong, with moral questions; and betting naturally accompanies it." He goes on to explain that he votes for what he thinks is right and good, but really he is leaving it up to the majority, for he is only one small voice. It was ironic towards the end of the essay that he states that the government doesn't concern him much and that he won't waste his thoughts on it. I thought this was kind of humorous after he had just written about his opinions on it for 19 pages. I did like his overall message though, that he wants the government to be fair to all men, and to treat individuals with respect.

### Kaytlyn Graves

This essay enlists three major concepts: man and government, war, and taxes. Thoreau explains how it is best that the government does not govern at all. He believes that man thinks the government is essential for it is a machine. However, Thoreau argues that the only good the government has done is when it stepped aside. He feels that people either think that they must obey the government, go against the government, or stand back and let things work themselves out. I feel that I apply to the last; let things work them-

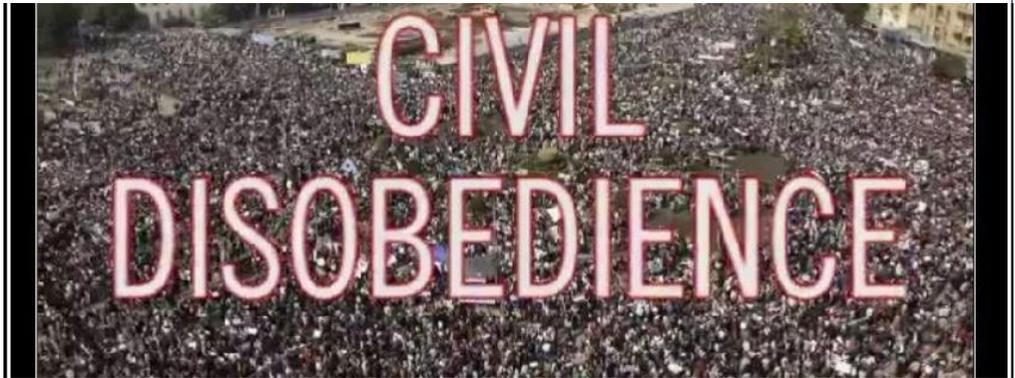
selves out. I have never voted because I usually like certain things about certain candidates and vice versa. This past election I felt wronged by Romney in his sense about women's rights; it seemed that he had no concern for women. One quote that had a big impact on me was "If women are going to be in the workplace...." I've grown up with my mother working full-time and still being a housewife, which I plan to grow up just the same. In that sense, one would think I entirely support Obama. Obama, however, is about the middle and lower classes, who he feels he should give more money too, which is fine to a certain degree. I just have a strong opinion about giving money away to people without jobs. I know a lot of people that could benefit from it, but I also know a lot of people who have/are taking advantage of it. These are all people who are capable of working, but are just too lazy to find a job. It actually disgusts me. I just hope that they will find some sort of system to "smooth out the bumps" and make this available for the people who are truly struggling, rather than those who are just abusing it. War has become a big part of the government today since we have been at war with Iraq and Afghanistan for years now. Thoreau talks about how they treat these men very well and that they are considered good citizens, though it



is still wrong. He said he has washed his hands of the government since it is not wrong to pass up fighting evil, though it is wrong to do evil. I think that he feels these men are doing evil. This is controversial because it is wrong to kill another man; however, they are also fighting for our freedom. I do support our troops and everyone associated with them, but I would never be able to commit to it. Finally, taxes. Thoreau explained how he spent a night in jail for not paying his taxes. He thinks it is wrong that the things you own are taxed and it is wrong to have to pay for it. He actually pities the state for putting him in jail, physically, because they could not get to him mentally to abide their law. A neighbor actually paid his taxes for him, whom he is grateful for; however, they obeyed the government for him, which he is not pleased with. With taxes being so high today, most people have this thought running through their heads, but the majority still follows this law. It is wrong that we buy something and it is "ours", but the government continues to make us pay. With all the money that we pay from our paychecks, for clothes, food, land, etc., the country should not be as far into debt as we are.

### **Megan Quintanilla**

In this essay the author explains the relationship between



<https://www.facebook.com/cdanc>

'man' and the government. Thoreau states that the government controls the way men perform and what duties that they partake in. They are merely a tool to the control and operation of the government. Relative to our government now I found this statement to hold great importance, "It is not a man's duty, as a matter of course, to devote himself to the eradication of any, even to most enormous, wrong; he may still properly have other concerns to engage him; but it is his duty, at least, to wash his hands of it, and, if he gives it no thought longer, not to give it practically his support. If I devote myself to other pursuits and contemplations, I must first see, at least, that I do not pursue them sitting upon another man's shoulders. I must get off him first, that he may pursue his contemplations too" (Thoreau). I feel that this statement has some relevance to the current debate about gun control and the recent tragic shootings. I recently had found a picture of a car accident on Facebook that had said "we don't blame drunk driving on cars so why blame the stupidity on guns" (Anonymous). I usually do not like to partake in debates that opinions hold very opposing views and quite stupid opinions may I be

frank. However, this statement made me think I am not one for the violent shootings. I think that it is disgusting, but last night Cuomo had signed a bill about gun control and limited guns and the number of bullets. I cannot quite follow exactly how this stops a lunatic from shooting down children or firefighters. I understand how dangerous guns can be, and I do believe that the men will follow these rules but they will not to do quietly and happily. There are several people that do not agree with this and it had just happened last night. I feel as though the statement in the end of the essay may ring true. "There will never be a really free and enlightened State until the State comes to recognize the individual as a higher and independent power, from which all its own power and authority are derived, and treats him accordingly" (Thoreau). I believe that the law was well put though whether men deem it to be fair or not is purely optional.

MOHAWK VALLEY COMMUNITY COLLEGE

**Another month in and a few more to go for the Spring semester. The hard work is never done so we hope to see you here for the March—April Edition.**

**Our advisor is**

**Alina Mildred Treis**

**Or President is Erin Slegaitis and our articles were written by Anna Field, Timothy Miller, Kaytlyn Graves, Megan Quintanilla, and Amy Rubyor. Mu Cow's Study Strategies beautifully drawn by Alyson Yip. Make Yourself apart of the picture,**

**Be creative with what you love!**

**Write an article or poem or Show off your passion in these pages email us at [studentvoice@mvcc.edu](mailto:studentvoice@mvcc.edu) or visit us at ACC 221.**

We're on Facebook!  
[facebook.com/#!/pages/Student-Voice](https://facebook.com/#!/pages/Student-Voice)



  
**The Student Voice**

[http://utica-mohawkvalley.ynn.com/content/top\\_stories/544820/new-law-enforcement-training-course-at-mvcc/](http://utica-mohawkvalley.ynn.com/content/top_stories/544820/new-law-enforcement-training-course-at-mvcc/)

# Poetr

Promise By: Anonymous

As you sit in silence,  
 Wondering why  
 I'll be your shoulder to cry on  
 until your tears run dry.

When you've been hurt,  
 And can't believe what they've  
 done

If you need someone to talk to  
 I'll be the one.

If a close friend hurts you,  
 And you don't understand  
 Remember I'm here  
 I'll lend a helping hand.



Words By: A. Lang

Words are powerful,  
 They are the most lethal weap-  
 on,  
 And the most potent healer.

What you say seeds death or  
 life,  
 This cannot be denied,  
 Or masked over.

Wielded wildly without  
 thought,  
 Spun mildly with no passion,  
 Left in solitude born disaster.

The tongue is a wicked beast  
 to master,  
 It will leave you in a sorry  
 state,  
 Prove itself more than you can  
 take.



# μG-Cow (Mu) & Friends! in

by: AlysonJP

# Study Strategies

\*cramming night before exam\*



Hey Mu! How did you do on that first exam? I aced it!



Not so good Yu-Fish... I don't understand. I studied really hard last night. I thought I would do fine. The information was so fresh in my mind...

Aww, I'm sorry, Mu-Cow. Was the material too difficult? You were up all night studying! If the material was too tough, you could have seen a tutor. They definitely helped me out! See? I got an A!

No, I didn't do any of that. I just crammed the night before...

Well, that's your issue then, silly...

I figured if I just crammed the night before, I'd be fine because the material would still be fresh in my mind.

That never works out how you think, trust me. I learned that the hard way last semester. I'll teach you an EFFECTIVE method of study! Don't worry...



The most effective way to study is not all at once- it is actually the opposite! Study parts of what you need to know each evening for a few hours and you will learn and remember MUCH more!



I never really thought of doing that. I'll have to try it this time around.

\*a couple weeks later\*

YU, LOOK! YOU WERE RIGHT! It really does help! I hope I do even better next time!

