Going Green

BY KATHLEEN CROWLEY

Chances are energy conservation, recycling, and carpooling are not your top priorities; this might be for a number of reasons. Perhaps you think your individual effort taken alone is worthless. Whatever your reason is, for our generation and the next we all are facing serious environmental dilemmas on a global scale.

Everyday, more and more people and companies are embracing the “green” lifestyle. It is everywhere from fashion to technology. The truth is that every single thing we do every day has a substantial impact on the planet— for good or bad. The good news is that as an individual you have the power to control most of your choices. The impact you create is more important than you might think. From what you buy, eat, and use to light your home, to where and how you take your vacation, and how you shop or vote, you have a local and global impact on the environment. In other words, consumer awareness is the template for a green movement and is what going green means.

Many of you may ask, “Why go green?” Or, “Why does it matter?” It matters that individually and collectively we have the power to substantially reduce the wastes we put into our environment everyday. Recycling is the most important strategy in preserving the health of our earth. Current studies emphasize the importance of recycling in their findings that show the U.S. is the most wasteful country on the planet. That’s more than embarrassing considering that the U.S. is one of the richest nations and could do the most to change course. Many things that one might never think of can have “second lives” instead of sitting in landfills and rotting. We only have one earth, and it is our home forever. Not only is it home to humans, it is also the home of plants and animals. By making positive, eco-friendly choices we are benefiting everyone and everything—people, plants and animals. We can make our earth a safer and more enjoyable place to live. No one wants to live in a world where everyday its 95° with a heat index of 105°.

Here are more helpful tips:
1. Do full loads of dishes and laundry. It is very wasteful to only do half loads, you are using the same amount of energy and are only seeing “half” the results.
2. Whenever possible, use cool water or when unavoidable, warm water instead of hot water when doing laundry and dishes. Most of the energy used during these processes is spent heating up the hot water.
3. When household appliances need replacing, buy energy star.
4. Support local farmers. This helps to save gas and bring you fresher food because it does not have to travel long distances.
5. Bring your own reusable grocery bags to the store. So many plastic bags get thrown away which are not biodegradable.
6. Use energy star Compact Florescent Light bulbs, also known as Spiral bulbs. They use about 75 percent less energy than standard incandescent bulbs and last up to 10 times longer.
7. Buy used textbooks instead of new. This saves you money, and also saves paper and ink.
8. Check the settings on your appliances. Where the option is available – and is not already selected - select the energy-saving setting on your refrigerator, dishwasher, washing machine and other major appliances. (continued on page 6)

Down the Drain

BY CATHERINE LAGOA and ALYSSON AKHILLIAN

Let’s be honest. How many times do you cringe when a person asks you what school you attend? If you are one of those people who try to avoid saying QCC, there might be a reason why. From an academic standpoint the school is accomplished. This school has one of the most sought after AAS degrees in CUNY. Yet beyond its academic merits, QCC is still not the most impressive college in town; within the campus lays a dark secret, the QCC bathrooms. A bathroom is something students use everyday and the condition of the QCC bathrooms are uncalled for. The student body deserves cleaner, fully functioning bathrooms, if for no other reason than sanitary issues alone. For the purpose of this investigation, only the women’s bathrooms were inspected; sorry males. Twelve women’s bathrooms were canvassed in a sampling of buildings on campus.

The availability of toiletary, overall cleanliness and functionality in the QCC bathrooms is unmistakably poor. As far as appearance, the bathrooms are decorated with cheap plastic mirrors, poor lighting and toilet paper on the floor. Ceiling, wall and floor tiles in most of the bathrooms we inspected were rusted and the paint was peeling. One example of poor maintenance (see picture) was the 4th floor women’s bathroom in the science building. In addition, a huge chunk of ceiling is missing right above the stall. What if loose electrical wiring fell and seriously injured someone? Also, the availability of soap, hand dryers, paper towels and toilet paper were virtually non-existent in the majority of bathrooms we visited. Of the 12 bathrooms inspected on campus only three were adequately stocked and well equipped. They were located on the 1st floor of the Administration building, the 2nd floor in the Tech building, and the 4th floor of the Library building. These 3 bathrooms, in close proximity to administrative staff, were above and beyond the standards of the bathrooms available for students throughout the campus. Each has bright lighting, name brand soap, brand new tiles, freshly painted walls, automatic working faucets, and hand dryers were present as well. These bathrooms are good examples for how all bathrooms on the QCC campus should be. (continued on page 3)
Dreams of Our Fathers

BY ERICKARLOS GUTIERREZ

So long to the public discourse…

Farewell to the intellectual debates…

Good-bye to the republic…

Democracy—it was nice while it lasted…

The survival of democracy depends on what the founding fathers called an “informed citizenry.” An informed citizen is one who makes the most informed decision possible about who his or her elected officials are, and makes sure that the decisions the officials make are coherent, intelligent, thoughtful, pragmatic, constitutional, and representative of the will of the majority. The survival of democracy depends on what the founding fathers called an “informed citizenry.” An informed citizen is one who makes the most informed decision possible about who his or her elected officials are, and makes sure that the decisions the officials make are coherent, intelligent, thoughtful, pragmatic, constitutional, and representative of the will of the majority. Currently, we have a number of domestic and international issues that need to be addressed by members of the government. It’s important that people realize the gravity and seriousness of the issues. Additionally, it’s important that citizens be provided with the information necessary to either support or reject the government proposed solutions; this being the premise of a democracy. It is true, however, that the United States doesn’t have what’s called a direct democracy, but it’s a representative democracy. In a direct democracy the citizens make policy and law decisions in person, as opposed to representatives. As a representative democracy, the elected officials make decisions based on the will of the majority which they represent and according to the parameters of set forth by the constitution.

After the horrific events of September 11, the House of Representatives and Congress were presented a controversial piece of legislation dubbed the “Patriot Act.” According to Laura Murphy, the Director of the Washington Legislative Office for American Civil Liberties Union, “The Bill was printed at 3:45 AM, the morning before the vote on the House [of Representatives] floor. And you tell me how many of the four-hundred thirty-five members of (continued on page 3)

9/11 Myths Debunked

BY ANDREW RAFALOWITZ

We have all heard our share of ideas and conspiracy theories regarding 9/11. With a new administration coming into the White House in a few months, it is time to review the conflicting and often contradictory theories about the most dramatic day of the Bush administration so that we, as a nation, can find a way to both understand and to prevent such a tragedy from occurring again. It is time to rebuild trust in our government so that a true democracy can flourish. To do so, the American people need credible information about what happened in downtown Manhattan on September 11, 2001.

One of the most popular mediums to use for information research, the World Wide Web, has been flooded with conspiracy theories on the terrorist attacks on that day we all remember. People all over the world have had the opportunity to offer their own personal views on the attacks via blogging or posting videos of themselves on YouTube and other sites where people can express their ideas and beliefs.

The varying range of opinion is organized by different thematic categories or topics. These topics include—whether or not the government had foreknowledge about the attack, whether or not World Trade Center Seven was a controlled demolition, whether or not NORAD, the North American Aerospace Defense Command, was involved in 9/11 by standing down their defenses, and whether Flight 93, which crashed in Shanksville, Pennsylvania, was shot down by U.S. fighter jets.

Other topographical controversies include the fact that the BBC and the Daily Telegraph reported that 4 of the reported 23 terrorists from the hijackings were actually still alive after 9/11. I believe this led to continued panic around the time of the attack because of an inability to accurately identify those responsible for the attacks. The way President Bush reacted to the attacks has also stirred up controversy. After being told of the attacks, he waited in a classroom for 7 minutes before leaving. Contrary to popular opinion, this may have been the best course of action to prevent further chaos that surely would have been possible on a day such as 9/11.

I believe it is impossible to know exactly what happened on that day. I believe people should refrain from speculation until they have found credible sources on both sides of each issue. The best way to stay objective is to take each controversy or hypothesis on one at a time. I also believe if instead of attacking the credibility of the people who propose ideas of conspiracy, we should treat them fairly by allowing them to express their opinions while asking that they present a logical argument with evidence to support their ideas, and to consider the information that contradicts their conclusions.

The first conspiracy theory I want to address is the “No plane theory.” This theory contests that all photos, videos, and television broadcast showing the hijacked planes were fabricated. This theory has been the most hotly contested of all due to the fact that there is so little evidence for available to support it. I disagree with this idea as it is abundantly clear there are many people who were first hand witnesses to the planes crashing into the buildings. Anyone who believes the “no plane” theory must assume that it was possible to doctor or fabricate countless photographs and pieces of film, and that every first hand testimonial is a lie.

Another theory I would like people to consider is that of author Naomi Klein. Her theory states that 9/11 was a form of “disaster capitalism,” wherein the U.S. government uses shock therapy against its own citizens to advance specific economic goals. Ms. Klein provides evidence supporting this idea in her book The Shock Doctrine.

Klein’s theory says markets are created or strengthened after there are perceived disasters in a society. September 11th supports this theory in that the homeland security market sky rocketed after the attacks and the private sector was able to produce goods for a war that seemed inevitable. Richard Hillman, an expert on the change in terrorist insurance in the post 9/11 era estimates that the attacks created losses close to $50 billion dollars. The terrorism insurance offered by companies had to change completely to adapt to a changing world after the attacks, making this form of insurance more competitive and and therefore potentially more profitable for the companies involved.

Overall, the goal should be for people to feel comfortable having open discussions about what happened on 9/11 without self-censorship or feeling insecure. I for one welcome all new ideas, but I will refute any that assume information that is not presented with reasoned thought and credible evidence. Although over 7 years have passed since the attacks of 9/11, I believe we are still far from believing in what we saw. It is every person’s responsibility to address the disinformation that continues to diminish and distort our understanding of that terrible tragedy.
In order to gain further knowledge as to why the bathroom facilities on the QCC campus are in such atrocious disrepair, we sought information from an official source. For example, information about the percentage of the school budget dedicated to the custodial department would have been extremely helpful. Yet, after several attempts to reach the senior custodial supervisor, Dexter Williams, he failed to appear for an interview. Without the necessary facts about the budget, speculation is all that is left. Anyone who pays CUNY tuition and student activity fees at all might assume that the college rakes in a pretty penny. There is no excuse for the abominable condition of the student bathrooms on the Queensborough campus.

One of our most disturbing findings was that the majority of the bathrooms either had no soap in the dispensers, or that the soap that was provided was watered down. As a health issue the absence of quality hand soap is cause for concern. On average, only one out of every six people who use the restroom washes their hands afterwards. There are currently 23,000 students who attend QCC, and that means approximately 3,833 students wash their hands and an alarming 19,167 students do not. Without proper soap in the school’s soap dispensers, the students who would like to wash their hands might as well not bother. Winter weather is imminent and that always means the inevitable: cold and flu season. According to the Lysol.com information center the Rhinovirus, also known as the common cold, is spread primarily through contaminated hands that come into contact with the nose and eyes. However, the common cold is not the only thing known to be easily spread in schools. MRSA (Methicillin-resistant Staphylococcus aureus) and meningitis are bacterial and viral diseases that are often found in school settings and can possibly be fatal. Both can be spread through skin to skin contact, kissing and all other exchanges of bodily fluids. According to the center of disease control, MRSA can be spread through “shared items or surfaces,” for example, anything from doorknobs to keyboards. Also, according to the Meningitis foundation of America, bacterial meningitis is spread more often during the winter season. The most well known preventative measure is to wash hands, especially after using the bathroom. As only a fraction of students do so, QCC should meet us halfway and provide adequate soap!

Without a doubt, it is the responsibility of the school to keep the restrooms stocked with toilet paper, paper towels and most importantly soap, but a good portion of the responsibility sits as well on the shoulders of the student body. There are far too many students who disrespect the facilities and in doing so indirectly disrespect each other. Urine on toilet seats, toilet paper on the floor, graffiti on the mirrors and garbage in the sinks are just a few things that some students do in the bathrooms. Is it too hard to wipe the seat clean? Also, it has been noted that quite a few students prefer to use the paper towels to grasp the handles of the bathroom doors upon leaving the bathroom. Sadly, a majority of the paper towels wind up on the floor in a pile behind the bathroom door. Is it too hard to throw garbage in the trash? Please keep in mind that more often than not there are garbage cans located outside most bathrooms, if not a few small steps away.

Communities are meant to act as beacons of inspiration, respect and growth while encouraging those who participate in them to thrive. The college mission statement found on the QCC website states, “Queensborough provides its students [with] a variety of opportunities to enrich themselves intellectually and socially and to develop the knowledge and skills necessary for success.” Students should follow through, make a difference and start pitching in to keep the bathrooms clean.

Dreams of Our Fathers

Continued from page 2

the House and Congress had a chance between 3:45 AM and 11 AM to read a Bill that was 345 pages long! What’s worse is that the contents of the bill are still alien to the overwhelming majority of the citizens.

According to a CNN report, most bills being passed in the senate are not even debated. In the report Senator Tom Coburn is recorded saying that “Bills are being approved by the Senate without debate, without amendments, and in ninety-four percent of the time, without law-makers formally voting on the legislation.” Furthermore, he says, “I think that fails the test of our founders’ vision of a senate. I think we will rue the day that we’ve gone down this path.”

There is a general consensus among members of the legislature that reading all of the purposed legislation would dramatically slow down the legislative process. But the notion that slowing down the legislative process is problematic establishes the exact opposite of what the founding fathers thought. In the Federalist No. 62, 1788, Alexander Hamilton wrote, “Law is defined to be a rule of action; but how can that be a rule, which is little known and less fixed?”

Less a subjective analysis of relative facts, as some would suggest, we can proceed with an objective evaluation of facts, and thus state, as a point of fact, the problem regarding the former, as opposed to the latter. The suggestion that real deliberation throughout the legislative process, coupled with the notion that factual debate is problematic establishes the premise of the ever-changing, ever-degrading, ever-simplistic, ever-thoughtless, ever-ill-informed, and ever-careless representation of a true republic. The belief that a democratic nation could ever continue even while in-trusting futile individuals with minds as vacuous as the ones beheaded after that glorious French National Assembly and Tennis Court Oath is remarkably inexplicable. And yet, the majority of the nation remains as loud as the silence of the deepest corners of space. How then, shall the republic continue?

Oh glorious halls of the birth of laws! How your voices are no longer heard! Where did the deliberation hide? Has reason become a drunkard? Have logic and the legislative branch divorced? A juxtaposition of fierce interests and filthy desires, conglomerated with the clandestine operations of men less honorable than a rapist—lo and behold! The formula is exploited and yet suppressed, from and in a rather unusual occurrence, by the innocuous constituents.

Ah yes, the prevailing inherent prerogative to tarnish all that is good; the same being the weakness underlying the nature of our nation, moreover, our species. For nation we are, yet, how long shall we be a nation? Can “nation” be a group of ill-represented individuals? Can “nation” be an ill-informed citizenry?

When monologue triumphs in a debate, when partisanship devours reason, and when support for your party overshadows the once glorious constitution, then shall the republic revol (or so we hope). Samuel Adams said, “A general dissolution of the principles and manners will more surely overthrow the liberties of America than the whole force of the common enemy... While the people are virtuous they cannot be subdued; but once they lose their virtue, they will be ready to surrender their liberties to the first external or internal invader... If virtue and knowledge are diffused among the people, they will never be enslaved. This will be their great security! Have we been listening to the Father of the American Revolution? Not as much as we should. His shout is not heard, although he was screaming. The noise is deafening, yet the ears are deaf. Maybe we’ve simply grown timid and comfortable with the status quo in our government. Thomas Jefferson once said, “Timid men prefer the calm of despotism to the tempestuous sea of liberty.”

A noise is, however, heard—much like that of a tempestuous sea. Ah yes, a raving, rampant noise of some sorts. It is the dream once lived, once promoted, and many a times challenged.

Maybe it’s the inherent hope within us, or maybe it’s the naïveté so prevalent within our species. Or maybe it’s the resurrection and defense of the dream. The breaking of bondage and the upheaval of the free, from the false pretense of liberty ensuing from the manipulation of tyrants—it’s smoke in the forest without a fire. The sea is raving; the storm is a-cornin’ You can smell it in the air. It takes the form of a republic, the shape of a democracy, the grandiose idea of checks and balances, the patience of a crouching tiger, the determination of a soldier, and the concentration of an American eagle. You can breathe it if you try. The Dreams of our Fathers.
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Picture it. You sign up for Sally Mae tuition pay, use your financial aid, or pay your current semester bill with your own money and then it’s the big come down. Approaching the registrar, you ask politely for a copy of your schedule and the unwelcoming counterperson passes you a piece of paper and tells you that you still owe twenty-five more dollars. What you think is, “I already paid my bill in full,” or “I have already signed up for tuition pay with a set price, why do I owe more money?” If you are wondering “why” regarding the new Queensborough Con. Service/techno fee hike, you are not alone.

Like many Queensborough students, I was absolutely astonished that I was responsible for another payment to the registrar. When I asked why the fee had been increased and why I should be responsible for the intrusive raise, the woman behind the bullet proof glass (because we are going to attack the staff of the registrar right?) shut me out and told me that I have to pay the bill a soon as possible.

So my idea was to research the “service” fee that we all pay each semester. Question: what are we really given for our hard earned bucks? Persuising the QCC campus, looking for any objects or clues as to what that fee may cover, the first thing that I observed was none other than the library. Obviously, you do not need preternatural thinking skills to know that most educational establishments furnish their campuses or buildings with computers and a library by charging a supposed minimal fee on our tuition bill to cover the costs of the upkeep. These fees can not only be utilized for maintenance of the books and computers; the computers that a responsible student can stare at for an hour or two before the person hogging it (playing on myspace like a trained animal) has finally been sufficed with the trivialities of the internet. There must be something else.

Neither on the official QCC web site (www.qcc.cuny.edu) or the official CUNY web page (www.cuny.edu) can you find an explanation of the service/technical fee increase. It is funny how bureaucracy works (the form of law that CUNY especially holds dear). Apparently, its rules and regulations are in stone, yet there are few, maybe no informational pamphlets where you can obtain reasons for the sudden change in service fees. Where does CUNY give us its welcome packets an explanation of fees (besides general in state and out of state tuition) and other expenses that students are mandated to pay each semester? Isn’t it enough that our pockets are already vacant and nearly dry within this dilapidated economy? Now CUNY slaps us, in 2008, with another fee to drown our obsequious wallets. One of the interesting things is that if you type specifically in the search engine on the CUNY website, another fee to drown our obsequious wallets. One of the interesting things is that if you type specifically in the search engine on the CUNY website, “service fee,” you will be presented with a page that is about as unwelcoming as it is confusing. You have to truly become a detective in order to obtain any real information on the student fees. What I did find after vast browsing, on the CUNY online baccalaureate page, was a small note on the bottom of the informational page that states “all fees and scheduling are subject to change without notice at anytime upon action by CUNY, regardless of tuition and fee schedules in effect at time of pre-registration.” In a nutshell, CUNY has pre-authorized itself to change any fees and any rates it wants free of opposition or protest from paying students.

Where is the booklet that states all that information when we signed up for CUNY? Fees must be explained. Like I said earlier, the library cannot be the only possible way to get your one hundred and fifteen dollars worth. Information this reporter has obtained, supplied by a campus writing center representative who has requested anonymity, suggests that the campus writing and math centers are funded by the service and technical fees; the student government also draws its funding from those fees as well. I was also told that the student union, which organizes most of the student affairs (student government clubs, parties, meetings, etc) at Queensborough, is also funded through the service and technological fee. But cleaving to the fact of the increase, if I were you I would start asking questions. Ask why the fee has been increased (become officious about it). Ask how this increase will change the campus services? Will the computers be updated? Will staff be hired to coordinate the usage of the computers, reserving them for homework and study purposes, removing all the internet junkies? Ask them if the increase will pay for the painting chipping in myriads of buildings on the two years is 13,000, plus another 10,000 for continuing education programs. Historically, just over half of the school’s students enroll full time (generally around 52 percent according to: http://www.qcc.cuny.edu/pv_obj_cache/pv_obj_id_AB8B43131FF0D86858EEC62164A6D266C4F51600/filename/ FactBook08.pdf), leaving about 48 percent as part-timers. If you do the math, the extra $25 dollars (the cost of the fee hike for full-timers) times about 11,960 students (approximately 52 percent of the entire retained QCC student population) enrolling and returning the proceeding semester and an extra $22.85 (the fee hike for part-timers) times 11,040 students (about 48 percent of the total QCC student population) is a number that can not be calculated in one’s head. Therefore, the change that we see with this fee increase should be felt and instantaneous. Only time can tell what the service fee increase will do for us, but do not forget to ask. Forget the lines at the bursar’s office or the registrar. Ask professors, guidance counselors, fellow students or anyone that you see fit to elicit some answers; some well deserved answers.

Asking yourself
the BIG question ...

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Manhattan

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Manhattan
Fifth Floor
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Mon., Nov. 3, 6 p.m.
Thurs., Nov. 6, noon

Brooklyn
Sixth Floor
177 Livingston Street
Mon., Oct. 20, 6 p.m.
Thurs., Oct. 23, 3 p.m.
Mon., Nov. 10, 6 p.m.

Old Westbury
Trainor House
223 Stone Hill road
Sat., Oct. 25, 11 a.m.
Mon., Nov. 3, 6 p.m.
Sat., Nov. 15, 11 a.m.

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Looking for a career in the health field? Do you want to make good money with little schooling? How does a starting salary of $60,000 yearly with a 2+year college degree sound? If this seems like something you would be interested in, you should consider the Nursing program at Queensborough Community College. Many incoming students at Queensborough Community College choose Nursing as a major because of its many benefits—you can find a job almost anywhere right after you graduate, and make good money. In addition, QCC has one of the best Nursing programs in New York City. The Nursing Program at QCC is a two-and-a-half year program requiring 66 credits to complete. Students in the program are educated in different health care areas and are provided with hands-on training. Even though it might sound simple, the Nursing Program is very competitive. According to the Nursing Program information brochure, in order to be considered for the program students must complete a pre-clinical sequence of 13 credits including English, Psychology, Sociology and Anatomy/Physiology. In addition, students must obtain a minimum grade point average of 2.75 in the pre-clinical sequence the first time they take each class; you cannot retake a class to get a better grade.

The nursing department has a limited number of seats available due to the high number of applicants each semester. Therefore, a 2.75 grade point average does not guarantee admission. Each semester there are only 80 seats available for nursing, so the competition is very steep. Only those students who demonstrate the highest academic ability are accepted into the program. And after being accepted into the program, you will have hard work ahead of you. The time you have to commit to both class work and homework is impressive by anyone’s standards. After attending the information session given by the nursing program, I was informed that the first nursing class you take after being accepted into the nursing program is NU-101, a 7 credit course. The course consists of twelve hours in a hospital, three lecture hours, and additional lab time. Fifteen hours plus, not bad huh? Let me break it down for you. 12 hours of being in a health care setting providing direct care to sick patients under the supervision of nursing instructors, plus 3 lecture hours with additional lab time and tons of reading and memorizing of materials.

If you are interested in being a nurse you should definitely go for it, but do not ever think it is an easy ride to big bucks. If you are not willing to put in the time and effort, you will not survive. According to Dr. Anne Marie Menendez, Chair of the Nursing Department, “people going into Nursing should have the intent to help people and be compassionate and passionate about doing this kind of work. Essentially Nurses are in the healing profession. Also, we do encourage our students to go on for a Baccalaureate degree. As a matter of fact, we will be partnering with Hunter College starting in Fall 2009, where students can sign up for QCC and Hunter as well. They can finish with their ADN here, and continue on seamlessly at Hunter for their BS. Lastly, we accept approximately 120 students in the fall because we have an Even Program and approximately 80 students in the spring semester. Evening Students often work full time in the day, and attend our program at night.”

Nursing is a great field to work in if you are willing to work hard, and Queensborough Community College is a great place to get your nursing degree. Another reason why the nursing program here at QCC is great is the price. One semester at QCC will cost a student about $1,400; on the other hand, one semester at Molloy College, a private school located on Long Island, will cost a student $9,350 per semester. Big difference? That’s a $7,950 difference. QCC is the more economical choice for many students. That is another reason why the program is so competitive, and why admission is so difficult. If you are interested in the nursing program here at QCC, please contact the Nursing program to get academically advised. The nursing program has an information session coming up in November; for more details please visit the nursing department located on the 3nd floor in the Medical Arts building, or call (718) 631-6080.

**Going Green**

**continued from cover story**

9. **Commute by carpooling or using mass transit.** Over a quarter of the vehicle-miles traveled by households are for commuting to and from work—usually with one person in the vehicle. Carpooling and mass transit are among options that offer big reductions in carbon emissions. (Even if it is only one day a week).

10. **Insulate and seal your apartment or house.** This will reduce emissions associated with both heating and cooling, two of the largest sources of residential carbon emissions. One can begin changing their impact on the environment by taking some very simple steps. For example, the next time you need to run to the store just a few blocks away from your home, skip the car and walk or ride a bike instead. Or next time you leave a room, switch the electronics off instead of leaving them on. Steps such as these will initiate your journey to saving money and ultimately, our beautiful earth. Next time you think of flicking that cigarette out the window as you’re driving along, think about where it will end up; truly think. Consider your impact on the planet more often and make yourself useful in keeping our planet healthy. Like any living thing, our earth has a heartbeat and we are clogging its arteries everyday.

   Loads of people have already “gone green,” and it’s proving to be rather trendy. Even some of your favorite celebrities have taken part. Going green is an addiction concept once accepted, and it is all about giving back to your environment; the place we call home. Big or small, it doesn’t matter; as long as you are helping to make the earth a better place to live it is a step in the right direction.

   If people continue to ignore their impact on the environment, life as we’ve known it is going to be nothing but an uphill battle from here on out. The impacts are too great to ignore, and we must do everything in our power to protect our future!
The iron fist of Communism has struck its knuckles into one of China’s most peaceful practices. The Chinese Communist party, or CCP, is notorious for taking aggressive approaches towards keeping the ideals of communism alive in the oppressed minds of the Chinese people. Many people are not aware of the persecution that has been going on for the past nine years in China against practitioners of Falun Gong.

According to the Falun Data Information Center, Falun Gong is a spiritual practice based on universal principles of truthfulness, compassion and forbearance, and it aims for a holistic well being in both body and mind. Its practitioners engage in a series of exercises and meditation which arises from the Chinese belief that we all have energy traveling in our bodies through different energy channels, called meridians. These exercises claim to develop energy, and improve the human condition both mentally and physically. Practitioners of Falun Gong practice it to try and achieve happiness, good health, and meaningful living.

BBC news states that by 1999, Falun Gong had reached an astounding 100 million followers, 70 million in China and 30 million abroad. In contrast, the CCP has only 60 million members. Not only do the statistics threaten the CCP but the Falun Gong followers were well known to be intellectuals and to hold positions in the security services and the military, and to be Party officials along with being members of the inner-most government circles. Apparently, what most threatened former Chinese President Jiang Zemin was the fact that there were 100 million people, the majority of them Chinese, who believed in something besides communism. Fearing that Falun Gong practice would break the control of the CCP, Jiang Zemin decided to eliminate the practice of Falun Gong altogether. On June 10, 1999, Jiang Zeminmin ordered the police, secret police and army to arrest, beat, and imprison Falun Gong practitioners.

Even though there is a great deal of documented evidence by credible sources including CNN, the British Broadcasting Company of torture used against Falun Gong practitioners the CCP government officials deny the evidence. They say Falun Gong practitioners die of old age, poor health, suicide, or the refusal to eat or receive treatment. Li Hongzhi, the founder of Falun Gong responded to the CCP’s allegations against the practice of Falun Gong in an editorial published in July 22, 1999 titled “A Brief Statement of Mine,” he stated:

Falun Gong is simply a popular qigong activity. It does not have any particular organization, let alone any political objectives. We have never been involved in any anti-government activities... We are not against the government now, nor will we be in the future. Other people may treat us badly, but we do not treat others badly, nor do we treat people as enemies.

To justify its actions, the CCP claims that behind Falun Gong’s peaceful facade is an evil cult that brainwashes and harms its followers, while trying to subvert the Communist government.

The Falun Gong Information Center informs the public about the torture methods used by the 610 office, including beatings to the face with heavy objects, sleep deprivation for days or weeks at a time, electric shock to sensitive body parts, ripping off nails with bamboo sticks, hanging, burning, force feeding through the nose, freezing to death, being cremated alive, and improper use of psychiatric drugs to try and dissuade practitioners from their belief in and practice of Falun Gong.

The Washington Post reported a story on Sunday, August 5, 2001 of James Ouyang, who was arrested for the second time in April 2001 for protesting in Tiananmen Square.

The guards ordered him to stand facing a wall. If he moved, they shocked him. If he fell down from fatigue, they shocked him ... By the sixth day, Ouyang said, he couldn’t see straight from staring at plaster three inches from his face. His knees buckled, prompting more shocks and beatings. Eventually he gave in to the guard’s demands, and denounced Falun Gong shouting into the wall. Officers continued to shock him about the body and he soiled himself regularly. Finally, on the 10th day, Ouyang’s repudiation of the group was deemed sufficiently sincere. He was taken before a group of Falun Gong inmates and rejected the group one more time as a video camera rolled. He left jail and then entered brainwashing classes. Twenty days later after debating Falun Gong for 16 hours a day, he graduated.

Falun Gong members are also sent to Laogai labor camps where they are used for slave labor, forced to work under inhuman conditions, and are beaten if they cannot finish the work. The Epoch Times claims in an article written by Riordan Galluccio on March 24, 2004, that there are around 1,100 known forced labor camps throughout China. The manufactured products produced by this slave labor are then shipped all over the world, and are also used widely in the USA. Companies including Midas, Staples, Chysler, Nestle’s, Banana Republic, Neiman Marcus, Bon Genie, Holt Renfrew, and French Connection are among a number of others that have their products produced in Laogai labor camps.

For someone born into a western culture it is hard to comprehend how people can be treated so inhumanly in the twenty first century solely based on their system of spiritual belief. The Falon Gong persecution is following in the footsteps of the holocaust, during which the world stood by and watched as people perished under Hitler’s wrath. Human Rights organizations such as Amnesty and Human Rights watch, along with Governments world wide are concerned about the mistreatment of Falun Gong practitioners and are asking the United Nations and international governments to get involved and put a stop to the persecution.

For more information, please visit these sites:

- http://www.bbc.co.uk/dna/h2g2/A2922644
- http://news.bbc.co.uk/hi/asia-pacific/1172731.xml
- http://www.faluninfo.net/category/11

To intensify the persecution Chinese President Jiang Zemin created the 610 office, which the Epoch Times compares to the Gestapo; the official secret-police organization employing underhanded and terrorist methods against persons suspected of disloyalty in Nazi Germany during WW2. The 610 office reaches out to stop the practice of Falun Gong and has full authorization to do so through any means possible.

To understand the persecution, a prominent Falun Gong practitioner was subjected to prolonged torture (On October 16, 2006). This man had been subjected to prolonged torture and ill-treatment in police custody. (photo: Mr. Zhang Zhong)


This man had been subjected to prolonged torture and ill-treatment in police custody. (photo: Mr. Zhang Zhong)
The Presidential election on November 4th is perhaps the most crucial election in our lifetime. We have an economy in turmoil, a war gone out of control, and a President who has proven time after time that he is not capable of much. There is no doubt that whoever the next President may be, he will have to climb out of the biggest holes that the United States has ever dug itself into. This year the Presidential candidates are republican Senator John McCain, and democratic Senator Barack Obama. John McCain’s resume includes many years in the United States Armed Forces, and over two decades in the U.S. Senate. Although Barack Obama has been criticized by his opponent for having less experience in national politics, he is a graduate from Harvard Law School, practiced civil law, and taught constitutional law at the University of Chicago Law School for 12 years. He first made an impact as a community organizer on Chicago’s Southside.

The chart that follows presents an overview of the Presidential candidates’ positions on several of the most important issues facing the United States today.

<table>
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<tr>
<th>Health Care</th>
<th>Source: cnn.com</th>
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<td>McCain’s policy proposes that if a family wishes to purchase health care they will be credited $5000. It is not mandated by government. Depending on one’s needs the consumer chooses benefits. Policies can be purchased across state lines.</td>
<td>Obama proposes a Medicare-like plan, a menu of private options similar to the generous plans available to U.S. government employees today. Low income Americans would receive federal subsidies to purchase premiums.</td>
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<tr>
<th>Iraq War</th>
<th>Sources: cnn.com; Obama website; thedailynews.com</th>
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<td>McCain supported the invasion of Iraq and has stated that he would keep troops in Iraq for as long as needed, dependent on agreement from the Iraqi government. “It’s not a matter of how long we’re in Iraq, it’s if we succeed or not.” John McCain was an early supporter of the Surge.</td>
<td>Obama opposed the Iraq war as early as 2002 and has pledged a responsible, phased withdrawal. Obama was strong opponent of the Surge and up until July continued to call it a failure. He wrote and introduced the Iraq War De-Escalation Act of 2007 which would have stopped the Surge and started to pull American troops out of Iraq in 2007. He continues to criticize the Surge because he says it has not achieved political reconciliation, has overtaxed the military and diverted focus from Afghanistan and Pakistan, which he considers to be the central front in the War on Terror.</td>
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<th>Energy</th>
<th>Sources: MSNBC; Planet Ark, a daily newspaper; Information from Obama’s speeches and website</th>
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<td>McCain gave a major speech on his energy policy at the Center for Strategic and International Studies. He connected energy independence with national security, climate change, and the environment. McCain proposed increasing ethanol imports and moving from exploration to production of plug-in hybrid electric vehicles. Argued that U.S. dependence on oil from foreign nations is “a major strategic vulnerability, a serious threat to our security, our economy and the well being of our planet,” according to the Library of Congress. McCain supports the increased use of nuclear energy in the U.S. and renewable sources to produce electricity. He has promoted the expanded use of nuclear power, calling for 45 new nuclear reactors to be built by 2030.</td>
<td>Obama has presented a New Energy for America plan to achieve a low carbon economy, subsidizing 5 million new green jobs. He proposes $150 billion over 10 years to accelerate the commercialization of plug-in hybrids, promote development of commercial scale renewable energy (establishing a 100% federal RPS to require that 10 percent of electricity be derived from renewable sources by 2012 and 25% in 2025), encourage energy efficiency, advancing the next generation of biofuels (requiring 60 billion gallons by 2030) and fuel infrastructure, and begin transition to a new digital electricity grid (smart metering, demand response, distributed generation and electricity storage systems). He also plans to reduce overall U.S. oil consumption by at least 35%, or 10 million barrels per day, by 2030 to offset imports from OPEC nations. Obama and other Senators introduced a bill in 2007 to promote the development of commercially viable plug-in hybrids and other electric-drive vehicles in order to shift away from petroleum fuels and “toward much cleaner—and cheaper—electricity for transportation.” His plan proposes an increase in fuel economy standards 4% per year, specific focus on R&amp;D in advanced battery technology, and a $7,000 tax credit for the purchase of advanced technology vehicles.</td>
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<th>Education</th>
<th>Sources: U.S. Senate legislation records, John McCain website; Obama website</th>
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<td>On July 29, 2007, McCain voted against increasing federal student loans and Pell grants and expanding eligibility for financial aid. McCain wants to recruit more teachers, and provide them with better packages.</td>
<td>In the U.S. Senate, Obama has been active in working to make college more affordable. His very first bill sought to increase the maximum Pell Grant award to $5,100. As a member of the Health, Education, Labor, and Pensions Committee, Obama helped pass legislation to achieve that goal in the recent improvements to the Higher Education Act.</td>
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November 4th will be a crucial day for Americans and our choice will decide the fate of American democracy for at least the next four years. Whether republican or democrat, the new President has to understand the depth of America’s current socioeconomic and political crises. In addition, Bush’s war against terror has destroyed a country and it appears more and more each day that America is as vulnerable to terrorist attack today due to flawed and failing foreign policy in Afghanistan and Pakistan as it was on 9/11. Today, after 7 years disastrous economic upheaval and war, America finds itself still looking for the “terrorist nation.”

As voters we have the ultimate responsibility of picking the right President for our current position. Hopefully, after reviewing the policy proposals of our next potential President, as summarized in the above chart, the decision can be a bit easier. Vote and let your voices be heard. Every vote does count.
As of May 2008, the NYPD raised the salaries of all police officers by almost 17% above the contract of 2005. The department’s hope is that the new contract offer will assist in the recruitment of new police officers while retaining top cops and countering the recent drop in numbers of NYPD officers. During a radio interview with WNBC in January 2008, Police Commissioner Ray Kelly stated that “We are about 1,000--a little over 1,000 short of our authorized head count,” adding that the best way to recruit more police officers in the city is to increase the pay rate.

This year the NYPD will have the lowest number of uniformed officers in 15 years. In an effort to counteract the shortage, the new contract states that police officers hired as of July 2006 will get an salary increase from $25,100 to $35,881 to $41,975, with top level pay rising from $65,382 to approximately $76,000 annually, as opposed to the previous contract’s $59,000 after 5 and a half years. “The contract provides stability to a key labor force in our city,” Mayor Bloomberg stated in The New York Post.

Officers who were employed under the 2005 contract agree it made household expenses difficult to meet. Queens Patrol Officer Santos, who has been on the job for nine months and has a wife and child, feels lucky his wife has a job that pays $40,000. His low salary, he says, “Hurts family life.” A terrible example of how low salaries are affecting our law officers involves an incident when Officer Patrick Venetek of Brooklyn was cleaning his gun in the dark when it accidentally went off. The bullet struck an 18-month-old boy in the apartment below. The reason Venetek was cleaning his gun in the dark was that he could not afford to pay his electric bill.

Prior to the 2005 contract, which in the last 3 years had created the shortage, the NYPD starting salary, was $36,000. But in 2005, due to disagreements between the Patrolmen’s Benevolent Association and the city, state arbitrators stepped in and signed a new contract which started rookies at $25,000 for the first 6 months, then $32,700 after 6 months and $59,588 as top pay after 5 ½ years on the job.

At the time, many politicians and community activists were outraged with that change. Many argued that urban cops should get paid more than suburban cops because of the increased stress and dangers of an urban community.

Jeannette, a mother of a 2 year old and a 4 year old who was interviewed for this article while shopping in the mall, said, “Sometimes I’m afraid to take my kids out at night because you’re always hearing news about cops quitting to go to other cities.”

In other local police agencies salaries run higher. For example, in the Nassau Police Department the current maximum salary is $95,079, in Suffolk it is $84,545, and even Port Authority is paying $75,719. All over the country, police departments are paying a significantly higher amount the NYPD. The consequence of such disparity in salary is that the number of newly hired officers in New York City has decreased at the same time that resignations have increased. The number of police officers who leave within their first five years on the job has jumped from 890 in 2006 to 990 last year, an 11-percent increase according to The Chief-Leader. This increase has led to an already exhausted and short-staffed law enforcement agency that has become today’s NYPD.

“Other cops always want to leave the NYPD for places like Suffolk or Nassau,” said Patrol Officer Daverin, another new Queens’s officer. The NYPD hires new officers every six months. Each class falls short in the number required to keep the department running at full pace. Other police agencies, for example, the Seattle Police Department, have been known to recruit top cops from the NYPD offering higher pay, including funds for moving fees. Many New York City police officers have also transferred to the FDNY because of the more flexible schedules and higher pay.

Despite the low salary, many men and women still become police officers because they believe the pay is not as important as the duty of protecting their community. In fact, they continued to join the NYPD despite the $25,100 starting salary under the old contract.
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New Yorkers are a hard working bunch and when it comes to play time, we know how to let loose and unwind. What better place to forget about the work week than New York City? The city offers an eclectic nightlife for its residents and tourists alike. From classic Broadway shows to underground music performances everything is offered in this city. And while prices for almost everything continue to soar, there are still places and events in the city where you can enjoy your nights out without emptying your wallet.

Hidden in this urban jungle is Comic Strip Live or “Comic Strip.” The comedy club opened its doors in the 1970s, and it is where well-known comedians including Jerry Seinfeld, Chris Rock, Adam Sandler and Eddie Murphy launched their careers in stand-up comedy.

Immediately to your right, upon stepping inside Comic Strip, you will see a bar serving top shelf liquors and non-alcoholic beverages. Opposite of the bar is a signed photo collection of comedians Comic Strip has nurtured over the years. Adjacent to the “wall of fame” is a bathroom (one person at a time). Making a slight right is a passageway to where legends and rookies transform the gloomy and cold brick room into a social reunion of souls who are hungry for a good laugh. The room looks like a love child of a Renaissance castle and a college dorm. There are no windows; it is dim and small candles creating a soothing ambience. The typical show lasts for two hours with an average of five comedians lining up the show. What makes the club’s comic line-up strong is that almost all of the comedians are New Yorkers - born and raised, or just embraced. Jerry Seinfeld was once quoted in an interview with the New York Post, “When you are a kid starting out as a stand-up comic, you don’t dream about the cover of Time magazine. You dream about the 9 o’clock spot on Saturday night at the Comic Strip.” According to Comic Strip’s website, Eddie Murphy, who worked at The Strip before joining Saturday Night Live, discovered Chris Rock at Comic Strip.

Some of these well-known comics still swing by at the Comic Strip to do shows. If you fill out the card handed out before each show, you’ll receive emails about upcoming shows that include Dane Cook, Adam Sandler, or Dave Chapelle, and some with special codes for free admission for up to six people are sent out every two months. Comic Strip also hosts specials events such as Comedy Caliente, a night featuring New York City’s hottest and in demand Latin comics; and Sunset Comedy Cruise, a night of stand-up comedy and dancing held during the spring and summer seasons, is three hours long and circles the Statue of Liberty and Brooklyn Bridge.

Comic Strip’s general admission is $20 (tickets are available on the website, www.comicstriplive.com, and at the door), and there is a two drink minimum (average drink price is $7). Reservations are mandatory and are made either online or by calling (212) 861-9386. Comic Strip is located on 1568 2nd Avenue (between 81st & 82nd Street).

From QCC:

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• Transfer to the 4, 5 or 6 subway train heading uptown
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- Call the Office of Institutional Advancement at 718.281.5144, Yasmin Jewnandan
A Night Out on the Town

BY LANA MERCADO

There are many of us who spend endless hours at school and at work, and can never seem to fully have fun until the weekend arrives. Luckily, as residents of the New York City metropolitan area, there are innumerable things to do and places to be in the city on a Friday or Saturday night, when you are finally free to enjoy yourself. Here are four places you should visit on a Friday or Saturday night out with your buddies.

In Groenwich Village, you may want to try Groove NYC Bar and Grill at 125 MacDougal Street. This is a great place to relax with friends when you are not in the mood for hard partying. It is a small yet cozy and comfy spot with live Jazz and R&B music. There are different underground bands that play, and there is no entrance fee although there is a two-drink minimum for every set of music, which usually consists of 12 songs. You can order any drink you want, from a Mojito to Long Island iced tea, or even a Cosmopolitan. If you are hungry, Groove offers light fare including appetizers, salads, sandwiches or dessert. When you are having one of those nights where you want to unwind a bit to soft music, Groove is the place to be.

Another place to visit, this time in SoHo, is Moomia Bar & Lounge at 157 Lafayette Street and Grand Street. Moomia gives you the feel of being in Egypt and Japan at the same time, with an Egyptian setting and Japanese cuisine. You can dine on freshly made delectable sushi specialties like Sex on the Beach rolls, Tokyo Midnight rolls with Salmon, and hot or cold appetizers. Many drinks are available at the bar including traditional and exotic martinis that taste great. Entertainment varies with music ranging from Reggaeton to Electro. There is also hookah at the lounge where you can relax and recline while sampling a Middle Eastern banquet with 17 flavors...YUM!! Try orange, peach, cherry, apple and many more. Head on over to Moomia for some fun if you want to be somewhere exciting and exotic.

Stitch Bar & Lounge is another great place to be when you want to have some fun. Located in midtown Manhattan at 247 West 37th Street, between 7th & 8th Avenue, it has two floors, two bars and a private balcony bar— you can’t go wrong. There is alternative rock music, “Acoustic Tuesdays,” impromptu belly button piercing with his lightsaber, and live performances by many underground bands and well-known artists such as Hoo bastard. There is also a nice variety of things to eat: Burgers, Pizza Sandwiches, and small appetizers. Stitch also has great cocktails with appealing names, including The Lingere, The Stiletto, and Ruby Shoes Cosmopolitan. Voted as the best after work bar in New York City by Citysearch.com, Stitch is the place to visit if you work in the city or want drive in with your friends for a good time.

Last but not least, a terrific place to check out is Latitude, at 783 8th Avenue. You can also have fun elsewhere in the neighborhood since Latitude is located very near Rockefeller Center. Latitude offers “Board game Mondays,” and you can also play the well-known game Rockband on Fridays. The first floor has a huge bar that you can hang out at, or you can relax and eat with your friends in a booth or by the fireplace. The 2nd floor has a billiard room, a Mardi Gras bar and a second fireplace where you can relax and have a drink. The 3rd floor has an ambiance and decor that makes you feel as if you are in a huge VIP room with a bar that looks out onto 8th Avenue. The delicious finger foods range from seafood to 75-cent chicken wings with a limit of six per order. Three different floors with drinks, comfort, and an amazing view looking over the city; Latitude offers an amazing experience.

For more information on these 4 places check out their websites: Clubgroovenyc.com, Moomianyc.com, Stitchnyc.com and atattitudebarnyc.com.

Star Wars Goes Toon

BY BRAD COLOMBI


Well, it finally happened. The original Star Wars trilogy saw puppets and toy models to help tell its star-soaring story. Adding to the visual vortex, the prequel trilogy introduced fans to CGI (computer generated imagery). Now, that old plaid wearing magician of sight and sound, Star Wars mastermind, George Lucas, who some fans seem to have a love/hate relationship with has gone and made the latest film in the Star Wars franchise, Star Wars: The Clone Wars, completely computerized! Many fans had complained that the last three Star Wars films were too contrived and put the visual sparkle before story. Well, Lucas doesn’t care how many times you slash his tires for the Jar Jar Binks debacle, the entire Star Wars universe has been digitally revamped.

Despite what the whiners have to say on the web, Clone Wars is light years above and beyond any other movies this year. This is true entertainment; action-packed, well-paced and perfectly presented. This visual treat hums with the excellence of a fully functional lightsaber.

Taking place between Episode I and Episode II, Jedi legends Obi-Wan Kenobi and Anakin Skywalker set off in search of alien gangster, Jabba the Hut’s son in exchange for territory to continue the on-going Clone War against the treacherous Trade Federation; a band of rogues looking to take over the galaxy. But hot on the Jedi’s trail is the sinister Sith warrior Count Dooku and his aggressive apprentice, who are the actual kidnappers, and look to frame the Jedi duo for the atrocious abduction.

A new character is introduced, Ahsoka Tano; Anakin’s new padawan learner. This cruel creation turns out to be a bogus blunder. Ranking up their learner. This cruel creation turns out to be a bogus blunder. Ranking up their rating, this jam-packed journey is more fun than choking someone with the force.

Despite what the critics have to say on the web, this striking super nova and the new Indiana Jones adventure. Clone Wars is a feverish feast for the senses. It’s the reason why the concept of film was hatched with ample auditory acuteness. Though not composed by the series’ usual maestro, John Williams, new-comer Kevin Kiner fits well but not quite perfectly into Williams’ intimidating shoes. What he’s alluded to the hard-rock/techno arrangement during the scenario where the Jedi invade Dooku’s fortress? Every other scene features overwhelming orchestral delights, but why does the composer briefly resort to a mundane mess of cliché action film music? With that kind of music I assumed our heroes were about to face off against Judge Dredd.

So far, Mr. Lucas, has produced two sensational successes this year; this striking super nova and the new Indiana Jones adventure. Clone Wars is a feverish feast for the senses. It’s the reason why the concept of film was devised from day 1; its sole purpose is to entertain. Raise your lightsabers, this jam-packed journey is more fun than choking someone with the force.

Rating: ****

Rating System:

**** – A crowning achievement. These films deserve shrines.
****1/2 – We’re talking Pacino-quality stuff here.
*** – Good stuff, good stuff.
**1/2 – Not quite perfect, but it might actually be worth getting your wallet man-handled at the theatre.
** – Average. You’re not missing any epics here.
* – Time to hit customer service and ask for your cash back.
½* – Kevin Smith.
½* – May or may not be used at Guantanamo Bay.
0* – No Stars ~Like Barbara Streisand and Celine Dion being the only thing you see and hear on TV for all eternity.
The story begins in the southern city of Sylvan, South Carolina, where we are introduced to Lily Owens, a fourteen year old girl who at the young age of four lost her mother in a tragic accident, and who continues to be haunted by the memory. Lily feels so lost and lonely, and she struggles to come into her own as a woman without having a mother in her life. Rosaleen Daise is Lily’s African American nanny. Rosaleen serves as Lily’s only female role model and stand in mother. Queen Latifah portrays August Boatwright, the all knowing and all loving mother of the house, who is consumed by her passion of beekeeping and making her Black Madonna honey. Alicia Keys plays June Boatwright, the sometimes snobby and uptight middle sister, who from the start finds Lily to be a little more than suspicious. Sophie Okonedo is kind, friendly ole’ May Boatwright, with a smile that lets you know “she was not all together a normal person,” but she proved that a family can be found where you least expect it—maybe not under your own roof, but in that magical place where you find love. The story is set in a very turbulent time during the civil Rights Movement in 1964. Rosaleen had just acquired the right to vote. Lily is so excited for Rosaleen and desperately wanting get out of the house, she accompanies Rosaleen on her journey to town. When on their way to register to vote, they come across three racist white men. The men attack and beat Rosaleen. Even though they have done nothing wrong, Lily and Rosaleen are arrested by police and placed in jail. After being released to a furious T. Ray, only Lily can return home. Furious that T. Ray would not bail Rosaleen out of jail, Lily and T. Ray begin to argue: “You’re sorry mother left you. The day she died, she came back to get her things, that’s all.” With these words echoing in her ears, Lily has had enough of T. Ray’s lies. Lily cannot believe her mother could ever have left her with this horrible man. She loved her right?

In an attempt to find out the truth and save Rosaleen from being killed, Lily and Rosaleen escape to Tiburon, South Carolina. Lily hopes to find answers to her questions about her mother’s past, so that she can be at peace with her mother’s passing and start a new life. With only the direction of a few of her mother’s belongings to guide her, Lily and Rosaleen start their journey, hoping to find the truth. When directed by a store owner in Tiburon to the “pink house” where August Boatwright’s is famous for making her delicious Black Madonna honey, Lily and Rosaleen are introduced to the Boatwright sisters. They are the most strong and cultured women she has ever met and all the mothers she will ever need. They serve as the catalyst to Lily’s growth and thus begins a beautiful story of triumph and discovery.

Luanne Rice, the author of Dream Country has written, “The Secret life of Bees” proves that a family can be found where you least expect it—maybe not under your own roof, but in that magical place where you find love. The Secret Life of Bees is a gift, filled with hope.” I honestly enjoyed reading The Secret Life of Bees by Sue Monk Kidd, and it has become one of my all time favorites. It made me laugh and made me cry, it evoked emotions that I didn’t a think book could ever do. It was honestly amazing, it is one of those stories that you never want to end and it almost seems unfair that it has to. It possesses characters that you wish you could one day have the chance to meet but know is never possible. I hold this story so dear to my heart, it was truly a pleasure. I can only hope that the movie will live up to my high expectations.

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"I should have got the flu shot"

By Sandy Guevara

The flu season is here and too many people do not get vaccinated against the flu virus. Reasons vary. For some, it may be that they are not aware of the effects of getting the vaccination, they don’t know where to go in order to receive it, or maybe they do not believe that the vaccination actually prevents the flu virus. However, everyone should be vaccinated because the flu can lead to other related viruses, for example, pneumonia (a serious lung infection).

The flu, also known as influenza, is spread through “droplet spread.” This is the most common way to get the virus, and it occurs when coughing or sneezing droplets are in the air and enter into the mouth or nose of a person standing nearby the infected person or area. The flu can also be spread by sharing bottles or a number of other objects. In fact, one may infect someone else before they even know they are sick with flu.

The flu vaccine should be taken as soon as it is available, the earlier the better. Flu seasons are between the months of September through February. Getting the vaccination early is very important especially for kids of ages 6 months to 5 years since it’s distributed into 2 doses that have to be received within a period of 4 weeks apart. It is also important if you want to reduce your child’s chances of getting the flu and other respiratory infections.

The vaccine is designed for everyone to receive it but there are certain people who are strongly recommended to get vaccinated. People who are 50 years of age and older and people who have chronic medical conditions such as asthma, diabetes and heart disease should not take the vaccine. Also people who live with or care for those who are at high risk of catching the flu, including healthcare workers, home caregivers of the elderly or children that are less than 6 months of age.

There are also certain people who should not receive the vaccine including people who are allergic to chicken eggs as the vaccine contains this element. People who are ill, for example someone who has a high temperature, should not receive the vaccine at the time of illness. People who have had a severe reaction to the vaccination and people who have developed Guillain-Barré Syndrome, which is “an autoimmune disease affecting the peripheral nervous system,” as defined on wikipedia, should not receive it. Children who are younger than 6 months should not receive the vaccine either because it has not been approved for this age group.

There are two types of method for preventing the flu virus. The most common way is the flu shot and the second is the Flu Mist, also known as LAIV “live attenuated influenza vaccine.” The flu shot kills the flu virus; it is given with a needle in the arm. The Flu Mist is a nasal spray that you apply as directed by your physician.

This vaccine is given to people of 2 years to 49 years of age, but if you are pregnant you should not receive the nasal spray flu vaccine. Both vaccines take about two weeks for the antibodies to develop in the body in order to fight the flu virus.

There are some side effects that pertain to these vaccines. The side effects of the flu shot are redness/swelling at the site where the vaccine was delivered, fever and aches. The side effects of Flu Mist/ LAIV in kids include runny nose, wheezing, headaches, vomiting, muscle aches and fever (as stated on the Center for Disease Control and Prevention (CDC) website). The side effects among adults can be a runny nose, headaches, sore throat and cough. The effects lasts about 1 to 2 days but usually people do not have any serious effects unless the patient is allergic to the vaccine.

The flu vaccine prevents against the flu virus but it doesn’t protect against other general viruses or respiratory sicknesses like the common cold. The flu vaccine cannot protect you if you already have the virus before you receive the vaccination. The vaccine takes up to two weeks in order for your antibodies to start developing against the flu virus. The biggest misconception about the flu vaccine is that it causes the flu virus. The Center for Disease Control and Prevention states “No, the flu shot cannot cause flu illness.” The vaccine is designed to inactivate the flu virus.

The difference between a common cold and the flu is that they are caused by different viruses. They have similar symptoms which is why they are often mistaken for one another. Flu viruses are worse than common colds. With the flu your symptoms may be fever, body aches, tiredness and dry cough, when a common cold is developed it is associated with a runny or stuffy nose.

The vaccine is the best way to protect yourself and others against the flu. It reduces your chances of getting the flu virus and prevents you from getting other viruses related to the flu such as pneumonia which can result in death. Flu vaccine distribution starts as early as August. The manufacturers of the flu vaccine are predicted to distribute about 143 to 146 million vaccines to physician offices in the year 2008-2009 according to the Coordinating Center for Infectious Disease (CCID) on the CDC website. For further information on when you can receive your flu shot contact your primary care physician.
Is Energy Worth Dying for?

By Bianca J. Chancy

Is this drink a health risk?

As a young adult, the energy drinks Red Bull, and Rock Star have been my option more than once while juggling school and work. I have seen my friends drink approximately six Red Bulls in a matter of minutes.

The thought that doing so could be dangerous had never crossed my mind. I know many students on campus also quench their thirst with energy drinks. The question I never asked was, do energy drinks actually give you energy?

As a freshman at QC, I drank two Red Bulls everyday in the morning, one after the other. The energy drink is supposed to do just what it implies, gives you an extra boost of energy. For me, it all was all in my mind. I did not feel a significant surge of energy from drinking Red Bull, but after a while I noticed that my hands were starting to shake. Apparently, my body did not respond well to the ingredients in Red Bull.

It turns out that many health providers are worried that teens are abusing these energy drinks by consuming several cans in a row hoping to get a buzz. The shocking truth is that over the past few years poison control centers have seen an alarming rise in the number of calls received from young teens getting sick from too much caffeine. The common side effects from consuming too many energy drinks are hyperactivity, nausea and vomiting in some cases. For anyone who believes they may be consuming too many of these energy products, the 24 hour national hotline number for poison prevention is 1-800-222-1222; all calls are kept confidential to protect your privacy, and the counseling is free of charge.

According to a report on Foxnews.com, the company Redux Beverage has stated that, “We would like to get noticed against a thousand other energy drinks, we knew kids would find it cool, but we also wanted to stress the idea that it is an energy drink, you don’t need drugs.” Redux Beverage’s slogan is “The legal alternative.” The Fox report mentioned that if half of the bottle is taken up by a warning label the drink is potentially dangerous to one’s health, and that it is possible to overdose on caffeine. Check out the labels: A single can of Monster has 105mg, Rock Star has 110mg, and Red Bull is in the lead with 120mg. Although a single can does not deliver as much caffeine as twelve ounces of brewed coffee, two cans take you over the top. How could it be healthy?

Energy drinks are mostly marketed to people under the age of thirty, particularly to college students. A tenth grade student from Wellington, Florida died after reportedly drinking alcohol and energy drinks at a party. According to alcoholhelpthelives.com, another student Ashley Rammouth 16 lost her life to this fatal combination: “She went to a party with friends and was dropped off home afterwards: later, a friend found her unconscious. Her parents and the friend administered CPR and called 911, but Rammouth was pronounced dead at a local hospital less the two hours later.” It was also reported that a man living in New York drank four red bulls with alcohol for four hours straight and died that same night.

I no longer drink Red Bull or any other so-called energy drink, and discourage anyone in my sight that is. Getting a little extra boost of caffeinated energy is not worth dying for.

The Effects of Sugar

By Victoria Urbano

Do you spend little time preparing your food compared to the old fashioned way? If you are going to fix a quick meal do you rely on pastas, noodles. I have come to understand that I am a sugarholic. Whenever I am pressed for time, I will grab a candy bar to keep my stomach from grinding during class. I will carry 4 or 5 different types of candy bars to hold me until I cook a hot meal later. And “cooking something” might be canned soup or Chinese noodles. I have come to understand that I am a sugarholic. I am not alone. Americans devour 7.3 billion pounds of candy every year, spending an estimated $23.1 billion dollars on candy and gum.

In addition, the consumption of processed foods which are all are chock full of sugar is eating away at the American public more than $54 billion in dental bills each year. FYI, the dental industry reaps huge profits from the programmed addiction of the public to sugar products.

Today we have a nation that is addicted to sugar. A recent health study available at Renes. com, states that in 1915 “the national average of sugar consumption (per year) was around 15 to 20 pounds per person.” Today, the average American consumes his/her weight in sugar, plus over 20 pounds of corn syrup each year. The human body cannot tolerate such large amounts of refined carbohydrates. The vital organs in the body are actually damaged by this enormous intake of sugar. Refined sugar contains no fiber, no minerals, no proteins, no fats, no enzymes, only empty calories. When you eat refined carbohydrates the body has to borrow vital nutrients from healthy cells to metabolize the incomplete food. Calcium, potassium and magnesium are taken from various vital parts of the body to make use of the sugar. Many times, so much calcium is used to neutralize the effects of sugar that we end up with osteoporosis because of the withdrawn calcium. Likewise, the teeth are affected and they become decayed.

Sugars cause the body to deplete its own stores of various vitamins, minerals and enzymes. If sugar consumption is continued for too long, an over-acid condition results, and more minerals are needed from deep in the body to correct the imbalance. If the body is lacking the nutrients used to metabolize sugar, it will not be able to properly handle and rid itself of the poisonous residues. These wastes accumulate through the brain and nervous system, which speeds up cellular death. The bloodstream becomes over-loaded with waste products and symptoms of carbonic poisoning result. Sugar also makes the blood very thick and sticky, inhibiting much of the blood flow into the minute capillaries that supply our gums and teeth with vital nutrients. Therefore, we wind up with diseased gums and starving teeth. America and England, the two largest sugar consumers, have horrendous dental problems.

Diabetes is another commonly known disease caused by sugar as well as a high fat diet. Diabetes is caused by the failure of the pancreas to produce adequate insulin when the blood sugar rises. A concentrated amount of sugar introduced into the system causes the body into shock from the rapid rise in the blood sugar level. The pancreas eventually wears out from overwork and diabetes then rears its ugly head. Hyperglycemia occurs when the pancreas overreacts to the large amount of sugar in the blood and releases too much insulin leaving one with the “tired” feeling as the blood sugar level becomes lower than it should be.

According to the British Medical Journal, refined sugar may be one of the major dietary risk factors in gallstone disease. Gallstones are composed of fats and calcium. Sugar can upset all of the minerals, and one of the minerals, calcium, can become toxic or nonfunctioning, depositing itself anywhere in the body, including the gallbladder. One out of ten Americans has gallstones. The risk of gallstones increases to one out of every five after age forty. Gallstones may go unnoticed or may cause gut-wrenching pain. Symptoms might include bloating, belching, and intolerance to foods.

Another serious problem with sugar that is now coming to the forefront is the various levels of mental problems. Our brains are very sensitive and react to quick chemical changes within the body. As sugar is consumed, our cells are robbed of their B vitamin, which destroys them and insulin production is inhibited.

How about obesity? Obesity is increasing worldwide and is becoming the world’s biggest health problem. Recent reports suggest that it may soon overtake cigarette smoking as a serious health risk. And children are also affected by over-processed diets and chemical foods. One example is the vending machines in schools which encourage kids to consume junk foods and soft drinks. School vending machines raise considerable revenue to help fund extracurricular activities and athletic sports in high schools.

Here are some tips to gradually help you cut down on sugar:

• Read labels and choose foods that are low in sugar. For example: tomatoes, bread, squash, mushrooms and nuts.
  • Add high fiber foods to your diet: Cooked brown rice, cooked black beans, and boiled broccoli.
  • Low sugar fruit juices: Carrot juice and lemon juice.
  • And most importantly, don’t forget to exercise: Sit-ups, jogging and taking a brisk walk are all easy and fun ways to exercise.
The Influence of QCC Basketball on Student Athletes & Coaches

BY HARSHI SVAGHANAM

The new season for the QCC men’s and women’s basketball team will soon be underway before you know it. Tickets will be available soon—get them while you still can. While many people watch and attend basketball games for the fun and excitement of the competition, some may not be aware of the influence or impact the sport has on the coaches and players. There is more to the story than what you see on the court. For QCC coaches and athletes, it is something greater than whether or not one wins the game.

There are thousands of student athletes who attend colleges, universities, and community colleges to play on a sports team, and there are many reasons why. Many people might assume that one of the main reasons, if not the sole reason, is the hope of turning pro. While this may be true, it is not always the case. Even people, who are not athletes, but who love sports, fantasize about being a pro. But sometimes the motivation for playing college sports doesn’t have anything at all to do with the game.

A lot of times the promise of a better future through education, believe it or not, is the top priority for a student athlete. Playing on a sports team is more a recreational past time to keep a student motivated and fresh from the rigors of academic work, and work outside of school. Athletic scholarships awarded to students that play on a team can help pay for college and motivate the student to complete their education.

To gain a better perspective on how some of the QCC students and coaches felt on this subject, I spoke with two coaches and two players, one coach and one player from both the QCC women’s basketball team, and the QCC men’s basketball team. David Chambers, assistant coach of the women’s basketball team, says that coaching is more than a recreational pastime for him. He gets satisfaction out of helping players build their confidence and better themselves as players. “It’s a good feeling to pass on some of my love and knowledge of the game to anyone, not just players that are interested in the game of basketball.” When I asked Katrina Robinson, a second year two guard for women’s basketball, why she played on the team, and if attaining athletic scholarships had anything to do with it, she responded that “I play for the love of the game. Regardless if I’m offered scholarships or not, I’m going to play basketball because it makes me happy.”

The men’s basketball coach and players also had similar views and thoughts on how the game continues to impact their lives on and off the court. When I spoke with Coach Bill Atkinson, who has been coaching at QCC for more than fifteen years, I immediately learned two things that were most important to him—family, and the players that he coaches. To him, he personally gets the most out of seeing students excel on and off the court, while helping to guide them along the way. “On the court, I want a studious and hard working player, [and] off the court I want a student athlete that’s just as studious and hard working.” On the topic of academics—“It’s important that every kid receive an education, for any chance at doing something with their life. If they don’t, they’re going to sit by and be jealous of the kids that did.” Small forward Bryan Myers agrees with this sentiment and more. While the thought of transferring to a four-year school and receiving a scholarship certainly is a possibility for Myers, he is in it more for the familial bonds that he’s created on the team to help guide him through school. “This whole environment and mentality is that of a family atmosphere, and I love it. I couldn’t really ask for more.”

College basketball and sports in general can evidently be used as more than a tool for attaining a professional sports career. It is also a teacher of life, and the hard work, dedication and discipline it takes to succeed at anything. In my own life, I have played, watched, and practiced hard, though inconsistently at times, for well over ten years when it comes to basketball. All I know is that whenever I stepped onto the court my mind was free of distractions, focused only on the game and nothing else mattered for that period in time. And that kind of focus is always a blessing.

Q: What are your plans for the rest of the season?

A: Honestly, all teams are very competitive, it’s not about playing against the better team, it’s about who wants it the most. There are always 3 things that happen in a soccer match, it’s a tie, a loss, or a win, and we’re only aiming for the win. One thing we do different this year is that we go out there and play with our hearts.

Everyone knows that soccer is a sport that you play with your feet chasing a ball around a field while trying to put it in back of a net. So, why isn’t it called football instead?

Although soccer has a long history, the exact origin of the game cannot be pinpointed. A form of it was played in China around 400 B.C. The ancient Greeks also played a game similar to soccer. In all of these games, players controlled the ball with their feet which is why “soccer” is called “football” in many countries.

The sport became very fashionable in 19th century England. And by the 1900’s, football associations had been established in many countries in Europe and South America. In 1904 the Federation Internationale De Football (FIFA) was established in order to organize the many soccer associations around the globe. The sport was first officially included in the Olympic Games in 1908. In 1930, FIFA organized the first World Cup competition in Uruguay, only 13 nations participated that year. Since then the world cup has grown to include 32 nations from around the world.

I recently interviewed the captain of the Queensborough soccer team, freshman Denton Laing, number 8, to find out his perspective on the game. This fall is Denton’s first season with the QCC Tigers. He believes that the team is much better now than it was last season, and said that “the season has started off slow but it’s starting to shape up.” Everyday the team trains from 5-9 in the QCC field.

The following is an interview with Denton. Hopefully, Queensborough will take the Championship this year. Let’s go Tigers!

Q: What is the team chemistry like? How do you guys work as a team?

A: The team’s chemistry has always been good; we all get along with each other and try not getting into any arguments. We have to communicate in the field and know our mistakes so we don’t keep making them on the field. Another thing is you have to go out there and really want it, we have to always have a winning attitude, so if we want to win, it’s about teamwork and a winning attitude.

Q: What is the team chemistry like? How do you guys work as a team?

A: Our chemistry has always been good; we all get along with each other and try not getting into any arguments. Our main goal this season is being champions and making our coach and school proud, and the only way we were going to achieve our goal is by always playing smart. That’s why we have constant practices so we can know what to do in and out of the field. And also be physically prepared for everything, we basically help each other out on and off of the field. As a team we always stick together.

Q: What do you guys think will be different this year from last year?

A: This is an easy one, it’s basically focusing on fixing the mistakes, being prepared physically and mentally, and taking one thing, THE CHAMPIONSHIP. Last season was horrible, it’s much better this year, were more like a unit, this season is more about unity.

Q: Which team will be the hardest to play against and why? What will you do different?

A: Honestly, all teams are very competitive, it’s not about playing against the better team, it’s about who wants it the most. There are always 3 things that happen in a soccer match, it’s a tie, a loss, or a win, and we’re only aiming for the win. One thing we do different this year is that we go out there and play with our hearts.

“For The Love of the Game”

BY MELISSA AQUILANI

A: Well, first and foremost, I want to focus on bringing up my GPA. First comes education and then comes sports. So it’s basically study hard to get good grades and then it’s stepping on the soccer field and playing your heart out. My plan for this season is to take the championship—I want to make the playoffs and win the CUNY Championship game!

Q: How do you plan on winning?

A: There’s only one thing you can do in order to win in every match and that’s teamwork. We have to communicate in the field and know our mistakes so we don’t keep making them on the field. Another thing is you have to go out there and really want it, we have to always have a winning attitude, so if we want to win, it’s about teamwork and a winning attitude.

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### NASA
**Sources:** John McCain website; Obama website

John McCain has sponsored legislation to support the commercial space industry and led the Senate’s efforts to implement improvements to NASA after the Columbia accident. McCain has pledged that as President he would ensure that space exploration is a top priority and that the U.S. remains a leader and is committed to funding the NASA Constellation program to ensure it has the resources it needs to begin a new era of human space exploration.

As President, Obama will support the development of the new platform Crew Exploration Vehicle to ensure that the United States’ reliance on foreign space capabilities is limited to the minimum possible time period.

### Gun control
**Sources:** John McCain website; Breitbart.com; ontheissue.org; foxnews.com; cnn.com

John McCain believes that the right to keep and bear arms is a fundamental, individual Constitutional right. In the past he has voted to protect gun manufacturers from attempts to make them liable for crimes committed by third parties. McCain opposes restrictions on assault rifles and has voted against such bans. He has supported legislation requiring gun manufacturers to include gun safety devices such as trigger locks in product packaging. He cosponsored legislation to lift the D.C. gun ban. McCain has opposed “waiting periods” for the purchase of firearms.

During a February 15, 2008 press conference, Obama stated, “I think there is an individual right to bear arms, but it’s subject to commonsense regulation.” He has generally supported the 2nd amendment, but supports the right of local municipalities to pass stricter rules than the federal government. Obama has also stated that he will work to reintroduce the expired Federal Assault Weapons Ban and to make it permanent. In Illinois, he backed changes to state law that included a ban on assault weapons sales and limiting handgun sales to one a month. In Congress, he voted to leave gun-makers and dealers open to lawsuits for actions committed by third-parties. Obama has proposed outlawing certain types of ammunition. Obama has stated he does not believe states should be allowed to issue concealed carry licenses.

### Stem cell research
**Sources:** thehill.com; Obama website

McCain is a member of The Republican Main Street Partnership and supports embryonic stem cell research despite his earlier opposition. Obama supports federal funding for embryonic stem cell research and was a co-sponsor of the 2005 Stem Cell Research Enhancement Act which was passed by both houses of Congress but vetoed by President George W. Bush.

### Environment
**Sources:** vanityfair.com; National Environmental Scorecard, planetark.com; Obama’s speeches.

McCain’s stances on global warming and other environmental issues have often put him at odds with the Bush administration and other Republicans. For example, he has generally opposed drilling in the Arctic National Wildlife Refuge. According to the league of conservation Voters’ 2006 National Environmental Scorecard, McCain took an “anti-environment” on four of seven environmental resolutions during the section session of the 109th congress. The four resolutions dealt with issues such as offshore drilling, an Arctic national wildlife refuge, low-income energy assistance, and environmental funding. McCain’s measures to lower auto emissions include higher fines for not complying with CAFE (Corporate Average Fuel Economy) standards, calling for a level playing field for all alcohol-based biofuels, issuing a Clean Car Challenge to automakers (a U.S. $5,000 dollar tax credit for each and every customer who buys a zero-emissions car) and awarding a substantial prize to the auto company that develops a next-generation car battery.

Obama has a New Energy for America plan and he has pledged to cut greenhouse gas emissions 80 percent below 1990 levels by 2050 by forcing a market-based cap-and-trade system, recommitting federal resources to public mass transportation and carbon sequestration (incentives to plant trees, restore grasslands or undertake farming practices). Obama also has plans for improving air and water quality through reduced carbon emissions. At least 30 percent of federal government’s electricity would come from renewable sources by 2020.
### WOMEN'S VOLLEYBALL
#### 2008 Season Schedule
Revised 7/28/08

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</tr>
<tr>
<td>Saturday</td>
<td>9/30</td>
<td>Dutchess CC</td>
<td>QCC</td>
<td>4:00 pm</td>
</tr>
<tr>
<td>Tuesday</td>
<td>10/7</td>
<td>Orange CC</td>
<td>Orange CC</td>
<td>4:00 pm</td>
</tr>
<tr>
<td>Thursday</td>
<td>10/9</td>
<td>Monroe College</td>
<td>Monroe (SUNY Purchase)</td>
<td>8:00 pm</td>
</tr>
</tbody>
</table>

* H - indicates that QCC is the Home College @ away site. The Home College must provide 1 scorer for all matches.

**Head Coach:** Janine Fulcher  
**Assistant Coaches:** Deanna Maggio & Laura Maggio  
**Department Chairperson:** Dr. Aaron Krac  
**Athletic Director:** Pete Marchitello  
**Department Phone Number:** 718-631-6322

### MEN'S SOCCER
#### 2008 Season Schedule
Revised 9/5/08

<table>
<thead>
<tr>
<th>Day</th>
<th>Date</th>
<th>Team</th>
<th>Place</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Thursday</td>
<td>8/28</td>
<td>Briarcliffe College</td>
<td>Briarcliffe (Scrimmage)</td>
<td>4:00 pm</td>
</tr>
<tr>
<td>Thursday</td>
<td>9/11</td>
<td>Borough of Manhattan CC</td>
<td>BMCC (Met. Oval)</td>
<td>6:00 pm</td>
</tr>
<tr>
<td>Saturday</td>
<td>9/13</td>
<td>Suffolk CC</td>
<td>QCC</td>
<td>1:00 pm</td>
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<tr>
<td>Tuesday</td>
<td>9/16</td>
<td>Bronx CC</td>
<td>QCC</td>
<td>4:00 pm</td>
</tr>
<tr>
<td>Thursday</td>
<td>9/18</td>
<td>Ulster CC</td>
<td>Ulster CC</td>
<td>4:00 pm</td>
</tr>
<tr>
<td>Saturday</td>
<td>9/20</td>
<td>ASA (DI)</td>
<td>QCC</td>
<td>1:00 pm</td>
</tr>
<tr>
<td>Tuesday</td>
<td>9/22</td>
<td>Nassau CC</td>
<td>Nassau CC</td>
<td>6:00 pm</td>
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<tr>
<td>Thursday</td>
<td>9/23</td>
<td>Westchester CC</td>
<td>Westchester CC</td>
<td>4:00 pm</td>
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<tr>
<td>Saturday</td>
<td>9/26</td>
<td>Rockland CC</td>
<td>Rockland CC</td>
<td>1:00 pm</td>
</tr>
<tr>
<td>Thursday</td>
<td>9/28</td>
<td>Ulster CC</td>
<td>QCC</td>
<td>6:00 pm</td>
</tr>
<tr>
<td>Saturday</td>
<td>9/29</td>
<td>Dutchess CC</td>
<td>QCC</td>
<td>4:00 pm</td>
</tr>
<tr>
<td>Tuesday</td>
<td>10/1</td>
<td>Orange CC</td>
<td>Orange CC</td>
<td>4:00 pm</td>
</tr>
<tr>
<td>Tuesday</td>
<td>10/9</td>
<td>Monroe College</td>
<td>Monroe (SUNY Purchase)</td>
<td>8:00 pm</td>
</tr>
</tbody>
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**Head Coach:** Calvin Salmon  
**Assistant Coach:** Gaetano Depasquali  
**Department Chairperson:** Dr. Aaron Krac  
**Athletic Director:** Pete Marchitello  
**Department Phone Number:** 718-631-6322

**SPORTS**
The Queensborough Fall Job Fair

Wednesday, Nov 5, 2008
12 noon to 3 pm
in the Student Union Lobby

Dress to Impress
Jeans or Sneakers are not permitted
Come, even if you are not looking for a job!

Open Only to QCC Students and Alumni

What’s a Job Fair?
It’s an opportunity to meet with 50+ employers from business, the healthcare industry and government coming to Queensborough in search of candidates to fill full-time, part-time, and internship openings. Don’t miss it! Dress in appropriate interview attire (no jeans or sneakers are permitted).

Bring several copies of your resume to the Job Fair. We can help you improve your resume. Contact the Office of Career Services in the Library Building, Room 429, or call 718-631-6297 now to make an appointment with an advisor. Walk-in hours for answers to your questions are Tuesdays, 9:30 to 11 a.m.

Why You Should Attend Queensborough's Job Fair
Queensborough's Job Fair provides you with a unique opportunity to meet with employers without leaving campus. These employers can help you now and in the future, not only with the jobs they are offering but with their knowledge of the job market, industry, and careers. When it comes to interviewing, practice definitely makes perfect. You can use the Job Fair to practice your ability to introduce yourself to employers and speak about yourself. If you happen to be looking for a job, you may find one at the Job Fair but regardless don’t miss out on all the benefits the Job Fair has to offer. All Queensborough students and alumni are welcome!

Career Development workshops are scheduled for Sept. 17th and 24th, Oct. 15th, 22nd and 29th. Workshops will be held in the Library Building Room 15 between the hours of 1:00 pm and 2:00 pm. Watch your tigermail for information about Career Services’ events and internships.

Jeans or sneakers are not permitted.

Come to the Office of Career Services,
Library Building, Room 429
and
REGISTER NOW!!