

IRIANDARI

MAGAZINE



2018
JULY

A FREE PUBLICATION

Published by CTU Student Senate

FROM THE EDITOR

Photo: Deb Horant

Justin Johnson poses with his incredible idea at the Projects showcase. (p. 7,8)



Proud CTU graduate Becki McFayden

RADAR

MAGAZINE

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Radar Magazine is a student/alum produced quarterly periodical managed by the Aurora campus Student Senate.

Be sure to check out the fantastic photos of the Projects showcase taken by Deb Horant on pages 7 and 8.

Summer is here! And the heat is on as fissure 8 in Hawaii gave the residents a scare and the world a show.

The incredible volcano photos on page 4 were taken by Amy Lunbeck and Beth Carpenter, exclusively for Radar Magazine. They both have since lost their homes.

-Jennifer Stahl

RANDA|R

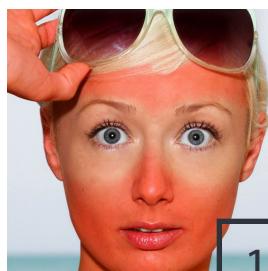
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RANDA|R

No money, All problems.....

The inflation in today's economy sucks!

I have fifty bucks in my bank account and I don't want to spend a single dime of it. Pets, rent, subscriptions, student debt, it all adds up; so what happens when everything hits the fan?

I have no idea, hopefully its fifty bucks worth. Stressed out I went to my local library and skimmed through the magazines; an article that caught my eye on a cover, The 'F@\$k Off Fund' what the hell is this?

It's just an article about having an emergency fund to use when the world has nothing but bad financial karma to give and you can say "F%\$k off!" with your fund. Sounds funner than 'Emergency Fund' but its the exact same. So why don't I have this fund? Some of us are living pay check to pay check, with only fifty dollars and eighty cents to our name and nothing else.

So how can I start an emergency f-off fund when I barely have pennies to spare? Just start with pennies; they build up. Start asking yourself the benefits of a purchase you are about to make, is buying this pikachu plush gonna make me happy and my room cuter? Yes. If I get evicted is that pikachu plush gonna help me find an apartment in the next thirty days? No. Into the F-O Fund you go! Do I really need online subscriptions to both my PS4 and XBOX ONE? No. I can live without Starbucks every morning, drug store makeup can be good enough for me, cutting back can be hard but also very rewarding, my goal is to cut back enough to put one hundred dollars in this fund whenever I get my paycheck, hell even make a game out of it, whenever my boss pushes my buttons to a boiling point that I just want to quit! Five bucks into the fund so one day I can look at 'em in the eye and quit, without any financial worries. Living with a partner or a weirdo roommate that you cannot stand, your car might need new brakes, your accident prone and one day hurt yourself enough to get medical bills.

This fund is for all of this. We all need one. Twenty, ten, even a quarter is a good start. To which i'm starting with one whole dollar into my new fund, I didn't really need that candy bar in the dollar store anyway.





The Carpenter's, residents of Leilani Estates lived right by Fissure 8. Their house was among those destroyed.



CNN reported: "The volcano has been erupting since early May in the Leilani Estates neighborhood on Hawaii's big island, forcing evacuations and destroying more than 700 homes. The US Geological Survey's Hawaii Volcano Observatory said the eruption has covered more than 12 square miles (23 square kilometers) with black lava and has added 700 acres of new land to the island.

A report from the Hawaii Volcano Observatory found that this eruption, in what geologists call Kilauea's lower East Rift Zone, has produced a greater volume of lava than past eruptions in the area.

"Given this volume and the sustained withdrawal of magma from the summit reservoir without appreciable deformation in the lower East Rift Zone, it is most likely that the LERZ eruption may continue for months to years," the report said."

"Kua o ka la, my public charter school, my daughter's school and our warm pond gone now too."

-Amy Lunbeck texted to Radar Magazine



YOUR PERSONALITY TYPE

Everyone knows that learning more about yourself will improve your life in many ways. After all, we know that we need to keep working on improving ourselves to get ahead and just to simply *be happy*.

The Myers-Briggs test is one of the most popular ways to narrow down your strengths and weaknesses. This test breaks down individuals into 16 types and explains how each type processes information and how each interprets the world around them.

This test is commonly used to decide on which jobs to apply for, what avenue of education to pursue, and how to function in day to day situations.

It can also help couples communicate what their needs are and what makes them react. It can be helpful when making decisions and to know what type of people may help you and what type of people may trigger you.

“Certain personality types may be better suited for particular tasks at work,” says Amy Cooper Hakim, Ph.D. “A personality assessment is beneficial because it helps you to pinpoint your areas of strength, and better understand how you may act or react in particular situations.”

take the test here:

<https://www.16personalities.com/free-personality-test>

Is time getting away from you?

By Ursula Jorch

Farah's struggling. She's got a lot to do, and the day just seems to get away from her. The 40 minutes she spent on Instagram didn't help her cross items off her list, but it was the only break from work that she took all day.

Still, at the end of the day, she feels unsatisfied and downcast because she didn't complete what she had on her to-do list. Farah thinks she has a time management problem.

Farah's problem isn't just time management. It's even bigger than that.

Remember a day when you got three times as much done in the same time frame on the previous day? You had the same number of hours on those days as you did on the 'meh' accomplishment days, right?

We all do. So what got you going on those high achievement days?

Focus.

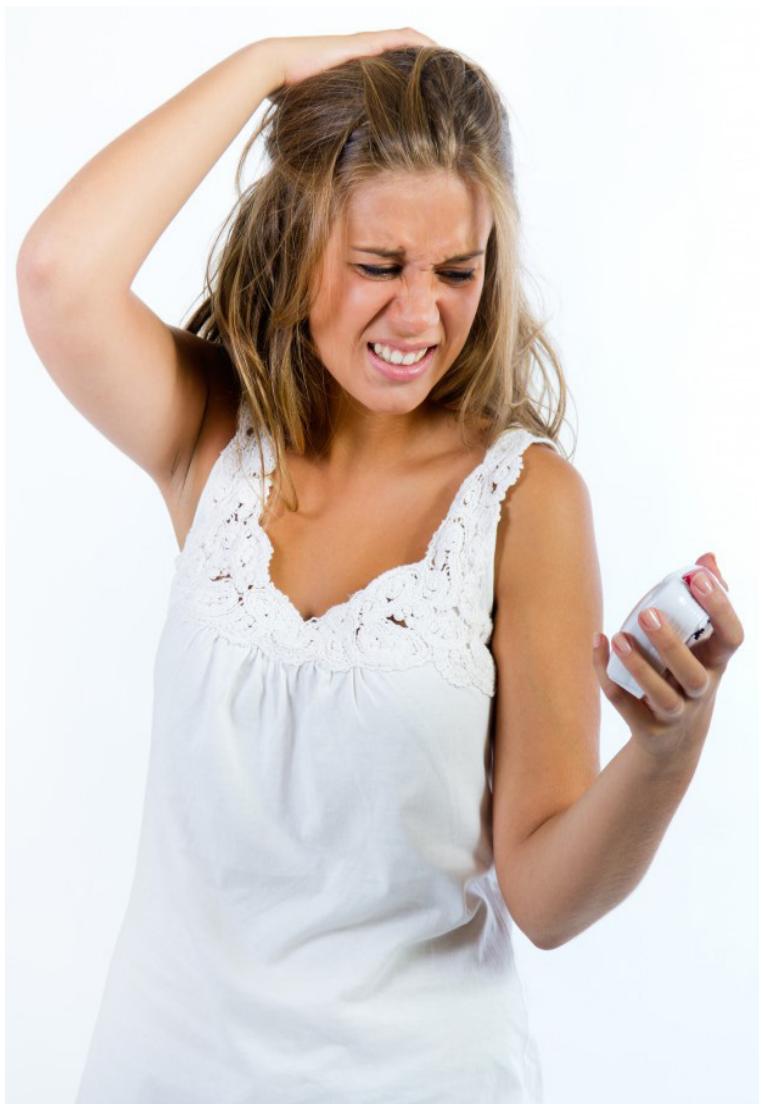
What makes you focus? Something important you want to do, a goal you want to reach. What makes you focus is the impact you want to have.

Farah's big problem was that she wasn't clear on her intended impact, and she wasn't putting it into action.

I define impact like this: impact is where your amazing self meets the world and makes it a better place. It's about you doing whatever you can to be your amazing self AND it's about contributing to others and making a difference.

When you have your intended impact in mind, you can tear through things that take 3 times longer when you don't have anything in mind but profit or another item to cross off a list.

Impact is your big picture. Your vision for impact carries you forward, with focus. You're more motivated, you move through challenges more quickly, and you're happier!



Here's what Farah did:

She set priorities that moved her closer to her intended impact.

She limited those priorities to 3 a day.

She did what was most important to her impact first.

She challenged herself to get things done more quickly.

The result? More gets done. She feels more at ease, yet more accomplished. She has more impact.

Want to get more done? Focus on your impact. It'll carry you through big projects and small ones, as you make a difference.

Student Projects Showcase

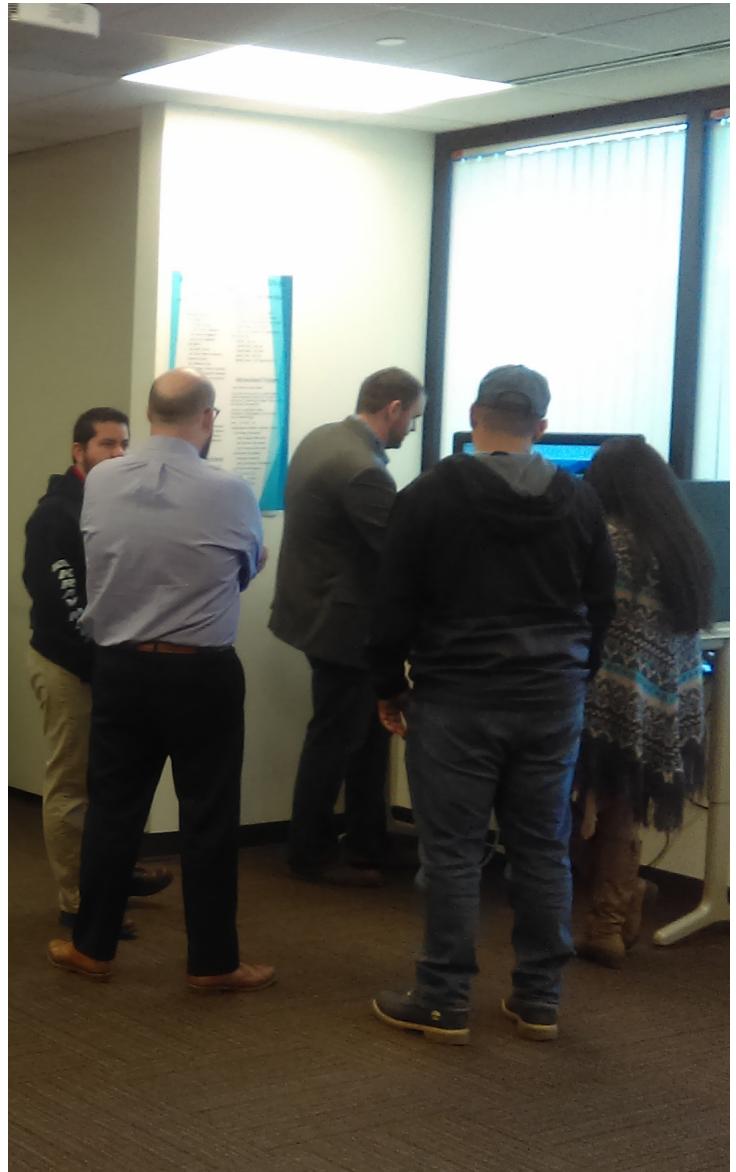
Student Projects Showcase Night Denver Campus

On March 14, 2018 the Denver Campus held its annual Projects Night. We had 10 student projects ranging from a CS&T project displaying a “Single Machine Network Using Server 2016 and Hyper V” to “What Millennials are Looking for in the Workplace”. Business students displayed their final projects alongside the Computer Science and Technology students and for the first time we had a student from our Security Studies program. Justin Johnston, Security Studies undergrad, wowed the audience with his “Metro Mobile Food Truck” non-profit venture, along with his instructor Professor Gene Katz, who came up with the idea.

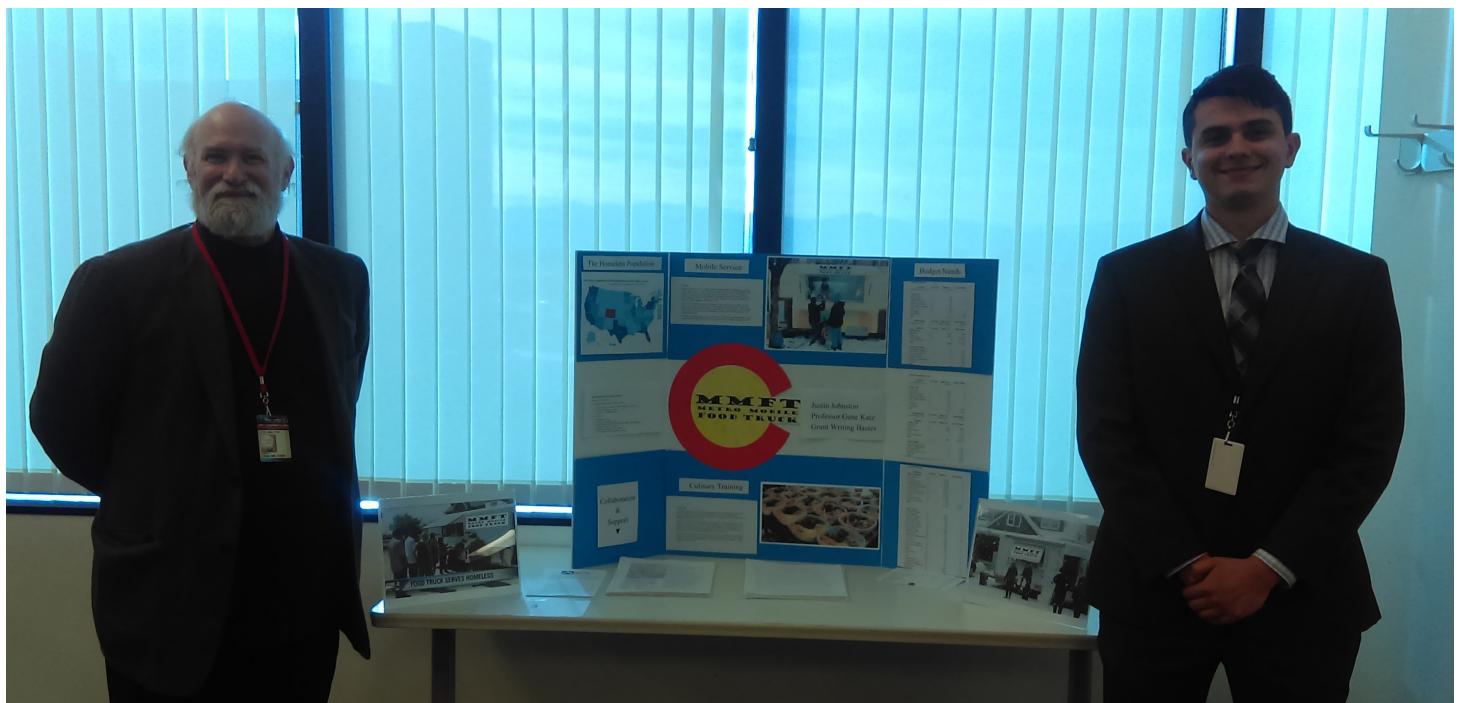
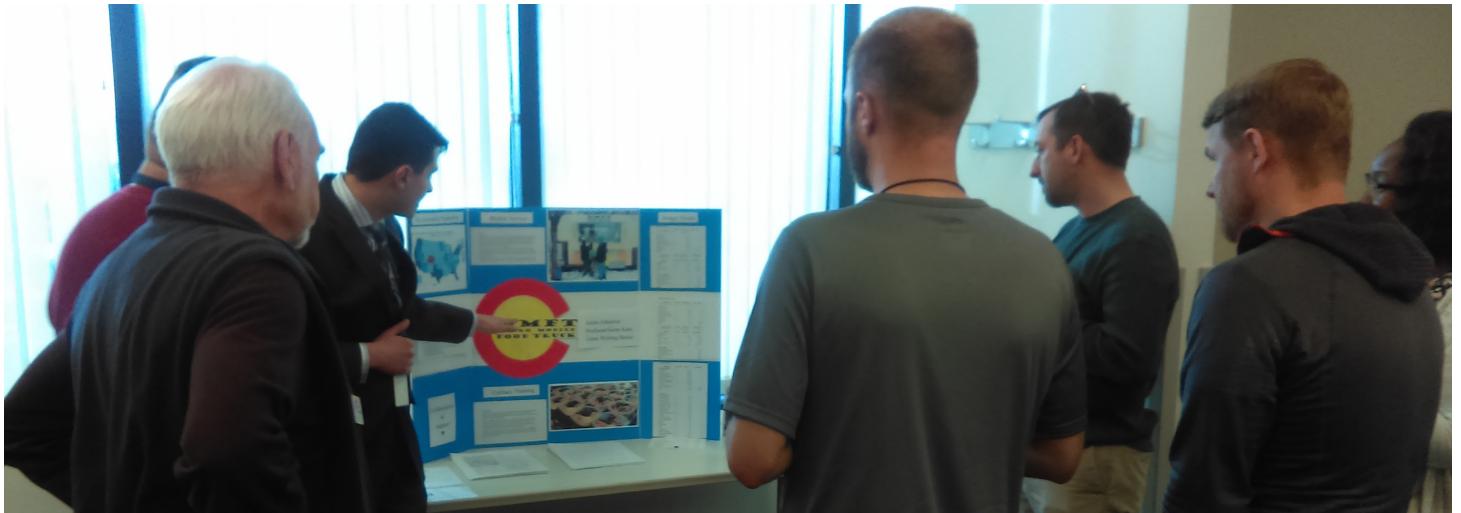
Nathan Hays from Career Services work diligently to arrange the employers for the event. Our employers from different fields; such as the Denver Broncos and ULA, just to mention few, gave our students invaluable feedback on their projects. Some of these employers return every year to give our students industry-relevant feedback and advice on their projects.

The Denver Student Senate provided the refreshments for the 2 hour event. Thank you to all who participated and for making it a wonderful night for our CTU students!

Deb Horant



Photos by Deb Horant



8 foods to fight stress



OATS: Being a complex carbohydrate, oatmeal causes your brain to produce serotonin, a feel-good chemical. Serotonin calms you down and makes you feel good. Oats are also rich in beta-glucan, which help in lowering blood cholesterol level and also help in weight management.

NUTS: Nuts help replenish Vitamin B stores that are depleted in stress. The B vitamins help us manage the fight or flight response in stress. The potassium in nuts also helps keep the blood pressure in check thus reducing the strain on the heart.

SALMON: Eating salmon on a regular basis has been linked to reducing the risk of getting depression because of the omega 3 fatty acids present in it. It can reduce stress and anxiety in individuals when eaten even twice a week.

LEAFY GREENS: Leafy greens contain folate that produces dopamine in your brain. Dopamine is involved in the emotional regulation in the brain thus keeping you happy. Besides folate, magnesium in the leafy greens also helps in keeping us calm and good.

SEEDS: Seeds like the sunflower seeds, flax seeds, watermelon seeds, etc have stress-reducing benefits. These tiny powerhouses are rich in magnesium that promotes a healthy nervous system. They also are full of tryptophan which is an amino acid that helps in the production of serotonin that helps you feel calm.

AVOCADOS: Avocados are rich in the stress relieving B vitamins, Vitamin C and folate. They also contain potassium that naturally helps in lowering blood pressure. This makes them one of the best foods for relieving stress and anxiety.

MILK: Milk contains tryptophan, an essential amino acid which is a precursor for the neurotransmitter Serotonin. Serotonin is a “feel good” chemical known to promote relaxation and calm in a person. And, milk taken with another carbohydrate will help in the absorption of tryptophan.

LENTILS & BEANS: Being stressed can be detrimental to your nerve health. Lentils and beans are rich in magnesium, folate and potassium which help calm the nerves, reduce anxiety and promote brain health.

25 awesome websites for students

1. StudentRate
2. NinjaEssays
3. Koofers
4. Alarms (Sleep If U Can)
5. OpenStudy
6. Sworkit
7. Help.PlagTracker
8. Audible
9. eBay
10. Mint
11. InstaGrok
12. Studious
13. StudyBlue
14. SelfControl
15. Rate My Professor
16. iStudiez Pro
17. TED
18. Dragon Dictation
19. SugarSync
20. Quizlet
21. Dictionary.com Mobile
22. Wolfram Alpha
23. Notella
24. RealCalc
25. BenchPrep

By Robert Morris

14 must-have apps

1. Horizon
2. Sleep Cycle Power Nap
3. PaperKarma
4. Nu Skin TR90
5. SleepTalk Recorder
6. Action Movie FX
7. Any.Do
8. RunPee
9. Venmo
10. Walk Up Alarm Clock
11. RadarScope
12. Tunein Radio
13. Safe Trek
14. Qwiki



why local libraries are important and how they have taken customer service to the next level

Moorpark Acorn



"The number one most important factor in customer loyalty is the reduction of customer effort," a recent article from Harvard Business Review reported. Other industry experts concur, with studies of their own regarding customer service and the overall customer experience. Conversocial.com stated that at least half of all consumers have stopped doing business with a company because of poor customer service.

Why is this so important? The modern business world is highly competitive. Consumers are inundated with options, advertising, and numerous marketing techniques. What makes one company more appealing than another? Entrepreneur compared companies like Apple and Amazon to a handful of others and concluded that excellent customer service sets them apart. Having the customers best interest at heart and repeatedly delivering sincere value will create trust. After trust, comes loyalty. Individuals want a pleasant experience in a reasonable amount of time. If that can be delivered, they will return.

How does customer service relate to other organizations, like public libraries? Public libraries have long been a resource for individuals to come and research, read books, or for parents to provide their children with a learning experience. Libraries have not only transformed into technology centers they have evolved into a community hub for patrons to make human connections. A local library provides a community with a safe and constructive learning environment that serves all demographics. Libraries have become places to celebrate culture and art, tailoring their educational programs and events to their specific neighborhoods. Excellent customer service is crucial in this environment as libraries can strengthen a community socially and economically, while providing valuable resources and education to all patrons, regardless income or background. Community youth flourish in an enriched environment and the library can fill those needs. According to the American Library Association, in 2017, librarians across the U.S. answered approximately 6.6 million questions per week. That alone constitutes a valuable community resource.

Fun in the Sun



Beat The Sun At Its Own Game

SUMMER TIME!!

That means barbecue chicken and lemonade!!! Hell yeah!

But it also means sticky skin and biting bugs, and most dangerously: the sun!!!

I was nine years old when my grandmother had cancerous cells removed from her cheek. I was glad she was okay but it didn't really process in my head the real danger of it all; I was a kid. In my teens my other grandma had parts of her nostril removed because of cancerous cells, then my great aunt had parts of her face cut out; again from cancerous cells.

No one wants their face cut out and scarred from something we can prevent from happening.

I'm talking about sunscreen. If you have tan arms and white legs, you still need sunscreen on those legs; if it's a cloudy day, YES you still need sunscreen. Clouds don't protect you from the sun, if it did the day would go completely dark every time a cloud breezed over the sun. Acne prone skin? the higher the SPF the greasier some lotions can get so stick with SPF 30, in fact SPF 30 is the perfect amount to stay safe from the sun's harmful rays for everyone.

Fair skin, Dark skin, in between, everyone needs to wear sunscreen females AND males.

Then it's time to have fun in the sun!

By Jasmine Cervantes



Want to learn a new language?
Grab your library card and log-in to Mango through your local library's website to learn several languages for free. Check it out!



Did you know.....
Lynda.com, the video tutorial site- is free for CTU students?
Stop by CTU's library for the login and password!

(Also free for public library card holders in Denver, Aurora, and Colorado Springs.)

Being an advisor

Editor's note: Deb's column, "Being an Advisor" was one of the most read as she featured students events and accomplishments and often gave sound advice to the student body. Thank you Deb!

The time has come to say “Good-bye” to advising the Denver Student Senate. For the past 5 years I have had the pleasure to advise and provide leadership to some of the best CTU students we have to offer. I had no idea that my life would change so much because I said “Yes” to a request. Many of these students have graduated and gone on to make a difference in their worlds, but I have to say they made a difference in mine. Keep leading. Keep dreaming. Keep wanting to make a difference in some else’s world. I will still be around, but with a heart full of appreciation and love, I bid a good-bye to advising. I’ll be watching from afar.

Deb Horant



What is NSCS?

NSCS at Colorado Technical University is an honor society inviting high-achieving freshmen and sophomores. Members must have a GPA of 3.4 or above and rank in the top 20 percent of their class.



want in?

IMPORTANT! Please note: Right now there are openings for officer positions. Grants and scholarships are being offered for those members that qualify.

Contact Karen Peirce at kpeirce@coloradotech.edu for more information

want to stay informed? Like our Facebook page for all the latest news and advantages of being an NSCS member.
www.facebook.com/nscs.coloradotech

