The 2014 CUNY Queensborough Community College graduation is right around the corner. The 53rd annual Commencement Exercise at QCC will take place on Friday, May 30, 2014, on the College’s Athletic Field at 10:00am sharp. Rain or shine.

Queensborough opened in 1959 and the first graduation class was in 1962. Most community colleges advertise and promote a two-year plan for upcoming students. But the reality for most students is that it takes two and a half years, or sometimes three or more years, to finish their Associates degree.

“Being here since fall of 2009, I honestly thought this day would never come,” said one soon-to-be graduate. Reflecting on his travels from the Bronx to Queensborough two to three days a week, he says, “I remember taking the D train from 167st Grand Concourse to 47-50st Rockefeller Center, then jumping on the F train towards Jamaica-179th street, then taking the Q30 bus until I see the large crowd of the bus getting off around 56th avenue and walking towards the campus. The commute took me two hours. Good things are hard to get, I believe QCC is one of the best community colleges in New York. It took me a long time but I’m excited to continue my journey towards a Physical Education degree”

When students arrive at QCC from high school or with a G.E.D., they must take an ST-100 class and many take remedial classes in Math or English, depending the score they earn on the assessment exams. Some may take a semester or an entire year of remedial classes that don’t count for any credits.

However, when it comes to finances, Queensborough wins, with a cost of only $150 - $300 per credit depending the class. In other schools like St. Johns University, students are paying as much as $25,000 a semester.

“If I would to start over as a senior in high school, I would go to QCC and get all my core classes done, and then come to St. Johns and complete my degree,” said Daniella C., a junior at St. Johns University. “Instead I came here for the

Stay Connected With QCC App

By Jenny Chabla

There is a new “must have” app that can help you with all of your school needs, called “QCC Connect.” It is available in the iphone app store, google play market, and for Blackberry world. Whether you’re on the go or in the school, it is the easier and faster way to stay in touch with the school.

QCC connect has many features including My Grades, One Card, Print Credits, Tigermedia, Tigermail, Academic Calendar, My QCC Adviser, QCC Event Calendar, News & Events, Campus Map, Faqs@qcc, Important Numbers, Staff A-Z, Transit, and Blackboard.

The app allows you to access information that is both individual and collective. The Cuny One Card shows you how much money there is in your account and lets you add money to your card. In the Print Credits feature you can print all of the credits that you have, and it even shows you the printers available for use, too.

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Stressed About Finals? -See p.6-7 for tips to success..
“college experience” that most high school students assume they are going to have, but the reality is I now have a higher debt.”

Nationally, about 6.2 million students are enrolled in 1,045 community colleges. Roughly 30 percent of the 81,000 CUNY community college students earn a degree or transfer after three years, which is slightly better than the national average of 24.7 percent.

QCC is located in Bayside, Queens, by the border of Queens and Nassau County. It is short commute away from other colleges such as CUNY’s Queens College and St. Johns University.

The enrollment is approximately 17,000 students. QCC is located in one of the most diverse counties in the United States in New York City, one of the most vibrant cities in the world. The college comprises nearly equal populations of African-American (25%), Asian (25%), Caucasian (22%), and Hispanic (28%) students, representing 139 nations of birth and 87 native languages.

In New York, 51 percent of the students at CUNY’s community colleges are immigrants, making the institutions a critical bridge to both cultural adaptation and career opportunities.

“I got an associates in two years. Yes, I would recommend a high school senior to go to QCC,” said alumni Sheik Faruk. “Teachers are nice, I feel like they care more than other professors in four-year colleges. It, of course, looks good on a resume. For example, I can apply and get certain jobs that can help me move forward as far as stability and financially.”

Some 60 percent of CUNY’s community college students come from households that earn less than $30,000 a year, and 66 percent of them work at least part time while taking classes.

“For two years I sacrificed, time away from my wife. For two years I dedicated myself to getting this degree that is on my bucket list. The harder you work for something the more you appreciate it. Out there is the real world. If I can do this, you can do this” said Steven Jones, the 60-year-old veteran, an upcoming graduate and current Student Body President, who will be speaking at the graduation ceremony.

There are statistics that show that those who attend community colleges after high school for an associate’s degree tend to be more successful at a four-year college or university. Graduating from Queensborough Community College is not only the smarter and safer choice but it also an enormous accomplishment. It is not easy but it is not impossible. It is the following step for your career.

As Robert F. Kennedy said, “Only those who dare to fail greatly can ever achieve greatly.”

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Stay Connected With QCC

The QCC Adviser shows all the contact information of your adviser. The feature of Tigermail lets you access you school email account. You can also go on your Blackboard account as well.

To check out all videos and links about the school you can go to Tigermedia. The News & Event feature shows events taking place in the school with the full details on those events. To see upcoming and important dates from each semester, just go to the Academic Calendar. And if you want to find out all of the things that are going on in the school in every month the QCC Event Calendar shows it all. Any questions about the school that you need to know the FAQ@qcc feature has the answers to, and if you need contact information to call anyone from the school you can find it in Important Numbers. To see all of the information of any staff member in the school you can go to Staff A-Z.

The campus map also shows you a map of the campus including showing what is around you at your specific location, and when you need to find out which buses are near the campus and at what time they are arriving you can check out the Transit feature.

Some of the other new features that aren’t up yet but will be soon are Talk to Us, Find a PC, My Schedule, and Class Schedule.

This new app is great for all the QCC students and beneficial. It has a lot of information about the school and very helpful for keeping in touch with staff, professors, events, important dates, and classes. There is already a lot of buzz about the new QCC Connect app and even some reviews posted online.

One student, Nidah Chishti said, “This app at this point really looks good… but I am still waiting for the schedule to be open.” Another student said, “This seems like a good app. For some reason, I cannot login using my tigermail username and password even though they are correct. I’m giving it 2 stars for now because I’m hoping it can be fixed.” A student going by the name of Goku wrote, “It’s about time we got a QCC app.”

Many of these students are rating this new app at 4 stars. Although there are some issues that still need to be adjusted, overall the app seems great.

The school has definitely evolved in technology and can add their names to the many other schools that also have their own apps. The QCC Connect app helps you with all the school’s events, important dates, information, and many other cool things. Like many students are saying, way to go QCC and keep it up! It deserves two thumbs up.
Asia for Culture Lovers

By Clara Lizardo

You don’t have to be an Anthropology major to enjoy the diversity and splendor of the world around you. We all have that little spark within ourselves to know and discover cultures different from our own. As students at QCC, we all have the opportunity to learn and grow with our fellow students from around the world. What better way to do that than to step into their culture, share their traditions and forget for a while about our differences?

Every year for the past two decades in celebration of Asian Heritage Month, the Student Union transforms into a little continent filled with dancing, arts-and-crafts, as well as delicacies from the East. Sponsored by the QCC Student Government Association and different student clubs, the goal of the Asian Cultural Festival is to “promote the beauty and richness of Asian Cultures to our college community,” and with that we can enhance our understanding of and respect for diversity.

Walking into the Student Union, there were things to do left and right. Straight ahead, dressed in beautiful and colorful traditional clothes was a young lady, Krutika Khatri, performing an Indian Folk dance. Happiness radiated from her face as she swiftly and harmoniously brought to us a little of her Indian tradition.

Then, a group from the Starside Community Services, Inc., graced us with their beautiful Chinese Folk Dances. Smiling ladies moved to soothing music, waving their fans of pink, white, and blue. Suddenly, the Queens Botanical Garden Tai Chi group with their Chinese Drum March / Kung Fu Fan Dance made an appearance. Who would have thought seventy-or-so year old ladies could bat those fans so hard? Other performers charmed us with their traditions and art, such as the Korean Flute Music by Si Hwan Pyun and Tae Seog Yun, but it didn’t end there. We still had much more to see in the little piece of Asia.

The director of the festival, Florence Lampeto, from the Port of Entry Program and Community Outreach here at QCC, and everyone involved in this event, put together an amazing compilation of artists, such as L. Anand Patole, an artist from Mumbai, India, who presented his exhibition called “culturalching.com” that consisted of ten paintings filled with “Hindu Symbolism in Modern Art form.”

Mr. Patole’s paintings were a world of their own, each one telling a different story through their colors, their textures and their subjects. Inspired by Picasso and other modernists, Mr. Patole mixed Western art and Eastern symbolism to “create beautiful representations of the best of both worlds,” as we could see in the painting “Shiva-Sambhoga” that depicts Lord Shiva with Goddess Parvati, pillars of Hinduism, in a style very similar to that of the artists Mr. Patole took inspiration from.

In the world of arts and craft, China is known for its beautiful calligraphy and paintings. Thomson Chou and Hsieh-kuei Hao presented their craft in a way that caught the attention of the visitors right away. Others presented their ingenious techniques for soap carving, paper cutting/folding and dough figures such that my only regret was that I couldn’t take all of it home. What I could take home, however, was a tremendous satisfaction for all that I saw and learned in only two hours. The world, with all its diversity and cultures is just a great canvas with each of us adding a little something to the masterpiece.

I am a culture lover, and if you are too, all students are encouraged to go next year to the Asian Cultural Festival and learn more from beautiful cultures or just enjoy a little bit of Asia here on campus.

Challenge Yourself and Study Abroad!

By Sade Smith

Have you ever tried the Cinnamon Challenge? What about the salt and Ice Cube Challenge? Or even the Saltine Cracker Challenge? Well, what did you gain from that?

Here’s a proposition for you, put down the jar of cinnamon, save the salt and leave the crackers for another day – and take on a REAL challenge, the challenge of studying abroad.

Studying abroad challenges you to step out of your comfort zone and experience the world around you like never before. Unlike a cinnamon challenge, there is a lot to gain from studying abroad, such as learning about a new culture, improving on a second language, developing communication skills and building a global network. Those benefits of studying abroad outweigh any drawbacks that anyone can present.

“Learning about a new culture and having a new experience,” is what current Queensborough Community College student Ashley Hechler says she is looking forward to on her trip to Italy this summer. This thought is one that is probably shared by most who have studied abroad or are planning to.

Lampeto (“Bette”) Efthymiou, the Director of Study Abroad program at Queensborough Community College stresses the importance of studying abroad. “In today’s world where we are globally connected, studying abroad allows you to have a better understanding of the world,” she says. Having had a chance to see the world through different eyes, it allows students to see the bigger picture.

The skills that are developed over study abroad put students at an advantage in many areas of life especially in the job market. “Through studying abroad students develop ‘soft skills’ – hard skills are important, too, but being able to communicate with someone effectively beyond a language barrier is important, too,” Bette explains. Companies that are looking to expand into other parts of the world will mostly likely hire an individual that has experience in that area.

After learning about study abroad programs most students begin to wonder, “how do I even apply for that?”

Well, it’s not that hard and it all comes down to one thing: preparation. “As it is with everything – preparation is the key when wanting to study abroad. Ideally students who would like to, should start preparing at least a year in advance,” Bette advised.

Start by considering where you would want to go, the length of time and then research programs. There are a wide variety of programs offered through QCC’s sister programs offered through QCC’s sister.
Shining a Light on ST 100

By Lourdes Carballo, Geovanni Mieses and Edward Ramirez

In order to deal with the anxieties of starting college, incoming freshman at Queensborough Community College (QCC) attend Freshman Orientation. Here, they learn more about the college, its programs, faculty, and student life. They’re introduced to many resources and opportunities available to them on and off-campus. Students also receive their CUNY ID card. Lastly, they get a “head start” on creating various school accounts like Tigermail and Blackboard, which are necessary to keep track of their academic records and schoolwork.

Freshman orientation is indeed useful for all incoming freshmen because it helps them prepare for the technological side of college. But not everything related to college is technological. Stress, finance, off-campus work, and family issues are often associated with college and may have a negative effect on a student’s performance or mental health.

Are these topics touched upon in Freshman orientation? Probably not.

Welcome to ST 100, also known as “Introduction to College Life.”

Queensborough students have a common misconception that the purpose of the ST 100 course is to reinforce everything that was already taught at “Freshmen First,” the orientation program. However, the course offers much more than technological services.

Through research conducted at QCC, it has been proven that freshman who take introduction to college courses tend to have higher GPAs, are less likely to receive a WU grade, and graduate earlier. The results encouraged QCC staff to make ST 100 a mandatory course three years ago, after concluding that it would be beneficial for all students.

Uniquely, QCC is the only school that mandates this course within the CUNY system. LaGuardia Community College offers a similar, yet completely voluntary introduction to college workshop.

Although ST 100 does indeed reteach all the technological functions that are necessary for any student at QCC, that is not the main purpose of the course. Dr. Wilma Fletcher-Anthony, QCC counselor and ST 100 instructor, states that its main purpose is to help new students adjust to their new college environment. It is a pathway for students to become comfortable with counseling and interacting with one another in this new setting. Having a mental healthcare professional as a course instructor present is indeed a supportive way for students to know they have someone to talk to who will not judge them and will help them work through any problems they may be experiencing.

Rather than a lecture, ST 100 takes an interactive approach. Students learn how to effectively manage time, maintain healthy relationships, understand college expectations, and work well within a group. These are just a few key components the help students succeed in college, personal, and professional life.

Through research that showed that incoming freshman responded better to face-to-face contact with a counselor for technical and personal guidance, the department has also decided to offer ST 100 as a partially online or PNET course, offered every semester for five weeks. The class meets once a week inside a classroom and completes an online session on their own that same week. The online session of the course focuses more on the technological features provided by QCC. Focus 2 is a website where students answer psychological questions to help them get a better understanding of themselves and their interests and potentially draw a conclusion as to what careers best match them. It provides job descriptions of every possible career, projected industry growth, and average salary, etc.

Overall, ST 100 serves a huge benefit to incoming freshman students providing equal opportunity for all to succeed both in college and in life. Dr. Anthony recommends that students attend and get engaged in both the online and classroom meetings to reap the full benefits of the course.

Challenge Yourself and Study Abroad!

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schools within the CUNY system. There are also outside programs that are options, too.

Once you decide on that, depending on what classes you will be taking in the program, you want to sit down with your advisor to make sure the credits will transfer. Then you begin the fill out applications and find resources that can help fund your trip. CUNY offers their own scholarship for study abroad called S.I.R.O.C.S – Scholarships for International Resume-Building Opportunities for CUNY Students. Another scholarship opportunity is the Benjamin A. Gilman International Scholarship. There are many other funding options—the main thing is to remember deadlines!

The overall experience of study abroad, makes the process of applying worth it in the long run, just ask Bette. She studied abroad herself when she was in college, and that helped to inspire both her major, and her job today.

I am testament to what Bette says. In the summer of 2014, I will be undertaking the challenge of study abroad. I’ll be going for five weeks to Seoul, South Korea to participate in language and cultural immersion. The process of having that become a reality was a hard one, but even when I wanted to give up Bette made sure that I didn’t. In the end, after all the frustration of applying, I am both nervous and excited for this experience and I look forward to all that I will gain from it.

So I’m challenging you my fellow peers, take the challenge and see what you could gain from study abroad!
For a man that completed just an eighth grade education before being enlisted in the Army during the Vietnam War after having been recruited at the tender age of 17, getting a college degree is a milestone. After 47 years out of school Stephen Jones, QCC’s President of the Student Government, will be graduating with an Associate’s degree this spring semester.

Life was not easy for Stephen when he returned home from the war as a veteran. Without a GED or a college degree, he had no choice but to work hard in manual labor jobs such as scraping gum from floors. Even when seeking a job at a fast-food chain, he was only allowed to work as a maintenance man since he did not have a GED to back up his credentials. As fate would have it, Stephen saw an ad that offered a free GED course for veterans. Being a veteran who didn’t fulfill basic job qualifications, it drove Stephen into pursuing a GED, which would open the door to better opportunities. The first day he got the GED certificate, he couldn’t be more proud of himself as he gazed upon it for hours.

Executive Secretary of Student Government, Jessiva Opokvah, notes, “Stephen is a pusher. Even though he doesn’t come off as what you would expect, he stays true to everyone. Sometimes there is an age difference, but [working with Stephen] has made me more mature.”

Stephen didn’t stop at a GED and in fact came back to college to get his associates degree. Being in college gave Stephen a great sense of accomplishment that he had made it. Each day he would sit at the benches near the main parking lot watching students pass by thinking, “Dear God, I’m in college.” Having only received an eighth grade education before coming to college, the subjects he found most difficult were English and Math. In math, he started out with Remedial Math Five. Even though he failed twice, he was persistent in not giving up. By forming study groups and using the many resources and services provided for students, he was able to pass and move on to a higher level.

Now Stephen sits at the benches thinking to himself, “Dear God, I’m graduating.” The hard work at QCC paid off in his nomination and election to act as QCC’s Student Government President. The role of the student government is to provide students with student activities, support the many clubs on campus, and create healthy communications with students, administration, and faculty.

Former Student Government Senator, Robert Williams, explains, “Stephen, as president, gets things done. He’s knowledgeable [about] many things on campus.” Stephen’s job as President is important to all students on campus being the primary representative of students on campus.

As Student Government President, Stephen’s goal is to “lead by example and let students know there are no excuses.” With strong emotions, Stephen emphasizes, “Being the Student Government President is about being a mentor. To me, it’s about seeing students graduate and seeing the retention rate go up.” Having an inside look at what he does, Stephen truly fits the role as Student Government President as he can be seen bumping fists, greeting, joking, hugging, and most of all brightening up the faces of each student he passes.

Administrative VP of Student Government, Ngawang Yangki, adds “Stephen is like a father figure. He likes taking care of people. He tries hard to relate to young people here. It might seem he is tough and hard but he is sensitive on the inside. Anything he comes up with is for the students.”

Members of Student Government all had a bit to share about Stephen. Executive VP of student government, Lita Ramos, said, “We’ve learned a lot from Stephen. He’s tough, but for a good purpose.” Pro-Tempore, Eric Vehstedt, adds, “In regards to Stephen, he’s practical and realistic in what he does. I’m proud to have him represent our school because he cares a great deal about Queensborough.” VP for part-time students, Jolie Kaauffman, spoke about him saying, “Stephen puts everyone else before himself. He’s also the most generous person.”

After a day of walking with a busy man, I saw the numerous tasks and duties performed by Stephen. There was so much happening around campus that I hadn’t realized the abundance of activities offered to students on campus. The S.O.D.A Club, a club where students with disabilities gathered, all recognized Stephen as he came in to give a moment of his time. Senator for the S.O.D.A. club, Roger Smith, stated “He’s a fair person that comes to our club meeting more than all pass presidents.”

Stephen was a guest speaker in the Walk to Aspire event in which he shouted words of encouragement and motivation to all the participants. Thereafter we walked with students on the track. He showed love to all the students around him and made sure it was his priority they felt comfortable.

The dedication and passion Stephen exerts to students at QCC paints a picture of warmth and love for this community.
The Guidance Corner: Dealing with Stress during Finals

According to a recent parks department study, oral and written responses from the public favored greatly the option of restoring the structures.

Since 2009, with the permission of the parks department, members from the New York State Pavilion Project Paint have been raising money - while also using their own-to buy materials to freshen it up. Recently, members have repainted the structure's exterior in the original red-and-white-stripe pattern. Another group involved in supporting the pavilion's restoration is the preservation group People for the Pavilion.

New Queensborough president, Melinda Katz, is playing an important role in conserving the iconic structures that characterize Queens. She is suggested to spend the $14 million it would cost to demolish the pavilion towards its restoration. Over the next few years, Katz aims to collect $46 million to make the tent safe and accessible to the public. She is also seeking historical grant money from the federal government.

Despite an uncertain future, there's light at the end of the tunnel. On April 22nd, the National Trust for Historic Preservation named the New York State Pavilion a “National Treasure.” The announcement took place at a ceremony at Flushing Meadows-Corona Park, the date when the 1964 World’s Fair was inaugurated fifty years ago. The designation does not protect the pavilion from demolition, but it serves as a tremendous boost towards the conservation efforts surroundings the structures.

The parks department’s Queensborough Commissioner, Dorothy Lewandowski, lauded the National Trust for selecting the New York State Pavilion. “This designation will highlight the importance of the pavilion as a national icon,” said Ms. Lewandowski at the ceremony of 1964’s World’s Fair 50th anniversary.

The New State Pavilion remains off limits, but continues to draw attention from tourists and residents visiting the park. At a recent visit to Flushing Meadows-Corona Park, I sought opinions about the possible demolition of the pavilion.

New York residents OC Hargrove III and Michael Oliphant have fond memories of the “Tent of Tomorrow” and support the idea of conserving the site. OC Hargrove III insists, “It definitely wouldn’t be the same because when you come to the park, either you look for the Unisphere or, as everybody says, ‘the space ships’. That’s how you know Flushing Meadows-Corona Park, Queens.- [people say] ‘I live by the space ships’. You can’t say that if they tear it down. So it will take a lot of history away from the park.”

OC Hargrove III gets a daily view of the New York State pavilion since he works few hundred feet away from the site at USTA Billie Jean King National Tennis Center. Michael Oliphant would also like to see the pavilion given a second chance. “I feel that it’s a historic site that should stay, there’s a lot of history involved. They should bring it back, so this generation can have a World’s Fair.”

By contrast, few Queensborough (QCC) students seem unfamiliar with the New York State Pavilion or its possible demolition. QCC student Edisa Mrkulic was not aware of situation surrounding the “Tent of Tomorrow” and its possible demolition. Another student, Dominic Melendez said the structures should be demolished if they’re no longer in use.

As a New Yorker and Flushing native myself, I can’t imagine Flushing Meadows-Corona Park without the New State Pavilion. I have many fond memories myself as child at the park, running and playing with the space age futuristic structures watching over me. The New York State Pavilion is indeed an icon of the borough of Queens and New York as well. Now, Queens has “National Treasure” in its own backyard and it would be a shame to have so much history and memories disappear. Perhaps the conservation efforts surrounding the “Tent of Tomorrow” will give it a new lease on life and keep it standing forever.

A Backyard Treasure: “The Tent of Tomorrow”

continued from cover page

1. Revise Your Schedule
If you have time issues, work on finding time. When everything starts to pile up, sometimes you need to change things around in order to get everything done. You’ll be surprised at how spacing things out and prioritizing helps you feel less overwhelmed. Don’t leave everything for last minute, either. Procrastination just causes unneeded stress. Start off with writing your schedule out and highlighting important things with a bold highlighter. If you carry a planner around keep updating and checking off what’s accomplished already.

2. Take a Night Off
Just because you’re busy with a lot of work, it doesn’t mean you need to neglect your social life and resting time! Too much stress on your body can cause illness, which would likely leave you even more behind on your work, creating a vicious cycle of anxiety and stress. If possible, shift some of your tasks on your schedule and plan to take a full night off. Really not able to swing it? You can try a study group and get your work and social time done together. Rather be alone? Set aside an hour to yourself to watch a show on Netflix.

3. Help Your Body
To prevent your body from getting run down, make sure you are getting enough sleep. Being well-rested helps keep your stress and anxiety levels down. If you can’t quite get enough sleep at night, try taking naps. Sleeping takes a huge toll when studying for finals. As mentioned in Wake Forest University’s student newspaper. oldgoldandblack.com, “Without having slept the previous 12 hours, the brain is already working less efficiently.” Make sure to catch up on some sleep before pulling an all nighter.

4. Stay Positive!

Many times, our mental outlooks can shape the way we tackle problems. Give yourself a confidence boost and try telling yourself a phrase like “I’m as prepared as I can be, I’m going to do the best I can.” “I got this, I will ace this exam!” By staying positive and telling yourself you can get things done, you are actually giving yourself motivation!

5. Take Periodic, Small Breaks
Working too much in a long length of time can tire your poor brain out. To combat this, it helps to take breaks about every hour for at least 10-15 minutes. What I like to do to enhance my energy is do a set of squats. Set a number goal — maybe 100? After every 45 minutes or so, do a set of 50 squats. Summer is right around the corner and what better way to get in shape and ace your exams then to do them at the same time. Boom! You have killed two birds with one stone.

After all, it’s just an exam, it’s not the end of the world. Study in advance; pulling an all nighter right before taking a midterm/final is a big NO NO. If you give yourself time to prepare yourself and treat your mind and body right, I can assure you it will be a piece of cake when taking the exam. Hope these tips helped? Good luck with finals and have a lovely summer.

The Guidance Corner: Dealing with Stress during Finals

By Jossie Vaca

If you’re a student, you have probably heard the phrase, “Social life, grades, sleep: Pick two.”

As a college student, it’s completely normal to feel stressed out or anxious from time to time. With finals week quickly approaching, many students’ stress levels are quickly escalating. Projects, papers and tests are piling up so fast that time seems to be a thing of the past. Unfortunately, lack of time and poor performance typically stem from a student being unprepared for dealing with such a busy time.

Did you know there’s a Counseling Center on campus? If you didn’t, it’s located in the Library, room 422. According to Linda Ostrowe, one of our QCC Counselors, finals week is a time when the center sees flooded of students who are seeking treatment for stress-related conditions that are often caused from test anxiety. The center provides personal, transfer career and academic counseling. A one on one session is met where your guidance counselor will listen to you and figure out the best method to help you concentrate and focus.

As reported by Businessweek, “A 2012 study by the American College Counseling Association found that 37.4 percent of college students seeking help have severe psychological problems, up from 16 percent in 2000. Of the 228 counselors surveyed, more than three out of four reported an increase in crises in the past five years requiring immediate response.” This goes to show that seeking help at the guidance office can help you relax more and focus better when it comes to taking exams.

Without further ado, here are five tips that can help to minimize anxiety and stress levels to help you ace an upcoming exam—especially your finals!
Let’s Get Ready For Finalssss!

By Valerie Pritstopa

It’s almost finals week for all of us Queensborough students and the stress and exhaustion are in effect—especially if you are not fully prepared for it!

Most students rely on caffeine to help them cram and pull all-nighters as their way of preparing for finals. Every student’s mindset is the thought of wanting a good grade and more importantly passing their multiple exams that coincidentally start their vacation.

A vital part of finals week involves studying, along with getting enough sleep and being optimistic that you will do well on your exams.

But in contrast to studying, one common strategy that is not considered the best way to study, is “cramming.” Cramming is a way of last minute studying that is normally used when a student is overwhelmed and extremely stressed to the point where this ineffective tactic does not help them retain much of the material needed for their exams.

“Well I’m going to be honest,” said Anna Khanai, a QCC student, “I’ve crammed before and honestly it just makes you more stressed and worried when it comes time for the exam.”

“I am the type of person that begins studying at the last minute and cramming the night before. But I don’t recommend cramming—start studying earlier,” said Erick Quinde, also enrolled at QCC.

For finals week you need to be academically and mentally prepared because both of these factors can prevent a student from falling into a state of aggravation and hopelessness.

The tactics: Making study sheets and flashcards are common and useful strategies for students to prepare themselves for the most intense week of the semester. Other study techniques to help prepare a student academically include re-reading textbooks and forming a study group.

“Depending on the class, I either make flashcards, do a study sheet, or read the textbook. I also try to explain the material in my own words...or sometimes I do all three of these for a class. I also make little tricks to remember something, people laugh at me, but when I explain to them ‘my’ way of remembering; they usually remember it well,” said Yanna Papadopoulos.

“Well what I do to prepare myself is I study for six days in a row, and then on the seventh day (which is normally the day before the exam I’ve been studying for) I rest and don’t study at all to relax my mind.” said Mohmad Shirzad. “But while I study, I always have my green tea beside me, along with my study sheets to review all the material I need to know for my exams.”

In an article entitled “5 Ways College Students Can Prepare for Finals” from the Education section of the US Times, Kelci Lynn Lucier lists some ways to keep a student positive during finals week. One suggestion is to plan out a time schedule so that you can set aside time to study those subjects that you need to review.

Another point Lucier made was that sleep deprivation and pulling all-nighters are not a good idea. Make some time to review and get the rest you deserve.

Also, a student may consume a large amount of caffeine and energy drinks during the duration of finals week; but it is crucial to make sure some kind of nutritional substances are being taken in as well because food feeds the mind!

“During finals week I do like to de-stress and put time on the side for me to do my favorite things, such as watching my favorite shows, spending time with my friends, family and pets, getting my nails and hair done etc. I also like to rest up and take a few naps to rest my brain. It keeps me sane and helps me focus when the time for studying comes around.” said Maya Spagnoli, another QCC student.

“During finals week my diet consists of a lot of caffeine, based around three cups of coffee a day” said QCC student Merve Gergin. “I really don’t like to pull all-nighters because I feel that it stresses me out and I don’t remember much the next day.”

Even with making study sheets and having your caffeine fix alongside of you, finals week is a time where stress will hit a whole other level. The college stress is to be expected every semester. Finals stress is only a weeklong but is generally more intense. The key to reduce stress during exam week is a matter of making sure you eat enough sleep, eat well, and are prepared for your exams. With doing all that, a student should have minimal stress, which is ok to have because a little stress never hurt anyone!

“To handle the stress of not knowing if I am going to pass or not, I like to try and calculate my grade with a guessing grade for the final” said Maya Spagnoli. “Most professors I have gave a breakdown on the syllabus of what the percentage is for assignments, tests, presentations, and etc. With that information, I try to calculate my grade to see what I need to get on the exam to ease my stress! I also enjoy a little pep talk here and there by momma to keep me going!”

“I try not to stress it.” Bartos Czaj, another QCC student said, “I mean, I study and prepare as much as I can and then when it is time to take one of my many exams, I go into the test knowing that I studied as much as I could to prepare myself.”

“Failing to plan is planning to fail.” A good way to prioritize your time is to plan what you need to cover studying wise. With the many ways a student can prepare for their multiple exams, there is a consensus that many students tend to feel that they need to try to start studying earlier and not start reviewing a couple of days before. Along with that, studying non-stop is not very beneficial to you either. It is important to try and take some breaks in between subjects or study sessions and eat a healthy meal, rest, exercise or do something that will take your mind the study material. Time may seem very tight but everything will get done and you will have time for other things, you just need to make the effort and prioritize.

The best thing to do is take it one step at a time and don’t stress it! If you take the time to study and prepare, then you will be fine. Rest your bodies and your minds and most importantly don’t cram! Remember, finals week is only a week and then after that we are done! Good luck!
**Global Perspective**

**#BringBackOurGirls**

On April 14 about 234 girls from the age of 12 to 15 were abducted from their dormitory in the government secondary school Chibok, in the state of Borno in Nigeria by an Islamic militant group called Boko Haram meaning, “Western education is a sin.”

These girls were abducted not because they or anyone in their family did something wrong but mainly because they were getting an education.

I went around and asked students in Queensborough Community College if they had heard about the issue on the news or on any social media site, and most of the response in which I got back indicated to me that they have not heard anything about it.

This story should have made news instantly around the world because it involves children. These girls are future mothers, wives and leaders.

People are out in dozens protesting, trying to make people around the world aware of what is going on in Nigeria. One such protest took place in front of the United Nations in New York City, and even the youth took to the streets by hosting a protest in Union Square wearing African hair ties to show they will not be quite about the issue.

A non-Nigerian Los Angeles director, Ramaa Mosley, heard about what happened and , being the mother of two, took the issue to heart. She started a Facebook page, which has about 40,000 likes and counting since the issue was not initially widely broadcasted on the news. The people have taken to social media to get their voices heard to help them search for these missing girls to bring them back home to their family, with hashtag #BringBackOurGirls, #RealMenDon'tBuyGirls on Instagram, Facebook, and other social media networks. People from all over the world have joined in the support, from Michelle Obama, Keke Palmer, Brandy, Iyanya, Tonto Dikeh also voicing their opinion.

The Boko Haram militant group has more recently put out a video threatening to sell the girls into slavery, where they will take the place of wives and perform chores and sexual services. Parents and relatives of the girls have taken whatever weapons they can find and headed into the bush to find their daughters when they felt like the government wasn’t doing enough to find the girls.

Still more recently, the President of the United States, Barack Obama has sent its troops to Nigeria to help assist with the search. This is a turning point for the country Nigeria and it will determine the people trust in the government, thou for now the voices of the people are just whispers, I believe it will soon make a roar, that will inspire change in not only the people but also in the government. So please help us spread the word with hash tag #BringBackOurGirls.

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**Deep Trouble**

"Mom, if I don’t get to tell you again, I love you.”

On April 16th, 2014, 476 people were sent off on the Sewol, a ferry traveling to Jeju from Incheon, a satellite city of Seoul, the most heavily populated and technologically advanced city in South Korea. Jeju is like no other with mouthwatering seafood, gorgeous beaches and breathtaking scenery. A class trip for high school juniors (three hundred, to be exact), a business trip, a nice getaway with some friends.

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"Stay where you are!" This ill-fated message roared through the loudspeaker on that tragic day. The imprisoned captain, Joon-Seok Lee, instructed passengers to stay put because help was on its way. He, however, was the first person to leave.

It is speculated by SBS broadcasting company in Korea that one of the high school students made a distress call at 6:50am. For reasons the government has withheld from the public, his call wasn’t taken seriously. At this time, news flooded the television screens of the locals. Immediately after hearing the news, fishermen got on their boats and headed out towards the ferry.

Still, the Sewol crew didn’t call for help. Finally, at 8:55am Jindo Vessel Traffic Services were put on notice. The representative exclaimed that help would be there in ten minutes. They arrived at 9:37. The Sewol was already tilted 60 degrees.

Over the first couple of weeks after the accident, fake text messages began to emerge. One father received a message that appeared to be from his son with a list of names, and so belived that these children were still alive. The father stood in front of the families of those still missing and read off the names one by one. There were ghastly screams coming from distraught families. These children were found dead days later.

Here at QCC, Professor Jun Shin, a member of the Chemistry department, explained that the students were the same age as his daughter. “You have to blame the seven crew members,” he said, referring to the captain and six other members of the crew. They didn’t follow protocol and saved only themselves.

Despite many errors that were made made, Ji-Young Park, a 22-year-old part-time crew member earning money to support her single parent family, saved passengers at the expense of her own life. Cha-Woong Jung, a 16-year-old boy, gave his life-vest to a friend, and then went back to save others and drowned while doing so. He would have turned 17 the following day.

The surviving crew members have been detained and await their fate in jail.

The upset this news created has quieted down in Seoul, but what about the surviving high school students? They went back to school where the eeriness of the situation lingers. Post-it notes were left on the windows. One reads, “We only started dating a week ago but I love you. You have to be ok. We were supposed to get married.”

In large part, the incompetence of the ship’s staff led to the greatest tragedy Korea has seen in decades. A Korean-American woman residing in Seoul (who is a dear friend) writes, “...it has quieted down in the past few days but hundreds upon hundreds of people attended the mass prayer/memorial in downtown Seoul.” Mass prayers have been taken place throughout the country.

The beauty of the waters of Jeju has been traded for the fear of being engulfed by it, the seafood for the sour taste of ocean water, the memories they would gain by the memories they already had.
The Queens Music Festival

By Gracy Tavares

“To put on a concert is one thing, but to put on a festival is a major, major undertaking,”
did Dr. Bernard Rose, Music Director for the Queens Symphonic Band. On Sunday,
May 4th, 2014, the 165th Concert at Queensborough Community College, hosted by The
Queens Symphonic Band, featured The Jackson Heights Orchestra, The In Performance
Music Workshop Jazz Ensemble, and Sonido Clasico – Latin Jazz Music of Tito Puentes.

The music varied from jazz to classical and then to Broadway theme songs. One
of my favorite performances was the In Performance Music Workshop Jazz Ensemble,
who performed “Welcome to the Jungle” by Guns N’ Roses.

The experience was very uplifting. It was a beautiful day out and the host was
making sure our time was spent well.

Aside from the four bands performing on stage, there was also a fifteen-minute
content during the intermission with The Keviflu French Horn Trio, out in the main lobby
of the Performing Center in the Humanities building.

It was a fantastic experience. One of my favorite bands was definitely the Sonido
Clasico – Latin Jazz Music of Tito Puentes because, aside from the fact that I am a Latin
woman, their performance was so strong. The music just made me want to dance up out
of my seat.

Others in the audience enjoyed the bands being as well: “The weather is
beautiful and what better way of having Sonido Clasico here to enjoy a good Latin
tune,” said Jennifer Tavares. “The Latin Jazz Music of Tito Puentes definitely made
the atmosphere more Caribbean-like. I think I might take my wife and kids out to the
Dominican Republic or Puerto Rico to hear some more Latin Jazz music,” said Robert
Miller.

Others enjoyed more of the classical music. Two couples, who support everything
about Queensborough Community College, definitely enjoyed their time as well.

Susan Rolston said, “I liked all the performances of the bands but I wanted to hear
more classical, just because after a while jazz sounds the same to me. But all the music
was good. It was exciting!” Her husband, Mark Rolston, felt the exact same way as Mrs.
Rolston. He stated, “I enjoyed it! I like all sorts of music [and] love it all.”

An alumni from 1969, Ted Krulik, said, “It was wonderful. Four hour concert, people
come and go as they please, you could choose where to sit and the music is first rate.”
His wife, Roberta Krulik agreed with her husband. She said, “We like to support
Queensborough in every way. We definitely enjoyed ourselves and so did the performers.”
Right after Dr. Bernard Rose had asked the audience to follow along with a clap while the
Queens Symphonic Band was performing.

When the Queens Symphonic Band had performed La Virgen de Macarena, I did not
expect for it to be uplifting. “Akiva Sklar can make things go fast. Today, you’re going
to watch Akiva make the notes fly out of the pages,” said Dr. Bernard Rose, in reference
of Akiva’s Ph. D in rock science. The trumpet solo from Akiva Sklar was extremely
beautiful. It had the audience humming under their breaths of how amazing the trumpet
solo had dominated the performance. “I got goose-bumps every moment the trumpet
player, Akiva Sklar had played. It was a beautiful piece. You could definitely tell he was
passionate about his part,” said Cristina Opal.

“It was a magnificent concert. I stayed all four hours and quite frankly I was planning
on leaving after the first two bands performed,” said a supporter of all things QCC,
Jeramiah Akbar. “The environment was just beautiful, amazing, heart-warming, fun,
exciting, and enjoyable. It was a wonderful mix of band members and a wonderful mix
group of age. I very well enjoyed watching the bands,” said Julie Coenig. So in the words
of Dr. Bernard Rose, “it’s been real fun and thank you all for being a wonderful audience.”

Book Review: The Taliban Shuffle by Kim Barker

By Richard Caits

The Taliban Shuffle is a non-fiction book by Kim Barker, who was the South Asia
bureau chief for the Chicago Tribune from 2002 to 2009.

Kim Barker spent seven years going back and forth between Afghanistan and
Pakistan and India with occasional trips back home to America. She describes everything
in detail, including her timid childhood in Montana and her fear of everything when she
was a kid. She also explains the irony of a timid person being sent into the Taliban’s
territory shortly after 9/11.

When she first arrives in Afghanistan, her fixer introduces her to the warlord Pacha
Khan. His son was killed by U.S. forces, so she is scared to meet him. Khan treats her
with hospitality, however, by giving her tea and meat with potatoes, after her fixer lies by
saying she is Muslim.

Barker meets with many different types of people like warlords, Afghan and
Pakistani politicians, Hamid Karzai, Nawaz Sharif, as well as American soldiers. She
sees American soldiers shoot and kill potential suicide bombers who drive too close to
their Humvees after warnings to back off. She sees the immediate effects of suicide
bombings in Pakistan Afghanistan and India. She was in Pakistan when Prime Minister
Benazir Bhutto was killed in a blast that former Pakistani President Pervez Musharraf
may have been behind. She traveled to Mumbai in November 2008 to report on the
deadly terrorist attacks.

She also describes how Afghanistan changed after former President George W. Bush
launched Operation Enduring Freedom in 2001. She says that western style restaurants
and bars began springing up all over Kabul and they served alcohol. This would have
been strictly forbidden by the Taliban prior to the U.S. invasion in October 2001. She also
describes how after a while, Afghanistan no longer seemed strange to her and how she
attended parties in Kabul with other journalists and got drunk and stumbled over herself.
For her, life in Afghanistan became almost like a frat party, especially after NATO took
over in 2003.

She goes on to subtly attack the Iraq war by saying that by 2003, the war in
Afghanistan was old hat to the rest of the world because the hot new war was in Iraq and
that is where the U.S. forces and the world focused their attention. She adds that there
were also dancing clubs in Kabul after the American invasion, which was another sign of
the cultural changes brought by the U.S. invasion.

The author makes the point that stability in Afghanistan was mainly focused on
Kabul and did not stretch out from Kabul. She describes Pakistan as a completely
different animal in every way. She gives details of Prime Minister Nawaz Sharif’s
flirtatious advances towards her and how he always avoided answering serious questions
about corruption. She tells of ISI’S harassment of her and how they were suspicious of
her because she was a journalist. She reveals her fears about alienating her family by her
obsession with traveling to Afghanistan and Pakistan.
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Rocky

By L.C.

On Broadway, I have seen the impossible ideas become possible ideas for hits. From wild animals from the Sahara coming to life in The Lion King, to a witch “defying gravity” in Wicked and lightning-fast dress transformations in Cinderella. Now who would have thought boxing and Broadway can be a combination? Enter Rocky! The 1976 sleeper hit film that was written by and starred Sylvester Stallone (who also produces the musical) is now a musical hit coming directly from Germany. It is unlike anything you have ever seen on Broadway. No wonder it is called “a knockout” by numerous critics.

Rocky takes place in 1975 and centers on Rocky Balboa (Andy Karl), a small time Philadelphian boxer and a collector for a loan shark. Rocky (otherwise known by his boxing nickname “The Italian Stallion”) gets a once in a lifetime opportunity to go against heavyweight champ Apollo Creed (Terrance Archie). He takes this opportunity to go the distance. He gets a chance at love when he dates his friend Paulie’s (Danny Mastrogiorgio) shy and quiet sister, Adrian (Margo Siebert). It all leads up to the final fight which includes throwing punches, breaking noses, (credit to Steven Hogget and Kelly Devine for choreography that looks intense). Other standouts include Dankin Mathews (Mickey), Danny Mastrogiorgio (Paulie) and Jennifer Mudge (Gloria).

The ticket happened to be my Christmas gift and my dad said my seat was located in the center orchestra. The first couple of rows in the center orchestra section up to row F were called the “Golden circle seats.” Since my seat was a “golden circle seat,” I along with many people in those special seats had the opportunity to watch the last 20 minutes of the show from bleachers on the stage. How cool is that! To prepare for my experience, my parents showed me the original Rocky movie.

I can say that the show is very big in every department. I mean it’s Rocky, everyone wants to hear the theme song, see him punching meats, drinking eggs (that part sounds disgusting, I know, but boxers drink raw eggs for fat gain— it’s 100% true), and the famous ran up the museum steps. You can’t go wrong with it. This interpretation gets every detail from the movie down. The audience around me went nuts when the meats first came down and when Rocky drank the eggs. These are the parts the people want to see. Each scene brought me back to the movie. You might even hear a little bit of “Eye of the Tiger” (shown in one of the Rocky sequels) in the mix.

The set looks amazing and very technically sophisticated. They definitely bring out various aspects of the movie. The score is show stopping from ballads to gut wrenching solos. The choreography came as mix of physical sport and dancing, which was good in a show about boxing (though don’t ask me for specifics, I’m not a boxing expert).

There were little changes I had noticed from the transition from movie to stage such as the character of Gloria, played by a brilliant Jennifer Mudge. Gloria was written out as Paulie’s girlfriend and Adrian’s friend in the stage production, whereas in the movie, Paulie never has a girlfriend. I am guessing this is creative choice for balance of male and female power as well as support for Adrian.

The most amazing part is the experience I got to have watching the theatre transform into a boxing ring for the final 20 minutes of the show. We were seated on bleachers on the stage. When the ring moves over the seats we were seated before, the bleachers move up too. I have never been on a piece of moving scenery before, so when the seats started to move I was so surprised and excited. The guy next to me said, “cheer for Rocky not for Apollo.” We cheered for Rocky and everyone booed for Apollo. Anyone who sits in those seats should take my word for it; they are going to have the time of their life up there!

The cast is good. Andy Karl is the “Sylvester Stallone” of Broadway as Rocky. He gives a performance that fits well for an underdog like Rocky. Having seen Karl in many shows on Broadway (Legally Blonde, 9 to 5, Wicked, The Mystery of Edwin Drood and Jersey Boys), Rocky is his best performance as a leading man. I don’t know how he does it—act, sing, dance and get knocked around. Margot Siebert as Adrian packs a performance that is amazing to watch. Siebert shows Adrian’s transformation from a quiet and shy girl to becoming Rocky’s girlfriend and standing up to her brother. Terrance Archie as Apollo Creed was something to watch. Archie makes Apollo the opposite of Rocky. Whereas Rocky is simple and the underdog, Apollo is more about appearances and the one people expect to win.

I don’t how Archie and Karl are standing after the final fight which includes throwing punches, breaking noses, (credit to Steven Hogget and Kelly Devine for choreography that looks intense). Other standout include Dankin Mathews (Mickey), Danny Mastrogiorgio (Paulie) and Jennifer Mudge (Gloria).

Rocky plays 8 times a week at the Winter Garden Theatre (located on 50th street and Broadway). If you want to see the show for a cheap price, rush tickets are available on the day of the performance when the box office opens (10 AM on Tuesdays – Saturdays and 12 PM noon on Sundays). Tickets cost $35 Tuesday – Friday and $45 on Saturday and Sunday. So what are you waiting for? Play “Gonna Fly Now (the Rocky theme song)” and “Eye of the Tiger” and practice saying “Yo Rocky, Adrian, turtles,” because you are going to be hearing them for a long time.

*One quick note for anyone sitting in the “Golden Circle Seats”: You can check your coat for free. If you don’t want to, you are going to have to bring everything with you onstage because you are not coming back to your seat.
Restaurants

Biang!

By Zephie Xu

“Food is the paramount necessity of the people.” Whether you cook at home or eat out at restaurant, foods are closely bound up with our everyday living.

Over the past two years I have eaten regularly in a restaurant named “Biang!” at 41-10 Main Street between 41st Avenue and 41st Road, Flushing, Queens, conveniently, only two minutes away by foot from where I live. As I recall the dishes I sampled, my taste buds are stimulated by the images floating in my mind, and the saliva is watering my tongue with a mixture sour and sweet tastes.

“Biang!” is actually the sound of throwing noodle on the chopping board/kitchen table, and its Chinese characteristic is as excited as rare, but you could not find it in a regular Chinese dictionary. “Biang!” is literally the translation of that sound, but it’s been adapted to be the name of the particular type of noodle—Xian Biang Biang Noodle. Biang Biang Noodle was originally from the west of China where the city Xian was made famous by the emperor “Qin Shi Huang Di,” who ordered up an army of terra-cotta soldiers and horses to keep him company after his death, in 210 B.C. Now it’s the identical kind of food for most of the Muslims in that quarter, as well as for other ethnic groups in that region.

If you think it’s always the case that with a good mood, food will taste better, consider that there is also some food that is designed to cheer you up. The Biang Biang Noodle is definitely the type of food that will rock you and energize you.

I had discovered “Biang!” long before it has been selected the RECOMMENDED: Food & Drink Awards 2013 and the MICHELIN GUIDE RECOMMENDED 2014. Biang!’s predecessor was a small, shabby kind of food stall inside the basement of the Golden Shopping Mall, an extremely ramshackle food court on Main Street in Flushing. Its authentic flavor and reasonable price attracted many sharp-sighted diners, the most famous among them, Anthony Bourdain—the American chef, author and TV personality—and me (just kidding!). The picture of Mr. Bourdain eating Biang Biang noodle with his signature on it was framed and hung on the wall of the basement stall along with my photo next to it.

Biang!’s owner David Shi and his son Jason Wang lately opened a few more places for their well known Biang Biang noodle along with some new dishes. At “Biang!” most specialties include noodles combined with lamb in hot and sour cumin, which has its origin in the Muslim quarter. Both its hot temperature and taste warn you to prepare your napkin before you start. Probably that’s why some of my Chinese dining “experts” said, “It’s better to eat the Biang Biang noodle in winter, after a relation breaking up, or during the recovery period. It will make you feel like your are in a sauna.” The sauce and broth and sweat spread over my nose, cheeks and forehead when I gobbled the Biang Biang noodle one time.

The countdown on my order list from “Biang!” also includes another noodle, called Liang Pi, a rice or starch made of crystal flat noodles. It was a common street food in the summer time in Xian. Again, it would most combine with lamb and the sauce can be varying due to individual need. I was subdued by its unique jelly-like chewiness and crystal ribbon appearance.

The third of my favorite dishes is the Fiddlehead Fern Salad. Its crunchiness seemed to me the early spring’s message when I ate it in winter and it felt like a “breeze” in the summer after the “storm-like” Biang Biang noodle...

For dessert, I normally have the Sweet Fermented Rice Soup. It was smooth, semi-sweet, like the mother love—toouchable but it won’t be spoiled.

The atmosphere at “Biang!” was typical “Flushing” or “Main Street”. The place was clean, bright, and quite simple but with a kind of a trendy style, with a reasonable to lower price. Perhaps, that’s why most of the costumers were of a young generation, often coming to the dining room was branch of friends or classmates or co-workers.

The order strategy is to order one of each this or that, or so be prepared everyone will get a chance to find out their most desirable dishes since the price was cheap. The service at “Biang!” was acceptable at explaining the menu, especially the types of the noodles, but servers sometimes might be too busy and prone to ignoring tables once the food arrives. “Smart” diner like myself tell my waiter or waitress all I need one time at the beginning. Drinks at “Biang!” might leave a little to be desired since they don’t have a liquor license, but many choice of tea may be the substituted. The lotus tea and chrysanthemum tea I would recommend. They will reduce spicy taste and comfort your tongue from busy complex reaction.

I almost forgot to mention that what Anthony Bourdain loved the most at “Biang!” was the Spicy Cumin Lamb Burger, so called Chinese Burger, sold for $2.50.

Oh, and the most important thing I have to notice you it’s that they only accept cash at “Biang!” so be prepared and you won’t get “biauged” up when you check out.

Okinawa Hibachi Steakhouse and Sushi Bar: An Authentic Japanese Cuisine

By Lidia Castillo

It’s 3:00 pm on a Saturday afternoon at Okinawa Hibachi Steakhouse and Sushi Bar, located at 39-28 Bell Blvd. Exotic and colorful fish swim around the small aquarium placed in the front entrance. Already seated are groups of friends, families and couples.

My guests and I are seated right away, which surprises me, given the recent lunch rush. The atmosphere is peaceful and relaxing. The restaurant manages to be simultaneously elegant and casual, suitable for a family night as well as a date night. The small restaurant has a modern chic vibe with funky yellow and black tiles background, yet glamorizes the

The menu offered a variety of options. The sushi has a large selection, such that you can feel bombarded, especially if you don’t eat sushi regularly and know what you do and don’t like.

Luckily, the waitstaff are very patient and more than willing to help. For my first selection, I chose the Manhattan roll, which consists of chicken tempura and spicy tuna. When I heard chicken tempura, I was sold. Tempura is a Japanese style battered and deep fried dish. What makes tempura different and stand out from other fried dishes is the special breadcrumbs they use called panko. The Manhattan roll was incredible. The roll was crisp, crunchy and spicy and the combination of flavors made me want more.

For my entrée I decided to try the Hibachi. The Hibachi section includes a choice of clear soup, salad and rice or noodles for a reasonable price. The Hibachi section in itself had a selection of meats, ranging from steak, chicken, and shrimp, to lobster and filet mignon. For those who can’t be contained with only one choice of meat, combinations of two selections are available.

I decided to try the miso soup, a soybean soup with bean curd, seaweed and scallion. The soup was savory and hot—by far one of the best miso soups I’ve tasted. The salad however was weak. The ginger dressing was indeed delicious but it did little to enhance the bland lettuce, tomatoes and cucumbers, which lacked creativity and zest.

The chicken and shrimp hibachi entrée was delicious. The ginger and teriyaki flavors steamed through perfectly. The chef did an impeccable job obtaining an authentic Japanese cuisine that can ordinarily be hit or miss. There were no complaints on this entrées; it was a huge hit with both my guests and myself!

Last, it was time for dessert, my ultimate favorite course of any meal. The choices were different selections of fried ice cream. The flavors consisted of green tea, chocolate, and white chocolate pistachio. While many can be skeptical that cold ice cream can be fried, the fried ice cream is a sweet and tasty treat. I couldn’t decide which flavor to try so I choose both. The white chocolate pistachio had a creamy chocolate texture that dominated the pistachio flavoring. It is delicious, but a little too sugary for my taste. The green tea chocolate was my favorite. Although, green tea may not be everyone’s favorite, the creator of this treat did an impeccable job combining the green tea and chocolate.

Overall, I had an enjoyable experience at Okinawa Hibachi Steak house and Sushi Bar. The staff was very attentive and professional. The environment of the restaurant is relaxing and inviting. The food was delicious. The prices are reasonable ranges from $15 to $30 a plate. If you’re looking for something new, try come and check out this place. I guarantee your taste buds will not be disappointed.

Authentic Japanese Cuisine

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I decided to try the miso soup, a soybean soup with bean curd, seaweed and scallion. The soup was savory and hot—by far one of the best miso soups I’ve tasted. The salad however was weak. The ginger dressing was indeed delicious but it did little to enhance the bland lettuce, tomatoes and cucumbers, which lacked creativity and zest.

The chicken and shrimp hibachi entrée was delicious. The ginger and teriyaki flavors steamed through perfectly. The chef did an impeccable job obtaining an authentic Japanese cuisine that can ordinarily be hit or miss. There were no complaints on this entrée; it was a huge hit with both my guests and myself!

Last, it was time for dessert, my ultimate favorite course of any meal. The choices were different selections of fried ice cream. The flavors consisted of green tea, chocolate, and white chocolate pistachio. While many can be skeptical that cold ice cream can be fried, the fried ice cream is a sweet and tasty treat. I couldn’t decide which flavor to try so I choose both. The white chocolate pistachio had a creamy chocolate texture that dominated the pistachio flavoring. It is delicious, but a little too sugary for my taste. The green tea chocolate was my favorite. Although, green tea may not be everyone’s favorite, the creator of this treat did an impeccable job combining the green tea and chocolate.

Overall, I had an enjoyable experience at Okinawa Hibachi Steak house and Sushi Bar. The staff was very attentive and professional. The environment of the restaurant is relaxing and inviting. The food was delicious. The prices are reasonable ranges from $15 to $30 a plate. If you’re looking for something new, try come and check out this place. I guarantee your taste buds will not be disappointed.
Oaxaca Mexican Food Treasure

By Pascale Laforest

When you first walk into Oaxaca, it looks much like any Mexican restaurant, but you quickly discover that it is a charming place with an excellent staff. If you go there regularly, you will soon become familiar with the staff, who seem never to change and are very attentive, seeming to know what you want before you yourself do.

The décor is festive, the walls filled with colorful Mexican art. The music is upbeat but played low enough that it is not distracting and you can talk without fighting to be heard.

The food is delicious and authentic, and is also vegetarian friendly. You get started with chips and fresh salsa that seems to have no end. Oaxaca has a great selection of Mexican beer and delicious Margaritas. I highly recommend the fresh guacamole for an appetizer, which is fresh and a bit tangy.

There are many great selections for entrees. They have great salads such as avocado salad or a taco that comes in an edible bowl made of a taco shell. I usually get a combo meal. They offer combos of either two or three items ranging from tacos to enchiladas. You can get them with or without meat or fish.

As a vegetarian it is very important to me that the vegetarian options come with a nice, fresh mix of vegetables and Oaxaca does not disappoint. The entrees are all served with lettuce, sour cream, refried beans and Mexican rice. The food is always hot and served just after you have had a minute to digest the appetizers. The staff at Oaxaca almost always provides you with a free appetizer or dessert and occasionally both. The desserts are also delicious. The flan and rice pudding are creamy and topped with fresh whipped cream.

I highly recommend Oaxaca. I make sure to get there whenever I am in Huntington Village. It is located right across the street from the Paramount so if you ever go there for a show, drop by Oaxaca for dinner and drinks. You will be very happy that you did.

ATMOSPHERE – Bright, inviting and festive.

SERVICE – The staff is friendly and attentive throughout the meal.

SOUND LEVEL – Festive music plays at conversational levels.

RECOMMENDED – The fresh Guacamole

PRICES – Most entrees are under $20.00

OPEN – Mon - Thu: 11:00 - 21:00
Fri - Sat: 11:00 - 22:00
Sun: 11:00 - 09:00

ADDRESS: 385 New York Ave, Huntington, NY 11743

Restaurants

Food Truck Keeps Rolling at QCC

By Candace Baptiste

There are three food trucks located outside of our campus but the most popular one is “Steve’s Express.” It is the one right in front of the Testing Services Center and across the street from the Q30 bus stop. Many students from our campus, as well as students attending Benjamin Cardozo High, enjoy the variety of food served from this truck.

Why is this truck more popular than the rest? Most student’s feel that the pricing is better than the cafeteria here at our campus, and for the amount of money they spend, they are served a large portion of food. Andrea Lalin says she, “really likes the chicken and rice because they serve so much that it keeps her full, unlike the cafeteria food”.

The most popular dish at Steve’s Express, in fact, is the chicken and rice, also known as Halal. Many students say that the sauce is what makes it so delicious. You can choose from a range of sauces to personalize your meal. Students suggest ranch, BBQ, or even hot sauce are great sauces to add onto your meal.

On the other hand, a few students gave strong opinions on how the food truck could improve. Kevani Mckenize says, “One way they can improve is giving a beverage with your meal instead of paying for it separately.” Other students feel the truck needs faster customer service, and could be more polite, especially since students are the ones spending money on their food every day.

There were also a handful of students who prefer to eat the food on campus rather than going to Steve’s Express. They felt that although the food truck prices are more affordable then our school’s cafeteria, the cafeteria is more convenient because it is closer to their classes.

So if you haven’t made your way to Steve’s Express then be sure to stop by to see what they offer and try a dish!
Technology

Message: Unknown: Cyberbullying among Teenagers

By China Trimble

You just came home from school. Happily, you sit on the couch and check on your Instagram. A notification pops up. It’s the same stalker calling you every name in the book. A few days later, you check your Twitter and Tumblr. The same person, now along with other people, are spreading false rumors about you. A month goes by, the rumors and anonymous E-mails and threats via text messages come. They become more sinister each and every day. You feel unsafe and trapped. You can’t escape...

Each 24 hours, 7 days a week, millions of people experience cyber-bullying. This type of bullying can happen at any time, without warning, when they are alone, at work, or attending school. The statistics and frequency vary due to the rapid popularity changes on the Internet.

According to Cyberbullying.us, which collected data in October 2013 from one hundred and one junior high school students, over 97.5% have been online on numerous social network websites, 11.5% had been the target of cyber-bullying in the past 30 days. Of those 11.5% who were bullied, 6.8% were boys and 16.0% were girls. A total of 3.9% have cyber-bullied their peers within the 30-day range. This is just a taste of a phenomena that is occurring among millions of adults, teens, and children worldwide.

It has been noted that physical bullying is more common than cyber-bullying; however, with technology growth, an alarming dose of cyber-bullying is growing as well. “I was cyber bullied during high school. There were false accusations saying I was a slut, when that was far from the truth,” explained Victoria Walker, a former QCC student. “It went viral on Facebook and even on Instagram, and I became suicidal and depressed. I didn’t even tell my parents.”

Another student, Bethany Johnston, was also cyber-bullied in Junior high school. “I was on AIM and on my Hotmail, and I’d get weird messages making of fun my sexuality and very scary AIM messages of people wanting to beat me up and saying I was worthless.” Both Miss Walker and Miss Johnston haven’t been on social sites, and both have said they did not even tell their parents.

According to Bullyingstatistics.org, well over half of young adults don’t tell their parents.

It’s hard to use statistical research for cyber bullying; the Internet is very fast paced and each second someone is getting bullied. Unfortunately, there have been many deaths and suicides due to cyber bullying.

Many states as we speak are trying to pass laws against cyber bullying. Here in New York, it is a law against any bullying or harassment. You can get a penalty if found guilty, or even face time in jail if the harassment is extreme.

Since technology is becoming more of our daily lives, hopefully people become more aware and state laws are passed to ensure a person’s safety on the Internet.

But First, Let Me Take A Selfie

By Josephine Phillips

Narcissistic or not, selfies are taking over whether you like it or not. Oxford Dictionary’s word of the year for 2013 was, in fact, “selfie”. But, what really is a selfie?

According to OxfordDictionaries.com, it is a photograph that one has taken of oneself typically one taken with a smart phone or webcam. Although the word selfie has not yet been added to the Oxford English Dictionary, it is up for discussion for the near future.

It almost feels as if the word selfie came out of nowhere and everyone just started doing it. The iPhone 4 by Apple introduced a front-facing camera in Fall 2010 that made the effort of taking a selfie much easier. Social media apps like Instagram and Twitter are where the selfie epidemic took over for good. Way back when Myspace was popular, there is what was known as your Myspace pic, typically with a comment from a friend expressing that they “own dis pic.” Let’s be clear that we are all happy that phase is over.

Soon Facebook’s popularity took over and we would hear non-stop of our friends’ depressing status updates. Let’s be clear again that the unfriend button comes into play at this time.

Since Instagram is all about pictures, you have to have the right filter. How often you take a selfie is something else to consider. Some students here at Queensborough Community College answered a few questions about their selfie addiction and their thoughts on others’ as well.

“Is it annoying when someone you follow posts three selfies of themselves in one day?” Annemarie Sussman answered, “Of course it is annoying, but what can you do besides unfollow the person.”

“How do you take the perfect selfie?” Jessica Sanchez answered “They might. Sometimes I even feel good about myself after I post a selfie.”

“How often do you post a selfie?” Mike Vega answered, “Once or twice a week, I’m a guy and that’s more of a girl’s role.”

Have you ever just walked down a street and seen a person taking a picture of the sky on a nice day or something so random? Best to believe that picture is about to posted. So don’t forget to look up while your scrolling through your newsfeed; you don’t want to walk into a pole. And remember to consider the question, if you didn’t post a picture of your Starbucks, did you really have Starbucks?
Summer

The Endless Summer: Festival Season

By Kristin Vazquez

Summer is the time to immerse yourself in pleasurable activities while soaking up the blazing sunrays. Barbeques, amusement parks and beach days are imperative during the hottest season of the year, but what about music festivals? For some people, the thought of an overbearing crowd partaking in the illicit drug scene may dampen the idea, but for others, music festivals are a time to gather with friends while listening to some of your favorite artists, all while absorbing the fresh air and sunshine.

Now that festival season is upon us, it’s time to take out those muscle tees and flower headbands! Here are some of the top picks for summer 2014:

1. Electric Daisy Carnival- May 24th & 25th

Originating in Southern California, then eventually centering itself in Las Vegas, this electric dance music festival has captured the attention of young adults who engross themselves in dance music all weekend. In 2012, the first local EDC festival was held at the Metlife stadium in New Jersey, bringing in people from the entire tri-state area. This year, they are back for the third time, increasing their ticket price to $254.30 for a weekend pass, but when the headliners include some of the top DJ’s—Calvin Harris, Hardwell, Tiesto and Afrojack—you’re bound to have the time of your life fist-pumping with thousands of other concert goers.

2. Governors Ball Music Festival- June 6th, 7th & 8th

Three years ago, Governors Ball started as a one-day outdoor festival on Randall’s Island with headliners Girl Talk, Pretty Lights and Empire of the Sun. Now, the anticipated summer event has transformed into a three day music festival with abundant activities such as face painting, art installations, lawn games, and acts that include Outkast, J.Cole, and Skrillex. Tickets start at $250 for all three days, which is reasonable compared to more main stream festivals such as Coachella and Ultra, who charge more than $300 per ticket! This festival attracts groups of all ages, catering to people who like to converse with complete strangers while drinking a beer, or those who resort to the shade and benches under VIP seating. The best part is that it’s never overcrowded during the performances, leaving some dance room for you and your friends.

3. The Hudson Music Project- July 11th- 13th

If you’re into tent camping and muddy grounds, pack your car and head upstate for this new music festival debuting in July. Kendrick Lamar, Modest Mouse and Bassnectar are just a few of the acts taking over the festival for this three-day weekend in Saugerties, NY. This is a camping optional festival, so if you prefer to shower in a hotel room rather than using baby wipes all weekend, start searching hotels now before rooms run out. The vibe is similar to Camp Bisco - a notorious festival that went on hiatus this year- a lot of hippies who dance around barefoot and don’t mind getting down and dirty. For $258.09, you can bask in the sun next to your tent, jump in the lake between shows and dance the night away to some awesome tunes.

4. Electric Zoo- August 29th-30th

After two drug-related deaths occurred last year, cutting Electric Zoo short one day, the festival’s organizers have brought back this anticipated music event that draws in an overload of house music junkies to Randall’s Island. Managers have ensured increased security measures, meaning tougher front gate guards, undercover cops and drug-sniffing dogs. But don’t let the added security officers discourage you from purchasing a ticket for $369. The first stage of the line-up was announced, with headliners David Guetta, Armin Van Buuren and Kaskade dropping their beats throughout the Labor Day weekend festival. Attendees tend to be young in age, and for most who take part in the zoo theme, clothing is optional. But aside from the young crowd and added security, this festival is best for ravers seeking a final summer dance party.

5. Budweiser Made in America- August 30th-31st

To end your summer with a bang, take a short bus ride to Philadelphia and prepare for an unforgettable weekend at Made in America, Jay-z’s annual music festival, held at Benjamin Franklin Parkway, that continuously hosts live music with an eclectic range of genres including rock, hip-hop, EDM and pop. Tickets are currently available for pre-sale for only $117, but the line-up has yet to be released. The weekend is filled with red, white and blue, delicious food trucks and fantastic people that will make your weekend even more fun than the last.
The sun is out and the temperature is high, children are running around in the park and the air is fresh and warm. It is that time of year again. It is summertime.

For college students, summer might be one of the best times of the year. Everyone is eager to leave the city and enjoy the break we have until the next school semester starts. Many students will already have activities planned out for the summer, but what about those who are stuck here at home and are on a budget? Fear not, staying in New York City does not mean that you can’t have fun. There are, in fact, numerous festivities and events that you can participate over in the summer.

When choosing to go on a vacation, many would opt to leave their hometown and explore something new, but what exactly is new and exciting? Just how much can you really say you know New York City? “I’m not really sure what I can say about New York City, I’ve never really thought much about this city as a place I can just explore. I’ve lived literally my entire life in this city and I can barely list any of the landmarks,” said Steven Ma, when asked what he thought of New York City.

Most New Yorkers just think of New York City as a home, a city that they live in, but for those who are interested in finding more about the city do so through one program that hopes to change people’s opinion of their home town.

Big Apple Greeters is something in the summer you do not want to miss. A program that tours of the biggest landmarks in New York City, the tour itself takes guests on an adventure across New York City and to landmarks such as the Apollo Theatre, the Queens Botanical Garden, and Coney Island Museum, depending on which borough the group wants to visit. Not only will they be able to go sightseeing at these landmarks, but also to try out the different types of foods and drinks that this city has to offer.

The program itself is run entirely on volunteer work with the workers there are people who are passionate in showing the wonders of New York City, so you are certain that you will be in good hands for the tour. Tours for Big Apple Greeters are usually booked ahead of time due to popularity, so it is recommended for those who are interested to make reservations as soon as possible or you will miss out on an incredible experience.

Those who would rather learn about the cultural history and festivities of another culture should explore the upcoming Japan Day taking place in Central Park.

Japan Day is a day dedicated to the culture of Japan and it is packed with numerous foods, performances and traditional arts from Japan. Going to this event you will be able to try foods from Japan such as Gyoza, or Japanese dumplings and Okonomiyaki, or Japanese pizzas.

Aside from foods you will also be able to enrich yourself in the different types of fine arts of Japan, including dining, performances and handcrafted arts. The performances that one can attend is Enka singing which is a Japanese song style and you can even see Japanese artists handcraft various origami arts and see painters create Kabuki face painting.

If you are craving to attend a place for new foods and fine arts, then Japan Day is one day you do not want to miss.

Then there are the everyday simple pleasures the city offers. Imagine riding on a boat looking at the beautiful scenery and attractions of New York City. That is exactly what you can do on the Staten Island Ferry. The Staten Island Ferry is boat ride that runs from Manhattan to Staten Island that offers an amazing view of the city itself. The ferry takes passengers on a ride that lets everyone see the beautiful skyline of the city. The fact that it is the summer time makes the scenery and atmosphere even more perfect. Aside from the skyline of the city, you can also see attractions such as the statue of liberty. The Staten Island Ferry is a beautiful and free sightseeing ride that you do not want to miss this summer.

The weather is perfect and the time is right. Go outdoors and take a deep breath and enjoy the summer weather. The summer is short so remember to make the most out of it, so what are you waiting for? Go and have some fun and sun!
Who hasn’t heard that most light skinned people are stuck up and think they are better than dark skinned people? Who hasn’t heard that dark skinned people are meaner than light skinned people and think they aren’t pretty enough? Why is there so much beef between the skin tones?

Light skin versus dark skin is what psychological enslavement looks like in the age of self-hating.

Where does the idea that one skin tone is better than the other come from? Some will say that is comes from slavery (I agree), some will say personal experiences, and others will say ignorance.

During the time of slavery, the slave masters made the darker skinned blacks work in the fields. The masters would often have the lighter skinned blacks working in the house. They were known as “House Negro” and were treated a little better than the blacks in the field. Also, there was miscegenation taking place between slave masters and slave women, where slave masters would often rape or have sexual relationships with the slave woman. Their offspring were often lighter skinned and, it’s safe to assume, that they were treated better than the average field slave.

What causes this ongoing controversy over race within our culture? The media—for example, music videos, magazines, and T.V. advertisements—is the number one problem. Social media like Facebook, Twitter and Instagram have also played a significant role in this controversy from pictures to trending topics. The females that are displayed on T.V ad campaigns are usually lighter skinned women. Young women who don’t fit the “mold” become insecure in their own skin.

A poll conducted on http://atlanta.cbslocal.com asked, “Do You Think Light Skin Black People Are Favored over Dark Skin Black People in Life and Corporate America?”

Choice one: “Yes, light skin people are favored” earned 146 Votes (84.8%).
Choice two: “No, they are not favored” earned 26 Votes (15.12%).

These numbers as a whole speak volumes. Many people believe that lighter skinned people are favored in social and professional settings.

People are mistaken when they say that racism is dead. It’s not dead at all when you have celebrities like Paula Deen making racist remarks. While planning a wedding, she looked for African American male waiters who, to her mind, looked like slaves, to serve the wedding guests. She wanted the couple and guests to experience a Southern plantation style wedding, and thought that having these waiters participate in the wedding would resemble just that. Of a restaurant she patronized, which inspired her concept, she said, “I mean, it was really impressive. That restaurant represented a certain era in America...after the Civil War, during the Civil War, before the Civil War...It was not only black men, it was black women...I would say they were slaves.” Paula Deen’s comments illustrate that racism is far from over.

Another more recent racist act emerged when Donald Sterling, owner of the L.A. Clippers, told his girlfriend, a light skinned black woman, to not bring any black people to the games. Now that is just pure ignorance. Who says that to someone? You are the owner and you have African American players, staff, and costumers. Racism is far from dead when you have a society with this kind of mindset.

People of color, as well as white people, have not been able to leave this mindset behind, even hundreds of years later. This has left darker skinned woman taunted, rejected and scared. Yes, I say scared because they don’t feel beautiful, loved, or cared about.

My first experience of “light skinned versus dark skinned” culture occurred when I was in middle school. I was attending a new school in a different neighborhood and I didn’t know a soul. But a couple of months later, I was in the schoolyard, during recess, when a schoolmate approached me. He approached me with his friend, and said, “She looks just like tar. Her new name is ‘Tar Baby.’” He and his friend began to laugh at me. There were so many emotions going through my head. Holding back my tears, I decided to just walk away. I was a little confused because he was black too. He was just a little lighter than I was. What made him think it was okay to make fun of me? Just because I was a shade darker than him? He had to mock me and compare me to tar. I was teased and taunted by this classmate for two long years. In the time that he teased and taunted me, I didn’t like looking at myself. I didn’t want to take pictures, I avoided parties and sleepovers because I thought someone else would make fun of me. I didn’t love the skin I was in and I wished that my skin were a lighter skin complexion. I wanted to look like a light skin girl. Light skin girls were always popular in school, their crush always talked to them and, they got treated better as a whole. How I overcame this was that everyday I had to look at myself and tell myself that I am pretty, that I looked good. I had to believe in myself, and not care what others thought of how I look.

Yet, there is some hope that things are on the brink of changing. Lupita Nyong'o was recently named one of the “World’s Most Beautiful” by People Magazine in their April edition. For her to be crowned as beautiful is not lost on the actress, who for years thought she didn’t fit the “Hollywood mold.” The reason why she didn’t fit was because she didn’t see many people who looked like her in Hollywood. Lupita states, “Beauty was what I saw on television, you know, light skin and long, flowing, straight hair.” She continues, “Subconsciously you start to appreciate those things more than what you possess.”

So when many people don’t see themselves on the television they think they shouldn’t look like that. They look into bleaching their skin to make themselves look lighter so they can appear as if they “fit in” and belong. For a young lady to go from not fitting the “mold” to being named one of the “World’s Most Beautiful” by People Magazine is an astonishing achievement. But most of all, it gives hope to young girls around the world.

Reflections in the mirror may be distorted by socially constructed ideas of “beauty.” Whatever shades you may be, love the skin you are in. You may be purple, black, yellow, white or pink. Just love who you are and don’t get caught up in society’s view of the world.

Don’t look at the world as black and white. View the world with many colors, love who you are. You are a unique masterpiece and one of a kind. Embrace yourself and your skin. “Wake up every morning and say, “Hey, good morning, beautiful.”
Mic Check One, Two, One, Two. QCC Radio Station Coming Soon?

By Graicy Taveras

How awesome would it be to have a Queensborough Community College radio station? After thorough thinking, visiting, and researching other State Universities of New York—tuning into their radio stations and looking through online sources— it seems clear that a campus radio station shouldn’t just be for SUNY or private universities but also for CUNY colleges.

Many students have breaks between classes and sometimes find nothing to do other than going back home or just wandering around the school campus. Some students make a time out of their breaks and get some studying done, but even during your studying you need a break.

“I have a three hour long break and I don’t drive, so it takes me about an hour to get home and an hour to get back to campus and if we do get a radio station it would keep me entertained,” said Cristina Lozada.

Even working students had a lot to say because they don’t have time to commit to a club and can’t be a part of the student activities, a student radio would keep me interested and up to date on the things that are happening. I’m always on the run, so I think CUNY schools should have radio stations,” said Claudio Garcia.

“Quite frankly, I’m always bored. I work and sometimes I would choose work over school because I could barely make it to any activities that go on around campus. … I’m always on my phone so if we had a radio station, I would tune in and listen,” said Christopher Lopez.

Imagine just tuning into the school website at any time when there was always someone talking to you, letting you know all the details about what goes on around QCC. It doesn’t necessarily have to be logging onto the school website, plenty of students use the school Wi-Fi, so a quick pop-up could appear if they would want to tune into the school radio. Or it could just be, downloading the school application and there’s a quick link where you could click, and BOOM you have the school radio.

Just throwing suggestions out there…. “Why would I even care about a radio station here at QCC? This is my last semester here on campus but honestly, let’s be real, would this school be able to fund an activity like that, such as the school radio?” asked Trina McCall.

But other students thought we had a student radio they didn’t know about. “I remember walking down and overheard two students having a conversation and one asked ‘how did her talk show go’ and the other student replied ‘well it went great.’ So I just thought they were referring to a radio station here at QCC,” said Ramon Perez.

So, let’s try and give these students what they want and bring the attention of having a radio station to the President of Queensborough Community College or the student government leaders, or someone who could help to make this idea a reality!
Do We Have Justice in Our Modernized Societies?

By Nazia Bhatt

Queensborough Community College offers not only an Associate’s Degree program, but also several research and internships programs. I’m completing a double major in chemistry and mathematics, but despite of my passion for science, I love history as well. I feel that it is very significant to be aware of the past, so that we don’t repeat the same mistakes. A smart person will learn from others’ mistakes, rather than learning from their own mistakes.

In fall 2013 semester, my History professor told me about the internships offered at Harriet & Kenneth Kupferberg Holocaust Resource Center and Archives. During fall 2013, I had the opportunity to be an intern for the Holocaust Survivor Internship program. In the spring of 2014, I came back to the center to join another internship program, called the Asian Social Justice Internship, which focuses on “comfort women.”

The history of comfort women, takes us back to WWII. During WWII the Japanese army used up to 200,000 women of colonized countries as their sex slaves. The women were collected from different areas, including Korea, China, and the Philippines, and were sent to areas where the Japanese soldiers were located.

The women were told they would be given the opportunity to attend a school, or to start working in factories, or they were simply just kidnapped. The women brought to the comfort stations, were as young as fourteen. The girls first were tricked, and then were forced to live in an everlasting nightmare.

The comfort women at the various stations, had to serve more than ten soldiers each day. Those who rebelled against such behavior were tortured and some were even killed. Intercourse can, of course, often lead to pregnancy. The Japanese army did provide the comfort women medical care to avoid such situations. Another side effect of serving too many soldiers was the high risk of STDs. The medical care provided was not for the comfort women, but rather to avoid having the soldiers infected.

While I was in this internship, I constantly asked myself, what’s the real reason to become a soldier? Isn’t the concept behind being a soldier to defend your country? Why do personal urges become such a supreme priority?

The government never did anything to stop their soldiers’ behavior, but rather supported them. According to the Japanese government, providing the comfort women medical care to avoid such situations. Another side effect of serving too many soldiers was the high risk of STDs. The medical care provided was not for the comfort women, but rather to avoid having the soldiers infected.

I wonder what the difference is between raping a girl, and constantly raping a comfort woman? Is there really a difference? Does the soldier have some sort of a license to rape other women? Why aren’t the charges brought up against such soldiers?

When WWII ended, the soldiers either killed these comfort women, or abandoned them in the middle of nowhere. Some survived and made it back home. They were ashamed when they returned back home, and did not reveal what happened to them. An eye opening fact is that it took the comfort women fifty years to gather the strength and courage to come out and speak about the injustice done to them.

Many of the comfort women are old, and are nearing the end of their life. They are still waiting for their justice! They did sue the Japanese government from that time, but the Japanese government is still denying it. According to the Japanese government, there were no “comfort women” coerced by the government. Paradoxically, they also say, “There was no such thing as comfort women, but whoever it happened to, we are sorry.” This is such a terrible way of running away from their responsibilities.

My internship is not promoting any type of anti-Japanese movement, but it has made me realize the importance of politics. Politics is the foundation, which can raise nations, and destroy nations to their failure. Politics has the ability to bring out the evilness from the leaders. The comfort women have had testimonies and interviews; they are the living proofs that they were victims of the Japanese war crimes. The Japanese government is denying taking the responsibility, for what their people did in the past. It’s an ongoing case, where the comfort women are still fighting for their sincere apology, and not just for compensation. It’s a matter of getting back their self-respect and dignity.

The society we live in is a modernized society. We don’t look to for justice just based on the truth, but it depends on our benefits also.

The entire world got together, when the injustice against Jewish people took place. The entire world acknowledges the pain of the Holocaust, and educates their students and population about it. What is the difference between a Holocaust survivor and a comfort woman? If the world got together to fight against Hitler for harassing the Jewish people, then why can’t we fight for the comfort women?

It’s very painful to see those comfort women. They are afraid that after they die, and nobody will fight for them. I can’t believe that it took them half a century to talk about the injustice, and when they did talk about it, what did we do. Absolutely nothing! We still don’t teach the topic of comfort women in the regular history classes, though we do teach about the Holocaust.

This internship has taught me several things, and one of them is to fight for your rights, even if you are by yourself. The knowledge I gained from this internship is very valuable, and I will spread this knowledge around. It’s my personal goal to inform other people about the horrific reality of the comfort women. I do hope that someday the comfort women will get a sincere and official apology. I wish that the Japanese soldiers were aware of what they were about to do. Their personal satisfaction turned into the misery of an enormous amount of women. Can we give the comfort women justice?

Extra, Extra, Do You Read All About It?

By Raziya Khairkhah

I ask myself does QCC promote their school newspaper enough? Looking at other CUNY colleges, gives insight into the different ways they promote their school newspapers. For example, the newspaper at Queens College has their own specific link on their homepage that takes you directly to a webpage. QCC has Communiqué on our homepage, as well, but it opens up to a PDF—no excitement there.

The students that write for QCC’s paper take their time out during the day to personally hand out newspapers to everyone they can and promote their hard work. Maryia Khairkhah was surprised when she found that QCC has a newspaper. “Maybe it’s because I only take night classes and I’m in and out of classes,” she said.

“but now that I know that we have a newspaper, I look forward to reading it.”

Personally, being in the class that does write for Communiqué, it bothers me that we all run around looking to interview people on our own time and in the end when the paper is out no one reads it. It can feel as if all the hard work was for nothing.

There are approximately 17,000 students on campus and the shelves where the newspapers are placed are over flowing with newspapers from several semesters ago. Hamza Nasim believes that it’s a waste of the schools money budget, “If the students don’t read the newspaper it’s a waste of money for QCC to still print copies of the Communiqué every month. The school should place the newspaper somewhere where it will be more noticed instead of by the garbage in Starbucks.”

Many students have offered great ideas of how to advertise the newspaper around campus more effectively. Eiman Mohmand, suggested, “They should put a table out with a sign advertising Communiqué once a month when it’s published. Have it placed right in the middle of the courtyard so everyone can get one on their way to class.”

As someone who is reading the paper, we appreciate your support. Support the work done by writers of Communiqué and pick a copy up on your way to class today!
Open House
Saturday, June 14 at 1 pm

• It’s not too late to apply
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